



## ADF-R - LOCAL SCHOOL WELLNESS

The following recommendations support the Board of Education Local School Wellness Policy Goals:

1. The goal of providing a comprehensive learning environment for developing and practicing lifelong wellness behaviors shall be accomplished by:
  - a. The continued implementation of district content standard for health and nutrition education that teaches students about the effects of nutrition and physical activity on their health.
  - b. The provision of age-appropriate and culturally sensitive instruction to students that teaches them lifelong healthy eating habits and a healthy level of physical activity.
  - c. The availability of nutrition education in the school cafeteria as well as the classroom, with coordination between the district's Food Service staff and school staff.
  - d. The utilization of available resources to integrate nutrition education, physical activity and health into educational activities.
2. The goal of supporting and promoting proper dietary habits contributing to student's health status and academic performance shall be accomplished when:
  - a. Students shall have access to healthful food choices in appropriate portion sizes throughout the school day, including healthful meals in the school cafeteria with an adequate time to eat, healthful items in vending machines, and healthful items in school stores.
  - b. Current District vending guidelines, the competitive foods rule, and regulations relating to foods of Minimal Nutritional Values shall be used as the minimum for nutrition standards.
    - i. Foods and beverages available during the school day (school meals, ala carte, school stores, parties, snacks, vending, celebrations, treats, etc.) should minimize use of trans and saturated fat, sodium and sugar as defined by the Dietary Guidelines for Americans.
    - ii. The Food Guide Pyramid should be used as a model of healthy eating.

- c. Schools shall not offer carbonated beverages to elementary school students during the school day.
  - d. Schools shall encourage healthy food choice options in appropriate portion sizes be made available to students at school functions (parties, celebrations, festivals, sporting events, etc.) Resource guidelines shall be made available to schools.
  - e. Students shall have access to fresh fruits and vegetables at school.
  - f. Schools shall encourage using non-food rewards for students. Resources for non-food reward ideas shall be made available to schools.
  - g. Schools shall discourage the use of unhealthy food as a fund-raiser. Events promoting physical activity should be included as fund-raising efforts.
  - h. The school district shall work to provide accessible and easily understood information to students and their parent/guardian concerning the nutritional content of foods and beverages available to students, as well as the nutritional content of competitive foods sold or available on school district property.
  - i. Students shall have access to a school facility with a sufficient number of functioning water fountains in accordance with local building codes, or other means to provide students with sufficient water.
  - j. Elementary schools should consider scheduling recess before lunch.
  - k. Schools should provide students access to hand washing prior to food/beverage consumption.
3. The goal of providing students more opportunities to engage in physical activity shall be accomplished by:
- a. Schools are expected to follow Board policy recommendations for physical education instruction.
  - b. A full time physical education teacher will hold an endorsement in Physical Education and that endorsement will be required for future full-time hires.
  - c. All students should have access to age-appropriate physical activity where moderate to vigorous activity is encouraged and extended periods of inactivity are discouraged.
    - i. Schools should provide increased opportunities for physical activity during the school day through daily recess periods, elective physical

education classes, walking programs, and the integration of physical activity into the academic curriculum.

- ii. Schools should consider providing opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics, and physical activity clubs.
  - iii. Schools should consider providing health-promotion activities and incentives for students, parents and staff that encourage regular physical activity such as speakers, recreational demonstrations, and walking clubs.
- d. Students shall be encouraged to participate in moderate to vigorous activity during recess.
  - e. Schools should consider the impact of withholding physical activity before administering student discipline.
  - f. Schools shall comply with developmentally appropriate district recommended health and fitness assessments.
4. In support of implementation of the wellness policy, the district will create a Physical Fitness and Nutrition Advisory Council. The council shall serve as a resource to the schools, develop a plan of implementation of the wellness policy for the schools, and review and report the effectiveness of the implementation plan to the Assistant Superintendents. The council should be made up of public health professionals, teachers, administrators, parents, students, community members and school representatives.

CROSS REF:

IHA, Basic Instructional Program  
EFEA, Nutritious Choices in School Vending Machines  
EFEA–R, Nutritious Choices in School Vending Machines

LEGAL REF:

Section 204 of Public Law  
C.R.S. 22-32-136

Approved: May 8, 2006