

SCHOOL WELLNESS

The Board of Education of Center Consolidated Schools District 26-JT promotes healthy schools by supporting s , proper nutrition, and regular physical activity as part of the total learning environment. Schools contribute to the basic health status of students by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential, as children who eat well-balanced meals and are healthy are more likely to learn in the classroom. The district will establish and maintain a District Health Advisory Committee (DHAC), which includes Health & Wellness Co-coordinators per the DHAC Policy Addendum. As outlined in the DHAC Policy Addendum, the purposes of the DHAC shall be to monitor and be proactive in the implementation of this policy, evaluate the district's progress on this policy's goals, serve as a resource to schools (i.e. provide lists of healthy incentives, snacks, etc.) and recommend revisions to this policy as the DHAC deems necessary, but not less than every three years.

To further the Board's beliefs stated above, the Board adopts the following goals:

Goal #1. The district will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. Such learning environment will teach students to use appropriate resources and tools to make informed and educated decisions about lifelong healthy eating habits and beneficial physical activity.

The goal of providing a comprehensive learning environment shall be accomplished by:

- 1. Encouraging teachers to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts, as applicable.*
- 2. 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.*
- 3. Active promotion of healthy eating and physical activity to students, parents, school staff, and the community at school registration, parent-teacher meetings, open houses, staff in-services, etc.*
- 4. The availability of staff educational opportunities to inform them about nutrition and physical activity, including how to integrate these topics into their core instruction. These educational opportunities may include, but not be limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional value and healthy lifestyles, health assessments, fitness activities, and other appropriate nutrition and physical activity-related topics.*
- 5. The availability of nutrition education in the school cafeteria as well as the classroom, with coordination between the district's food services staff and teachers.*

6. *The availability of parent educational opportunities to inform them about nutrition and physical activity, including information about healthful foods and beverages to provide to their child and to bring to school activities and events. These educational opportunities may include, but not be limited to, education provided in the form of handouts, postings on the district's web site, articles and information provided in district or school newsletters, presentations that focus on nutritional value and healthy lifestyles, and through any other appropriate means available for reaching parents.*
7. *The participation of schools in USDA nutrition programs and other nutrition education activities and promotions that involve students, parents and the community.*
8. *A FULL Credit of Health, based on a curriculum aligned to the Colorado Comprehensive Health Education Standards, be required for all graduating students from Center High School.*
9. *Health education aligned to the Colorado Comprehensive Health Education Standards required for all middle school students.*

Goal #2. The district will support and promote proper dietary habits contributing to students' health status and academic performance.

Foods and beverages available on school grounds and at school-sponsored activities shall **include** items that meet or exceed the district's nutrition standards. All schools participating in the School Breakfast and/or National Lunch Program shall comply with any state and federal rules or regulations regarding competitive food service and the service of Foods of Minimal Nutritional Value, as defined by the USDA. The District Nutrition Standards must meet or exceed the Smart Snacks for School standards.

The goal of supporting and promoting proper dietary habits shall be accomplished by:

1. *A requirement that all students 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 for fundraisers, classroom parties, and rewards in the schools. Foods sold in vending machines and through fundraisers must comply with the school nutrition standards as defined by this policy.*
2. *A requirement that all food provided through vending machines, school stores, and other venues meet or exceed Smart Snacks to schools, to include no sale of soda to students on the school campus.*
3. *A requirement that at any school function at which food is offered (parties, celebrations, receptions, festivals, sporting events, etc.), ½ of the food options must meet the Smart Snacks for Schools nutrition requirements.*

Examples:

- a. Celebrations that involve only physical activity are highly encouraged. In the case of birthdays students may be given a choice to provide snacks or to have an activity-only celebration.
 - b. Monthly birthday parties, as opposed to individual birthday parties, are highly encouraged.
4. *A requirement that all students 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.*
 5. *School staff is discouraged from using food or beverages as rewards for academic performance or good behavior, as well as discipline. The district will disseminate a list of non-food reward ideas to staff annually. A requirement that food that is offered as incentive or reward meets or exceeds Smart Snacks for Schools nutrition requirements.*
 6. *At least 50% of fundraising activities, both during school hours and outside of school hours, will not involve the sale of food or beverages. Fundraising activities that involve the sale of food will not take place from 30 minutes prior to 30 minutes after cafeteria serving times per the USDA Smart Snacks for School rules. The District will disseminate a list of non-food fundraising ideas to staff and parent annually.*
 7. *A requirement that all foods and beverages advertised or promoted in the school district meet or exceed Smart Snacks for Schools nutrition standards.*

Goal #3. The district will provide opportunities for students and staff to engage in physical activity.

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity, **in accordance with state standards** should be included in a school’s daily education program from grades pre-kindergarten through 12. Physical activity should include regular instructional physical education, in accordance with the Colorado Comprehensive Health and PE standards, as well as co-curricular activities and recess.

The goal of providing opportunities for students and staff to engage in physical activity shall be accomplished by:

1. *A requirement that periods of physical activity be at least 120 minutes per week for elementary students and 120 minutes for middle school students. For high school students, 2 credits of PE is required for graduation with at least 180 minutes per week for each class.*
2. *A requirement that all students have access to age-appropriate daily physical activity.*
3. *Providing opportunities for physical activity through a range of out-of-school programs including intramurals, interscholastic athletics, and physical activity clubs.*

4. *Promote walking and biking to school through activities like Walking Wednesdays, walk/bike to school events, curricula delivery, and parent education. Require Crossing Guards to promote safety of walking and biking. Require evaluation to monitor success through surveys and tally collection.*
5. *Providing 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.*
6. *The availability of Health and Wellness promotion activities for students, parents and staff that encourage regular physical activity, including structured physical activity classes, access to physical activity equipment, offering health and wellness education.*
7. *In order to achieve the goals stated above, Center schools support the following:*
 - a. To the extent possible, a certified physical education teacher will teach all physical education.
 - b. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.
 - c. The district will retain a health/wellness coordinator.

Revised 6/26/2017

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LEGAL REFS.: Section 204 of P.L. 111-296 (Healthy, Hunger-Free Kids Act of 2010)

7 C.F.R. Parts 201, 210 and 220 (local school wellness policy requirements)

C.R.S. 22-32-134.5 (healthy beverages requirement)

C.R.S. 22-32-136 (policies to improve children's nutrition and wellness)

C.R.S. 22-32-136.3 (trans fat ban)

C.R.S. 22-32-136.5(3)(a) and (b) (physical activity requirement)

1 CCR 301-79 (State Board of Education – healthy beverages rules)

CROSS REFS.: EF, School Nutrition Program

EFC, Free and Reduced-Price Food Services

EFEA*, Nutritious Food Choices

IHAM and IHAM-R, Health and Family Life/Sex Education

IHAMA, Teaching About Drugs, Alcohol and Tobacco

JLJ*, Physical Activity