

SECTION 400 – STUDENTS

STUDENT WELLNESS

POLICY 425

ARTICLE 1 BOARD INTENT

- A. The Board of Education intends to promote healthy schools by supporting student wellness, good nutrition, and regular physical activity as part of the total learning environment. The Board recognizes that schools can play a major role in reducing the number of overweight and obese children and youth by helping them gain the knowledge, skills and motivation needed for lifelong physical activity and lifelong healthy eating habits, and that each school is also a place for students to practice healthy eating habits. Further, the Board understands that meeting a student's basic nutritional and fitness needs will increase a student's cognitive energy to learn and achieve, and, as a result, the overall educational process will be more effective.

ARTICLE 2 POLICY DEVELOPMENT

- A. This policy has been developed by committees that included students, parents, health care personnel, Food Services Director, Swimming Pool Manager, physical education and classroom teachers, a District administrator, and School Board President.

ARTICLE 3 WELLNESS ADVISORY COUNCIL

- A. The Superintendent shall establish a District-wide Wellness Advisory Council (WAC) to monitor the implementation of this policy, evaluate progress on the policy's goals, serve as a resource to schools, and recommend revision of the policy as the council deems appropriate. Membership on the WAC shall include representation similar to the membership of the committees that developed this policy (see Article 2).

ARTICLE 4 WELLNESS GOALS

- A. Goal 1: Each school shall provide, to the extent feasible, an environment for students to develop and practice lifelong wellness behaviors. This means that:
1. School environments shall be aligned with "healthy school" goals to positively influence student's understanding, beliefs and habits relating to good nutrition and regular physical activity.
 2. Students shall be educated about using appropriate resources and tools to make informed decisions about lifelong healthy eating habits and beneficial physical activity.
 3. This goal shall be accomplished by:
 - a. Adding nutrition education standards to the Health/Physical Education Curriculum.
 - b. Ensuring availability of nutrition education in each cafeteria as well as the classroom.
 - c. Promoting healthy eating and physical activity to students, parents, staff, and the community at school registration, parent-teacher meetings, Back to School events, and staff in-services. These education opportunities may include, but not be limited to handouts, postings on the District website, articles and information provided in district or school newsletters, presentations that focus on nutritional value and healthy lifestyles.

References:

C.R.S. 22-32-124 Nutritious choices in vending machines
C.R.S. 22-32-136 Policies to improve children's nutrition and wellness
P.L. 108-265, Section 204 Federal Child Nutrition and WIC Reauthorization Act of 2004
Adopted 4/3/06.

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- B. Goal 2: Each school shall support and promote proper dietary habits contributing to students' health status and academic performance. This means that:
1. All foods and beverages available on school grounds and at school-sponsored activities shall meet or exceed the District's nutrition standards.
 2. 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.
 4. This goal shall be accomplished by:
 - a. Adopting District nutrition standards that limit the amount of fat and sugar content and define portion sizes.
 - b. Requiring access to fresh fruits and vegetables during the school day for all students.
 - c. Requiring access to healthful food choices in appropriate portion sizes during the school day for all students. This includes healthful meals in the school cafeteria with an adequate time to eat; healthful items in vending machines, pursuant to C.R.S. 22-32-124; and healthful items for fundraisers including concession stands, classroom parties and celebrations, and rewards in the schools.
 - d. Encouraging non-food fundraisers.
 - e. Prohibiting or restricting student access to vending machines, school stores, and other venues that contain foods of minimal nutritional value.
 - f. Adhering to guidelines on using food as a means of student discipline or reward.
 - g. Making available information for students and parents/guardians concerning the nutritional content of foods and beverages sold by or available to students, as well as the nutritional content of competitive foods sold or available on school district property.
 - h. Encouraging schools to offer recess before lunch.
 - i. Assuring that the school cafeteria offers a pleasant eating environment.
- C. Goal 3: Each school shall provide, to the extent feasible, opportunities for students to engage in physical activity. This means that:
1. Physical education and co-curricular activities for all students to learn about and participate in physical activity are essential components of school programs.
 2. Physical activity should be included in a school's daily education program from pre-kindergarten through grade 12.
 3. Physical activity should include regularly scheduled physical education, in keeping with content standards and curriculum as well as co-curricular activities and recess.

References:

C.R.S. 22-32-124 Nutritious choices in vending machines
C.R.S. 22-32-136 Policies to improve children's nutrition and wellness
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4. This goal may be accomplished at the elementary level by the following methods:
 - a. Scheduling for students to receive a minimum of 30 minutes of physical activity on non-Physical Education days and 45 minutes on PE days.
 - b. Restricting or prohibiting disciplinary punishment that reduces physical activity time.
 - c. Restricting or prohibiting unfinished academic work to be completed during physical activity time.
 - d. Scheduling physical activities before snack or lunch time.
 - e. Including instructional swimming during PE classes for 4-6 weeks.
 - f. Encouraging administration of a health-related fitness assessment to students as part of the Physical Education program.

5. This goal may be accomplished at the secondary level by the following methods:
 - a. Scheduling separate health and physical education classes (two credits at PCHS).
 - b. Providing swimming, water polo, and/or water aerobics classes as electives of one quarter or one semester duration.
 - c. Creating or supporting opportunities for low-cost club type activities, sponsored by the community or school including, but not limited to, activities such as Yoga, Pilates, martial arts, floor or water aerobics, snorkeling, scuba certification, or intramurals.
 - d. Encouraging administration of a healthy-related fitness assessment to students to help them determine their own level of fitness and create personal fitness goals and plans.
 - e. Including a Physical Fitness Plan as a requirement of the PE curriculum.

References:

C.R.S. 22-32-124 Nutritious choices in vending machines
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