



Boulder Valley School District

File: ADF-R

Adopted: May 23, 2006

Revised: August 10, 2016, August 14, 2017, January 8, 2019

WELLNESS POLICY: NUTRITION AND PHYSICAL ACTIVITY

The following recommendations support the goals in Board Policy ADF - *Wellness Policy*:

Statement of Principles

- BVSD recognizes that there is a link between nutrition education, the food served in schools, physical activity, and academic achievement.
- BVSD recognizes the important connection between healthy eating, active living (HEAL) and a student's ability to learn effectively and achieve high standards in academic performance, intellectual, emotional and physical abilities.
- BVSD also recognizes that it is BVSD's role, as part of the larger community, to model and actively practice through policy and procedures the promotion of family health, physical activity, and good nutrition.
- BVSD recognizes the critical role of family and school staff in nurturing a healthy self-esteem and acceptance by others.
- BVSD further recognizes that the sharing and enjoyment of food is a fundamental experience for all people and a primary way to nurture and celebrate our cultural diversity. These fundamental human experiences are vital bridges for building friendships, forming intergenerational bonds, strengthening core values, and promoting the general wellness of our community.

Food and Nutrition:

- All of our food will be cooked with a priority on both healthfulness and deliciousness.
- All menus will promote scratch-cooked meals made from fresh fruits, fresh vegetables, whole grains, and clean proteins to include plant-forward menu items.

Food Procurement:

BVSD has implemented the following practices, procedures and standards:

1. In practicing good food procurement methods, BVSD will support a regional food system that is ecologically sound, economically viable, and socially responsible. Thoughtful purchasing practices by BVSD can influence the creation and availability of a local, equitable, and sustainable good food system. BVSD will continue to emphasize the following values for food procurement: local economies, environmental sustainability, valued workforce, animal welfare, nutrition, and value-chain equity and innovation.
2. The procurement plan shall seek to eliminate potential harmful food additives, colorings and dyes, high fructose corn syrup, genetically modified foods, pesticides, herbicides, hormones, antibiotics, refined sugar, brominated flour and artificial sweeteners.

Food Service Operations:

1. BVSD's Food Services Department will ensure food safety through the adoption of a HACCP Plan (Hazardous Analysis and Critical Control Points) which will include salad bars and other self-serve food areas as well as requiring all Food Services staff to be ServSafe- or Star- certified.
2. Drinking water will be available, free of charge, to all students throughout the day, including in the cafeteria during all meal periods.
3. Each year all students PreK-12 shall receive nutrition education that is aligned with the Colorado Department of Education's (CDE) comprehensive Health and Physical Education standards. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus, including but not limited to school dining areas and classrooms in collaboration with classroom teachers. Staff members who provide nutrition education shall have the appropriate training.
4. All students coming through the school lunch line will be provided with a complete school meal regardless of their meal account balance. Staff will not discuss money with students, nor will they identify students with negative account balances in any way. Parents will be notified weekly by phone and email of their students' lunch balances.

Other Foods Offered or Sold:

1. Students will not be involved in or have access to the sale of candy, sodas, cookies and sweets that do not meet the Smart Snack Guidelines at any school sponsored event or for any fundraising activity during the regular school day which begins at midnight before the start of the school day and ends one-half hour after the end of the school day, except as outlined below.
2. All "foods and beverages available on campus, but not sold, such as those provided at classroom parties and school celebrations and as rewards and incentives" to students during the school day, beginning at midnight the day of and ending thirty minutes after the regularly scheduled school day, must adhere to USDA Smart Snack guidelines, except as outlined in #3 below ([USDA Food & Nutrition Service 81 FR 50151](#)).
3. The Colorado Competitive Foods Policy does not allow any competitive food service to operate in competition with the district's federally reimbursed food service program that is the National School Breakfast and Lunch Program (NSBLP). Competitive food service is defined as "any food or beverage available to students that is separate from the district's nonprofit federally reimbursed food service program, and is provided by a school-approved organization or by a school-approved outside vendor" ([CO Competitive Food Service Policy 2202-R-201.00](#)). Special events and parties that include food and compete with the NSBLP may be held during the school day, except from 30 minutes before to 30 minutes after each scheduled meal service, with the permission of the school principal in moderation and with consideration and consistency of the goals of this policy and USDA Smart Snack guidelines. Each school building may host up to three (3) fundraisers and other events involving the sale of food to students and up to six (6) parties or celebrations each school year exempt from Smart Snack guidelines. The events are required to follow the same Colorado Competitive Food Service Policy time restrictions outlined above. It will be the responsibility of each school's administration to inform the Food Services Director of their school's above- mentioned events by filling out and submitting to Food Services the [BVSD Smart Snacks Exemption Application](#).

4. All school vending machines and school stores that students have access to must adhere to the BVSD Wellness Policy, state and USDA Smart Snack guidelines and as such need to be approved and certified for compliance by Food Services.
5. Parents and staff must act consistent with the goals of this policy, including the BVSD Healthy Food Guidelines, when providing food as a snack or at a party offered during the school day. Parties must be scheduled to ensure that they do not overlap with breakfast and lunch programs as stated above.
6. Marketing and advertising of non-nutritious foods and beverages as outlined in the Smart Snack Guidelines, through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, incentive programs, or other means will be prohibited where the school directly profits.
7. The school District Administration will create and maintain a school district Wellness Committee to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The Committee will serve as a resource to the District for implementing those policies. The District Wellness Committee will be comprised of individuals from the following groups: parents, teachers, students, school administration, food service director and staff, nutritionist, Board of Education, Health Services, and Health and Physical Education staff. The committee will hold meetings on a frequency deemed necessary by the District Administration, but will meet no less than once a year to review and revise, if needed, policy content and to design and evaluate implementation plans throughout district schools. A progress report will be prepared after each meeting for the superintendent, evaluating the implementation of the policy and regulations and include recommended changes or revisions. All meeting dates and times will be posted on the school district's website and meetings will be open to the public. The Food Service Department and District Administration will ensure compliance of the Policy, and will report on the compliance and provide a report to the school board. The annual report shall be posted on the school district website and a link will be emailed to all district families at the start of the following school year. Policy revisions will take into account new research and evidence on health trends, new national and state standards and guidelines, new state and federal initiatives, local evaluation data, changing district priorities, and other issues.

Nutrition Education:

1. Eating experiences and school gardens should be integrated into the academic curriculum at all grade levels whenever possible.
2. Meals served to students shall be attractively presented in a pleasant environment with sufficient time for eating and socialization at the table. It shall be the responsibility of the school staff to foster good manners and respect for fellow students and staff. School staff will be encouraged to support the concept that healthy eating in an attractive environment is an important element in student academic success.
3. Teachers, Principals, and Food Services employees will recognize that the lunch period is an integral part of the educational program of BVSD and work to implement the goals of this policy. Toward that end, lunch shall be served at a time appropriate for a mid-day meal and in K-8 schools, recess should be encouraged to take place before lunch. Additionally, lunch periods will be of an appropriate length to encourage healthy eating.
4. Food Services recognizes the importance of nutrition education to complement the high-quality food served in schools. Through Food Services educational programs, BVSD

students will learn where food comes from, what fresh food tastes like, and even how to grow and cook their own food. Additionally students will have educational experiences that provide understanding of food waste, climate change and the symbiotic relationship between healthy food, a healthy planet and their health.

5. School gardens provide many hands-on learning opportunities for students and will continue to be an important part of nutrition education in BVSD. Curriculum and educational activities that connect students with local agriculture while introducing concepts focused on nutrition and healthy eating allow students to become more active participants in both their local economy and their own food choices.

Physical Activity & Education:

Physical Education:

1. Ensure that students in grades K-12 will receive research-based, developmentally appropriate, activity-focused physical education that engages all youth, regardless of skill level, and that teaches the knowledge, attitudes, skills and behaviors students need to adopt to enjoy a physically active lifestyle.
2. Ensure that all physical education and health education teachers meet the criteria for “highly qualified” as specified in Colorado statute.
3. Ensure that schools provide adequate space, facilities, equipment, supplies, and operational budgets to achieve the objectives of the physical education program.
4. Ensure that physical education and health classes have a student/teacher ratio comparable to other classes whenever possible.
5. Ensure that the district provides appropriate physical activity opportunities to students who have special needs. To the extent it is feasible such students will take part in regular physical education classes. Occupational therapists, physical therapists, and paraprofessionals will provide additional support services for students with special needs.
6. Ensure that students are not restricted from participating in physical education or recess for the following reasons: as a form of discipline, for incomplete assignments, to attend other classes, or for testing purposes.
7. Ensure that all students in grades K-12, including students with disabilities, receive at least the minimum number of allocated instructional minutes in physical education and health education in accordance with BVSD Board policy.

Professional Development:

1. Ensure that the school district provides ongoing professional training and development for physical education specialists and other staff (where appropriate) in the area of physical activity.
2. Ensure that schools provide training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.

Physical Activity:

1. Ensure that the school district provides an environment that encourages safe and enjoyable activity for all students, including those who are not athletically inclined.
2. Ensure that all elementary students receive daily recess. A minimum of 20 minutes of recess shall be provided in the morning or afternoon, and a minimum of 20 minutes of recess shall be provided prior to lunchtime whenever possible. Recess for middle school

students shall be highly encouraged.

3. Encourage teachers to plan physical activity breaks into their daily instruction and integrate physical activity into the academic curriculum where appropriate.
4. Ensure that teachers and other school personnel not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as a form of individual or group discipline.
5. Ensure that physical activity programs are carried out in environments that reflect respect for body-size differences and varying skill levels.
6. Discourage extended periods of physical inactivity (periods of two or more hours).
7. Ensure that the school district provides adequate physical activity equipment for students to use during recess (jump ropes, hula hoops, balls, etc.). Physical activity opportunities will focus on individual activities in addition to competitive and non- competitive team sports.
8. Encourage walking, bicycling, and other forms of active transportation for school travel with the understanding of the benefits to students of accumulating 60 minutes (one hour) or more of physical activity daily recommended by the U.S. Centers for Disease Control and Prevention.
9. Ensure that schools provide adequate space and facilities for bicycle, scooter, and skateboard parking.
10. Encourage the addition of bicycle education in elementary and middle school.
11. Encourage all schools to hold active transportation encouragement programs and events annually, e.g. Walk and Bike to School Day.
12. Encourage the formation of bike clubs at the middle school level.

Co-Curricular Activities:

1. Ensure that students are given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
2. Ensure that elementary, middle, and high schools offer intramural physical activity programs that feature a broad range of competitive and cooperative opportunities that allow students to have a choice of activities in which they can participate. Schools shall allow every student an opportunity to participate, regardless of physical ability or ability to pay, and allow students to have the opportunity to be involved in the planning, organization, and administration of the program.

Parent/Community Involvement:

1. Encourage schools to work with the community to create ways for students to walk, bike, rollerblade or skateboard safely to and from school.
2. Ensure that schools work with the community, including local government partners, to create safe and supportive conditions for students to have a physically active commute to and from school.
3. Encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events. Parents and guardians shall also be encouraged to model sun-safe behaviors.
4. Ensure that the school district will work with the community to coordinate and enhance opportunities available to students for physical activity after school.
5. Encourage families and community members to support programs outside of the school that encourage physical activity.

6. Information shall be provided to families to help them incorporate physical activity into students' lives, such as walking and bicycling to school.
7. Encourage parents, teachers, school personnel, and students to serve as role models in practicing healthy eating and being physically active.

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