

## School Wellness

The Board promotes healthy schools by supporting student wellness, including good 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 and educational success, as children who eat well-balanced meals and are physically active are more likely to be engaged and learn in the classroom and less likely to be absent.

### Goals

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

**Goal #1. The district will provide a comprehensive learning environment to promote the development and practice of lifelong wellness behaviors.**

The entire school environment, not just the classroom, will be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to comprehensive wellness, including good nutrition and regular physical activity. Such learning environments 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:

- The use of district content standards for PE and health education that teaches students about the effects of nutrition and physical activity.
- The physical education curriculum for grades K-12 will be aligned with established state physical education standards.
- Physical education will teach students the skills needed for lifelong physical fitness.
- Encouraging teachers to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts, as applicable.
- 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. These educational opportunities may include, but are not limited to, education in the form of handouts, postings on the district's website, articles and information provided in district or school newsletters; and through any other appropriate means available for reaching parents.
- 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.

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

All foods and beverages sold or provided to students on the school campus during the school day shall meet or exceed the district's nutrition standards. All schools participating in the National School Lunch and/or School Breakfast Programs shall comply with state and federal rules or regulations regarding school meals, competitive food service, and the Smart Snacks in School nutrition standards as specified in Title 7 of the Code of Federal Regulations 210.10 (7 CFR 210.10).

All schools in the district will provide breakfast through the USDA School Breakfast Program. "Grab and Go" options will be available for all students.

All school nutrition program directors, managers, and staff will meet hiring and annual continuing education/training requirements in accordance with USDA Professional Standards for Child Nutrition Professionals.

Information and applications for free/reduced meals will be provided on the school website, [www.weldre9.org](http://www.weldre9.org). Applications are also available at each school. To protect the privacy of students who qualify for free or reduced-price meals, the district will use a point of sale system which requires all students enter a code at the register.

The goal of implementing and promoting nutrition education and proper dietary habits shall be accomplished by:

- Nutrition education will be in accordance with the district's academic standards for comprehensive health education. Lessons will include topics such as reading a Nutrition Facts label.
- All students will have daily access to fresh fruits and vegetables.
- After obtaining food in the cafeteria, students will have at least 10 minutes to eat breakfast and 20 minutes to eat lunch.
- Free drinking water is available to all students in the cafeteria. Water cups will be available as well.
- Nutritional content of foods served in the cafeteria can be accessed online through the district's website ([www.weldre9.org](http://www.weldre9.org))
- School salad bars will have locally-grown foods whenever possible.
- Foods and beverages sold to students during the school day through vending machines and school stores will be in compliance with the USDA Smart Snacks

federal nutrition standards (<https://www.fns.usda.gov/tn/guide-smart-snacks-school>)

- The district shall encourage classroom celebrations be focused on activities rather than food.
- The district shall encourage non-food alternatives as rewards.
- Water fountains are available to students and staff throughout the school buildings. Students are allowed to bring water bottles from home.
- Marketing and advertising on the school campus will be limited to those products that are consistent with Smart Snacks nutrition standards. This includes advertising on school property (buses, score boards, etc.), school publications and media, as well as where food is purchased (e.g. exteriors of vending machines, food and beverage cups and containers, coolers, etc.).
- The healthiest food choices, such as fruits and vegetables, will be prominently displayed in the cafeteria to encourage students to make healthy choices.

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

Physical activity will be included in a school's education program from grades kindergarten through 12. Physical activity will include regular instructional physical education, in accordance with the district's content standards, and opportunities throughout the school day. Physical education for grades K-12 will be taught by a certified/licensed teacher who is endorsed to teach physical education. Student involvement in other activities involving physical activity (e.g. interscholastic sports) will not be substituted for meeting the physical education requirement. Additionally, students may be not be exempted from required physical education class time or credit.

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

- Increased opportunities for physical activity during the school day through daily recess periods (at least 20 minutes per day for all elementary students), fitness breaks, field trips that include physical activity, and classroom activities that include physical activity.
- Recommending staff use physical activity as a reward for students when feasible.
- Encouraging schools to allow for physical activity periods to be at least 225 minutes per week for secondary students and 150 minutes per week for elementary students.
- Providing after-school activity clubs, such as running club.
- Promoting the sports and activities supported by the Highland Recreation Association.

- Encouraging secondary students to participate in school-sponsored sports programs.
- Encouraging schools to introduce students to developmentally appropriate components of health-related fitness assessment (FitnessGram, Physical Best, or President's Council) at an early age.

Physical activity may not be assigned to students as a consequence of poor behavior or punishment for any reason.

### **Implementation and Review**

The district will establish and maintain a district-level wellness committee. The purpose of the committee shall be to monitor 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 periodically review and update this policy in accordance with federal law.

At least once every three years, the committee shall assess this policy and its implementation, which shall include an assessment of each participating school's compliance and progress with this policy's goals. The committee may recommend policy revisions for the Board's consideration after conducting its triennial assessment and/or as the committee deems appropriate or necessary. The committee will meet a minimum of once per year and the district nurse will be the district's designee to chair the committee and compile the assessment results.

### **Reporting and Recordkeeping**

The results of the committee's triennial assessment shall be made available to the public, along with a copy of this policy. These are available on the district's website, [www.weldre9.org](http://www.weldre9.org). The triennial progress report will include an assessment on compliance, progress made toward meeting policy goals, and the extent to which our wellness policy compares to model wellness policies.

The district shall retain records to document compliance with this policy including but not limited to documentation concerning the committee's triennial assessments.

Adopted: June 27, 2006  
Revised: October 26, 2010  
March 27, 2018  
April 25, 2023

LEGAL REFS.: Section 204 of P.L. 108-265 (*Child Nutrition and WIC Reauthorization Act of 2004*)  
C.R.S. 22-32-134 (*nutritious choices in vending machines*)

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

CROSS REFS.: EF, Food Services  
EFC and EFC-R, Free and Reduced-Price Food Services  
IA, Instructional Goals and Learning Objectives  
IHAE, Physical Education  
IHAM and IHAM-R, Health Education  
IHAMA, Teaching About Drugs, Alcohol and Tobacco  
IHAMB and IHAMB-R, Family Life/Sex Education