

Student Wellness

Comprehensive Learning Environment

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

1. Inform school staff, parents, and community leaders about the issues affecting the health of children e.g. newsletters, health fairs, posters, radio, etc.
2. Encourage healthy habits and wise nutritional choices in pre-kindergarten through twelfth grade with behavior-focused nutrition education through health, physical education (P.E.) and science classes where appropriate.
3. 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.

Nutrition

Goal #2. The District will use state and federal standards to promote nutrition education and a healthy school environment, contributing to students' health status and academic performance. The District will participate in and comply with all regulations of the USDA Child Nutrition Programs in which it participates

(Child and Adult Care Food Program (CACFP), School Breakfast Program (SBP), National School Lunch Program (NSLP), After School Snack (AFS), and Fresh Fruit and Vegetable Program (FFVP)), in addition to ensuring compliance with the competitive food policy and the Smart Snack and Beverage standards.

1. Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast.
2. The healthiest choices, such as salads and fruit, will be prominently displayed in the cafeterias to encourage students to make healthy choices.
3. Require all students have access to healthy food choices in appropriate portion sizes throughout the school day, including healthy meals in the school cafeteria with at least 20 minutes to eat lunch; healthy items in vending machines and encourage healthful items for fundraisers, classroom parties and rewards in the schools.
4. Accessible information to students and their 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.

5. All schools will provide breakfast through the USDA School Breakfast Program.
6. It is the policy of the School District that all foods and beverages sold to students during the school day on any property under the jurisdiction of the District will meet the U.S. Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition standards.
7. Non-food rewards, incentives, and fundraisers will be encouraged.
8. Marketing on the school campus will be limited to those products that are allowed to be sold according to the District's nutrition standards.
9. Marketing shall encourage participation in school meal programs.
10. All school nutrition program directors, managers, and staff will meet hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.
11. Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-12).
12. School meals will include fresh, locally grown foods.
13. The nutrition education curriculum will use available local resources as teaching tools (examples: Farm Box, school gardens, local field trips, etc).
14. All snacks made available to students during before and after school programs will meet the same nutrition standards as foods sold during the school day.
15. Students and staff will have access to free, safe, and fresh drinking water throughout the school day.

Physical Activity

Goal #3. The District will provide opportunities for students to engage in physical activity by utilizing a Comprehensive School Physical Activity Program.

1. Educate students about the health benefits of physical activity by integrating it, as appropriate, into areas other than physical education.

2. Encourage health-related physical assessments into the physical education curriculum as an evaluation tool.
3. A requirement that all students have access to age-appropriate daily physical activity.
4. Schools shall provide at least 20 minutes of active daily recess to all elementary school students.
5. Include moderate or vigorous physical activity in physical education classes.
6. Assure safe and adequate equipment, facilities, and resources for the full implementation of physical education classes in a pre-kindergarten through twelfth grade curriculum, which is aligned to state physical education standards and will undergo a periodic review cycle congruent to other academic subjects.
7. Physical education for grades K-12 is required to be taught by a licensed teacher who is endorsed to teach physical education.
8. The District shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers.
9. Schools are encouraged to partner with local government and community-based agencies to support active transport to school to implement a comprehensive active transport program (i.e. Safe Routes to School Program).
10. The District will develop joint-use agreements with community partners in order to provide expanded physical activity opportunities for all students and community members.
11. Encourage coaches to get appropriate training and/or certification similar to or exceeding that recommended by the Colorado High School Activities Association.

Social Emotional Learning

Goal #4: The District will promote a safe and inclusive social emotional climate for both student and staff wellbeing.

1. School staff members shall be encouraged to model healthy eating and physical activity behaviors.
2. Employee wellness programs will be offered throughout the year at the District level to support the wellbeing of all District employees.
3. Teachers may use non-food alternatives as rewards. For example, staff is encouraged to use physical activity as a reward, such as extra recess when time allows. Physical activity may not be used as a punishment.

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