

School Wellness

The Board of Education at Morgan County School District Re-3 promotes healthy schools by supporting the whole child, as outlined in the Whole School, Whole Community, Whole Child Model (WSCC). This collaborative approach to wellness places the student at the center and leverages the strengths of the school and community to promote good nutrition, regular physical activity and social and emotional health as part of the learning environment. Improved health optimizes student performance potential by improving attendance, classroom engagement, and behavior. The District will support the implementation of this policy and goals, which are further outlined in ADF-R.

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 comprehensive wellness, including good nutrition and regular physical activity. Pursuant to the applicable federal law, the district shall comply with the United States Department of Agriculture (USDA) Smart Snacks Standards in the marketing of any foods or beverages sold to students during the school day. Such a 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 in accordance with the District's academic standards for comprehensive health education and physical education.

Goal #2 The District will use state and federal standards to promote nutrition education and a healthy school environment, contributing to students' overall health 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.

Nutrition education will be in accordance with the District's academic standards for comprehensive health education. All foods and beverages available on school grounds during the school day shall meet or exceed the district's nutrition standards. The District will comply with the USDA School Lunch and Breakfast program regulations, including competitive foods and Smart Snacks in School nutrition standards.

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

The District will provide daily opportunities for students grades Prek-12 to engage in physical activity. Physical education will be taught at all grade levels by licensed teachers and follow a curriculum that fosters lifelong habits of physical activity. In addition to physical education, opportunities for physical activity will be offered before, during, and after school.

Goal #4 The District will promote positive a safe and social emotional climates for both student and staff wellbeing.

Schools will provide opportunities for staff and students to build a positive culture and climate. This will include utilizing trauma informed practices to support the mental health of staff and students. The District will prioritize the wellbeing of their employees, recognizing that healthy adults are powerful role models for students.

Implementation and Review

To help ensure each school's compliance with and implementation of this policy's goals, the Board designates a District Wellness Coordinator. The District Health Advisory Committee (DHAC) -will convene a minimum of three (3) times per year. The Committee will be composed of various stakeholders including representatives of nutrition services, educators, health professionals, district leadership, and community partners. The DHAC will:

- Monitor the implementation of this policy,
- Evaluate the District's progress on policy goals,
- Serve as a resource to schools including the development of a school level wellness team, and
- Review and update this policy every three years in accordance with federal law- and current best practices, which shall include an assessment of each school's compliance and progress towards policy goals.

The Superintendent or designee shall ensure compliance with established District wide nutrition and physical activity policies. In each school, the building administrator or designee shall ensure compliance.

Reporting and Recordkeeping

The results of the council's triennial assessments shall be made available to the public, and a copy of the wellness policy will be posted on the District website.

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

Adopted April 17, 2006

Revised July 13, 2009; September 19, 2011; June 19, 2017; October 2018;
September 15, 2025

LEGAL REFS.: Section 204 of P.L. 111-296 (Healthy, Hunger-Free Kids Act)
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)
7 C.F.R. Parts 201, 210 and 220 (*local school wellness policy requirements*)

CROSS REFS.: EF, Food Services
EFC and EFC-R, Free and Reduced-Price Food Services
EFEA, Nutritious Food Choices
IHAM and IHAM-R, Health Education
IHAMA, Teaching About Drugs, Alcohol and Tobacco
JLJ, Physical Activity