

## **Student Wellness**

**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, encourages positive beliefs and habits.**

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 food service staff to attend professional development programs on current nutrition guidelines, best practices, and resources.
3. Train school food service staff on meal planning, food production, and monitoring to ensure that meals meet the USDA Dietary Guidelines.
4. Encourage healthy habits and wise nutritional choices in pre-kindergarten through twelfth grade with behavior-focused nutrition education through health, P.E. and science classes where appropriate.
5. 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.

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

1. Provide food options such as fruits, vegetables, whole grains and dairy products that are low in fat, calories, and added sugars.
2. Require all students have access to fresh fruits and vegetables throughout the school day.
3. Require all students have access to healthful food choices in appropriate portion sizes throughout the school day, including healthful meals in the school cafeteria with an adequate time to eat; healthful items in vending machines and 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. Implement school breakfast programs and/or consider expanding breakfast programs by offering convenient and attractive meal options.
6. Encourage adherence to single-portion sizes as defined by the USDA Food Guide Pyramid.
7. Comply with governmental regulations regarding access to vending machines, school stores, and other venues during the times for school breakfast and lunch programs.
8. Encourage nonfood fundraisers such as flowers, giftwrap and sporting events.
9. Require all students have access to a school facility with a sufficient number of functioning water fountains in accordance with local building codes, or other means to provide students with sufficient water.

**Goal #3. The district will promote healthy nutrition choices to create and encourage a healthy learning environment.**

1. To the greatest extent feasible, the marketing of food and beverage products on the exterior of vending machines and through posters, menu boards and other equipment on the school campus shall meet the Smart Snacks in School nutrition standards.
2. Marketing shall encourage participation in school meal programs.

**Goal #4: The District will provide daily opportunities for students to engage in physical activity.**

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. Include moderate or vigorous physical activity in physical education classes.
5. Assure safe and adequate equipment, facilities, and resources for the full implementation of physical education classes in a pre-kindergarten through twelfth grade curriculum.
6. Recruit licensed physical education teachers.
7. Encourage coaches to get appropriate training and/or certification similar to or exceeding that recommended by the Colorado High School Activities Association.