

---

## School Wellness

---

The Board of Education for Mapleton Public Schools (the "District") 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 are less likely to be absent.

To that end, Mapleton Public Schools adopts the following goals:

**Goal #1. Mapleton Public Schools 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, in accordance with the District's academic standards for comprehensive health education and physical education.

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

Nutrition education will be in accordance with the District's academic standards for comprehensive health education. 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.

**Goal #3. Mapleton Public Schools will promote healthy nutrition choices to create and encourage a healthy learning environment.**

In accordance with applicable federal law, schools participating in the National School Lunch and/or Breakfast Programs shall comply with the Smart Snacks in School nutrition standards in the marketing of any foods or beverages sold to students during the school day.

**Goal #4. Mapleton Public Schools will provide daily opportunities for students to engage in physical activity.**

Physical activity will be included in a school's daily education program from grades pre-kindergarten through 12. Physical activity includes regular instructional physical education, in accordance with the District's academic standards for physical education, and opportunities throughout the school day, such as exercise programs, fitness breaks, recess, and field trips and classroom activities that include physical activity.

**Implementation and Review**

To help ensure each school's compliance with and implementation of this policy's goals, the Board designates each School Director as a School Wellness Policy Coordinator. The District Accountability Advisory Committee (DAAC) for Mapleton Public Schools will 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. The DAAC will review this policy at least once every three years.

**Reporting and Recordkeeping**

The results of the DAAC's triennial assessments shall be made available to the public, along with a copy of this policy.

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

*Adopted October 22, 2013, by the Board of Education for Mapleton Public Schools.  
Revised June 27, 2017.*

**LEGAL REFERENCES:**

§ 204 of Public Law 111-296 (*Healthy, Hunger-Free Kids Act of 2010*)

7 CFR § 210.11 (*Competitive Food Services*)

7 CFR §§ 201, 210 and 220 (*local school wellness policy requirements*)

42 U.S.C. § 1751, *et seq.* (*National School Lunch 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. § 22-32-136.5(3)(a) & (b) (*physical activity requirement*)

C.R.S. § 22-32-124 (*nutritious choices in vending machines*)

C.R.S. § 22-32-136.3 (*trans fat ban*)

1 CCR 301-79 (*State Board of Education – healthy beverages rules*)

CROSS REFERENCES:

EF: School Nutrition Program Food Services

EFC: Free and Reduced-Price Food Services

EFEA: Nutritious Food Choices

IA: Instructional Goals and Learning Objectives

IHAЕ: Physical Education

IHAM: Health and Family Life/Sex Education

JLJ: Physical Activity