

## School Wellness

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 less likely to be absent.

### Goals

To further the beliefs stated above, the Board adopts the following 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. Such 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.

#### **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 state and federal rules. All schools participating in the School Breakfast and/or National School Lunch Program shall comply with state and federal rules or regulations regarding school meals, competitive food service and the Smart Snacks in School food and nutrition standards.

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

In accordance with applicable federal law, schools participating in the National School Lunch and/or Breakfast Program 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. Nutrition promotion includes evidence-based techniques and scientifically-based nutrition messages targeted to students to inspire and motivate them to make healthy nutrition choices.

#### **Goal #4. The district will provide more opportunities for students to engage in physical activity.**

Physical activity shall be included in a school's daily education program from grades pre-kindergarten through 12. Physical activity should include regular instructional physical education, in accordance with the district's academic standards, and opportunities throughout the school day, which may include, but need not be limited to exercise programs, fitness breaks, recess, field trips that include physical activity 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 superintendent designates the district's health and wellness coordinator as the district's school wellness policy coordinator(s).

The district will establish and maintain a district-wide wellness advisory council (the council). The council's purposes 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 council shall assess the district's implementation of this policy, which shall include an assessment of each participating school's compliance and progress with this policy's goals. The council may recommend policy revisions for the Board's consideration after conducting its triennial assessment and/or as the council deems appropriate or necessary.

## Reporting and recordkeeping

The results of the council's triennial assessment shall be made available to the public and posted on the district's website, 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 council's triennial assessments.

Adopted: Prior to 2017

Revised: April 2017

Revised: September 2020

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

## CROSS REFS.:

### *Administrative policies:*

EF, School Nutrition Program  
EFC, Free and Reduced-Price Food Services  
EFEA, Nutritious Food Choices  
IHAM and IHAM-R, Health and Family Life/Sex Education  
IHAMA, Teaching About Drugs, Alcohol and Tobacco  
JLJ, Physical Activity

Lake County School District R-1, Leadville, Colorado