

## School Wellness

Pursuant to federal law, the following parties have jointly developed and maintain this school wellness policy: Delta County School Board of Education, District Accountability, Coordinating Council, P.E. Curriculum Committees, School District Nurses and Coordinator of Food Services.

The Board promotes healthy schools by supporting student wellness, good nutrition, and regular physical activity as part of the total learning environment. Improved health optimizes student performance potential. Schools contribute to the basic health status of students and thereby facilitate learning through the support and promotion of good nutrition and physical activity.

To further the Board's beliefs as 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 all of which contribute to 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.

The goal of providing a comprehensive learning environment shall be accomplished by:

- 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.
- Active promotion of healthy eating and physical activity to students, parents, school staff, and the community at school registration, parent-teacher meetings, open houses, staff in-services, etc.
- Encouragement to teachers to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable.
- The availability of staff educational opportunities to inform them about nutrition and physical activity including how to integrate these topics into their core instruction. These educational opportunities may include, but not be limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional value and healthy lifestyles, health assessments, fitness activities, and other appropriate nutrition and physical activity-related topics.

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

All foods and beverages available on school grounds and at school-sponsored activities shall meet or exceed the District's nutrition standards. All schools participating in the School Breakfast and/or National School Lunch Program shall comply with any state and federal rules or regulations regarding competitive food service and the service of Foods of Minimal Nutritional Value as defined by the USDA.

The goal of supporting and promoting proper dietary habits shall be accomplished by:

- A requirement that all students have access to healthy food choices in appropriate portion sizes throughout the school day, including healthy meals in the school cafeteria with an adequate time to eat; healthful items in vending machines, and healthy items for fundraisers, classroom parties, and rewards in the schools.
- An assurance that the school cafeteria is a pleasant eating environment
- The encouragement of nonfood fundraisers such as flowers, gift-wrap, sporting events, and family fun runs.
- A requirement that 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 provide opportunities for students to engage in physical activity.**

A quality physical education program is an essential component for all students to learn about and participate 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 content standards, and 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.

The goal of providing opportunities for students to engage in physical activity shall be accomplished by:

- A requirement that all students have access to age-appropriate daily physical activity.
- Increased opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics, and physical activity clubs.
- Increased opportunities for physical activity during the school day through daily recess periods, elective physical education classes, walking programs, and the integration of physical activity into the academic curriculum.
- An encouragement that schools follow the recommendations of the National Association of Sport and Physical Education (NASPE), which guide students through a process that enables them to achieve a high personal level of fitness.
- An encouragement that beginning at an early age, schools introduce developmentally appropriate components of a health-related fitness assessment (i.e. FitnessGram, Physical Best or President's Council) to students.
- An encouragement that secondary schools administer a health-related fitness assessment to students to help students determine their own level of fitness and create their own fitness goals and plans.

Delta County School District 50J

Adopted: May 15, 2014

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*)

CROSS REFS.: [EF](#), Food Services

[EFC](#), Free and Reduced-Price Food Services

[EFEA\\*](#), Nutritious Food Choices

[IA](#), Instructional Goals and Learning Objectives

[IHAE](#), Physical Education

[IHAM and IHAM-R](#), Health Education

[IHAMA](#), Teaching About Drugs, Alcohol and Tobacco

[IHAMB and IHAMB-R](#), Family Life/Sex Education

[JLJ\\*](#), Physical Activity