

## **DISTRICT WELLNESS**

The Board of Education (the Board) promotes a healthy culture by supporting District 11 (District) wellness, good nutrition, and regular physical activity as part of the total learning environment. The District contributes to the basic health status of students and District employees by facilitating learning through the support and promotion of good nutrition and physical activity. Students and District employees who eat well-balanced meals and are physically active are more likely to achieve, be more productive, and have improved attendance.

Students, teachers, District employees, and school groups are encouraged to choose items aligned to the District's nutrition standards, when selling food or beverage for fundraising purposes. However, nothing in this policy shall be construed to prohibit the sale or distribution of any food or beverage item through periodic fundraisers by a student, teacher, or school group when the item is for sale after completion of the school day.

To further the Board's beliefs stated above, the Board adopts the following recommendations and directs the Nutrition and Physical Activity Advisory Committee to include in the regulations the objectives that will be used to obtain them:

### **Definitions – For the Purposes of this Policy Only**

"Competitive food" means any food or beverage available to students and District employees that is separate from the District's nonprofit, federally reimbursed food service program and is provided by a school-approved organization or a school-approved outside vendor.

"School day" means one hour prior to the start of the first class period to one half hour after the end of the last class period, except that, for schools not offering school breakfast, "school day" means one half hour before the first class period to one half hour after the end of the last class period.

### **Recommendation 1. The District will provide a comprehensive learning environment for developing and practicing lifelong wellness behavior.**

The total school environment will promote and be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. Such learning and working environments will teach students and District employees to use appropriate resources and tools to make informed and educated decisions about lifelong healthy eating habits and beneficial physical activity.

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

All foods and beverages available on school grounds and at school-sponsored activities that are served by the District's Food & Nutrition Services Department and through vending machines shall meet or exceed the district's nutrition standards. All schools participating in the School Breakfast and/or National Lunch Program shall comply with state and federal rules or regulations, and school district policies (see policy EF) regarding competitive food service and the service of Foods of Minimal Nutritional Value, as defined by the USDA. Other venues offering food and beverage items (e.g. classroom parties, school stores, concessions, school fundraisers, etc.) are encouraged to offer healthy alternatives.

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**Recommendation 3. The District will provide more opportunities for students and District employees to engage in physical activity.**

A quality physical education program is an essential component for all students and District employees to learn about and participate in physical activity. Physical activity and wellness shall be included in a school's education program from grades kindergarten through 12. Physical activity and wellness shall be standards-based and grade level appropriate, in accordance with the District's content standards, as well as co-curricular activities. Nothing in this policy shall be construed to require an administrative unit to implement a District employee plan in the event that sufficient moneys are unavailable.

Adopted June 28, 2006  
Revised December 2010  
Reviewed November 14, 2012

LEGAL REFS.:           Section 204 of P.L. 108-265 (*Child Nutrition and WIC Reauthorization Act of 2004*)  
                              C.R.S. 22-32-134.5  
                              C.R.S. 22-32-136 (*policies to improve children's nutrition and wellness*)

CROSS REFS.:           BDFH – Nutrition and Physical Activity Advisory Committee  
                              EF, Food Services  
                              IHAM Health Education  
                              IHAMA, Teaching About Drugs, Alcohol and Tobacco

Policy Owner:           Director of Food and Nutrition Services