

# ADF School Wellness

Pursuant to federal law, the following parties have jointly developed this school wellness policy: teachers, parents, director of food services, director of student services, and the school nurse.

The Board promotes healthy schools by supporting student wellness, 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, as children who eat well-balanced meals and are healthy are more likely to learn in the classroom.

The district will establish and maintain a district-wide Nutrition and Physical Activity Advisory Council. The purposes of the council 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/or appropriate.

To further the Board's 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 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;

- 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 parent educational opportunities to inform them about nutrition and physical activity, including information about healthful foods and beverages to provide to their child and to bring to school activities and events. These educational opportunities may include, but not be limited to, education provided in the form of handouts, postings on the district's website, articles and information provided in district or school newsletters, presentations that focus on nutritional value and healthy lifestyles, and through any other appropriate means available for reaching parents.
- All district activities and educational materials shall be promoted and supported by evidence-based resources and practices

## **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 prohibition or restriction on student access to vending machines, school stores, and other food venues. Only USDA Smart Snacks in school regulation and the Department of Education nutrition guidelines may be sold or advertised during school hours.
- A restriction on using food as a discipline or reward. Non-food-based incentives will be made available to each school, with exceptions being Smart Snack Compliant options. A list of Smart Snacks shall be made available to each school.
- A requirement that at any school function (parties, celebrations, receptions, festivals, sporting events, etc.) at least 50% of food choices be comprised of healthy Smart Snack options and be made available to all students.
- The requirement of non-food fundraisers such as flowers, gift wrap, sporting events, and family fun runs. The Colorado Department of Education Office of School Nutrition will allow up to three food fundraiser exemptions per school building per school academic year. This exemption must comply with legislation to increase the consumption of healthy foods and reinforce healthy eating habits.

**Goal#3. The district will provide more 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 kindergarten through 12. Physical activity should include regular instructional physical education, in accordance with the district's academic 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 more opportunities for students to engage in physical activity shall be accomplished by:

- 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 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.
- The school shall provide health-promotion activities and incentives for students, parents and staff that encourage regular physical activity; through opportunities such as speakers, recreational demonstrations, ~~and~~ walking clubs, etc.
- It is discouraged to withhold any form of physical activity opportunities as consequences for student misconduct.

**Goal #4. The District shall support and promote staff and student's mental health needs.**

- District Employees shall have the opportunity to receive mental health training and suicide prevention training.
- District mental health team members and school counselors shall be provided with professional development opportunities to further improve the understanding of mental health and trauma within the student population.

*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*  
*IHAM and IHAM-R, Health and Family Life/Sex Education*  
*IHAMA, Teaching About Drugs, Alcohol and Tobacco*  
*JLJ, Physical Activity*

Adopted: April 2006  
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