

School Wellness

(Healthy School Environment Policy)

Purpose and Goals

INTENT

Every student shall be physically educated – that is, shall develop the knowledge and skills necessary to perform a variety of physical activities, maintain physical fitness, regularly participate in physical activity, understand the short and long-term benefits of physical activity, and value and enjoy physical activity as an ongoing part of a healthful lifestyle. In addition, staff members are encouraged to participate in a model physical activity as a valuable part of daily life.

School leaders shall develop and implement a comprehensive plan to encourage physical activity that includes the following:

- A sequential program of physical education that involves moderate to vigorous physical activity on a daily basis; teachers knowledge, motor skills, self-management skills, and positive attitudes; promotes activities and sports that students enjoy and can pursue throughout their lives; is taught by well-prepared, well supported, and well educated staff; and is coordinated with the health education curriculum;
- Time in the elementary school day for supervised yet unstructured recess to discourage extended periods of inactivity (periods of two or more hours);
- Opportunities and encouragement for students to voluntarily participate in before and after-school physical activity programs, such as intramurals, clubs, and, at the middle and high school levels, interscholastic athletics;
- Joint school and community recreation activities; and
- Opportunities and encouragement for staff to be physically active.

GOAL #1

RATIONALE

Schools have a responsibility to help students and staff establish and maintain lifelong habits of being physically active. ***According to the U.S. Surgeon General, regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being. Regular physical activity reduces the risk of premature death in general and of heart disease, high blood pressure, colon cancer, and diabetes in particular.*** Promoting a physically active lifestyle among young people is important because:

- Through its effects on mental health, physical activity can help increase students' capacity for learning;

- Physical activity has substantial health benefits for children and adolescents, including favorable effects on endurance capacity, muscular strength, body weight, and blood pressure; and
- Positive experiences with physical activity at a young age help lay the basis for being regularly active throughout life.

Promoting a physically active lifestyle will be done by:

- Devoting as much time as possible, at least 50%, spent in moderate to vigorous physical activity;
- Providing many different physical activity choices;
- Featuring cooperative as well as competitive games;
- Meet the needs of all students, especially those who are not athletically gifted;
- Taking into account gender and cultural differences in student's interests;
- Teaching self-management skills as well as movement skills;
- Actively teaching cooperation, fair play, and responsible participation in physical activity;
- **Having student/teacher ratios comparable to those in other curricular areas;**
- Promoting participation in physical activity outside of school;
- Providing health education in grades K-12 by physical education teachers as well as in other content areas by classroom teachers;
- Focusing, at the high school level, on helping adolescents make the transition to an active adult lifestyle; and
- Being an enjoyable experience for students.

Teachers shall aim to develop students' self-confidence and maintain a safe psychological environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind. Physical education staff shall not order performance of physical activity as a form of discipline or punishment.

Suitably adapted physical education shall be included as part of individual education plans for students with chronic health problems, other disabling conditions, or other special needs that preclude such students' participation in regular physical education instruction or activities.

ASSESSMENT

All students shall be regularly assessed for attainment of the physical education learning objectives. Course grades shall be awarded in the same way grades are awarded in other subject areas and shall be included in calculations of grade point average, class rank, and academic recognition programs such as honor roll.

HEALTH-RELATED FITNESS TESTING

Health-related physical fitness testing shall be integrated into the curriculum as an instructional tool. Tests shall be appropriate to students' developmental levels and

physical abilities. Such testing shall be used to teach students how to assess their fitness goals. Staff will maintain the confidentiality of fitness test results, which will be made available only to students and their parents/guardians as a segment of CSAP score results. These fitness results would include scores and norms.

As health-related physical fitness can be influenced by factors beyond the control of students and teachers (genetics, physical maturation, disabling conditions, body composition, etc.), test results shall not be used to determine course grades or to assess the performance of individual teachers.

INTRAMURAL PROGRAMS

Elementary, middle, and high schools shall offer intramural physical activity programs that feature a broad range of competitive and cooperative activities and meet the following criteria:

- Students have a choice of activities in which they can participate;
- Every student has an opportunity to participate regardless of physical ability; and
- Students have the opportunity to be involved in the planning, organization, and administration of the program.

INTERSCHOLASTIC ATHLETICS

Middle and high schools shall offer interscholastic athletic programs that shall adhere to the rules and regulations of CHSAA. All coaches, whether volunteer or employed by the school district, shall comply with the policies, regulations, rules, and enforcement measures codified in a regularly updated coach's handbook.

Administrators, coaches, and other staff shall model sportsmanlike attitudes and behaviors. Student athletes shall be taught good sportsmanship, such as treating opponents with fairness, courtesy, and respect, and shall be held accountable for their actions. School authorities should evict spectators who do not handle themselves in a sportsmanlike way.

GOAL #2

Establishing Nutrition Standards for All Foods Available on School Campus during the School Day

1. Quality School Meals

Healthy school meals provide energy and nutrients students need for sound mind and bodies. Studies confirm what parents and teachers have said for years – children who are not well nourished have difficulty learning. The variety of foods offered in the school meal programs allows children to learn and enjoy different foods and develop healthy eating patterns. Students and staff are highly encouraged to promote and participate in these programs.

Recommendations:

- 1.1. Nutrition Services policies and guidelines for reimbursable meals will continue to follow the regulations and guidelines set forth by the federal and state agencies. They shall not be more restrictive than these guidelines.
- 1.2. Any ala carte offerings shall be limited and should emphasize a variety of choices of tasty, nutritious foods and beverages such as fruit, vegetables, whole grains and low-fat or non-fat dairy products. The district encourages the adherence to the District's Nutrition Guidelines for ala carte offerings.
- 1.3. Parents and staff shall have access to the nutritional value of meals served from one or more of the following sources; district menus, district website or the district's nutritional service office.
- 1.4. Sales of any food that competes with the school meal program shall be prohibitive pursuant to Federal Regulation 7 CFR/210.11.
- 1.5. School foodservice staff will be properly qualified according to professional standards and regularly participate in professional development activities.
- 1.6. School personnel, along with parents should encourage students to choose and consume meals at school.

2. Vending Machines

It is recognized that there is a need for food to be available to students on school campuses outside of the school meal program. These foods and drinks help to provide students with the needed energy for extended day extra-curricular activities.

Recommendations:

- 2.1. Elementary Schools: No vending machines shall be made available to students in K-5 schools. Elementary classrooms may serve on nutritious snack per day (except during lunch time) under the teacher's guidance. Teachers and parents are encouraged to choose items from the district's nutrition guidelines.
- 2.2. Middle Schools: All beverage machines shall include water, fruit juice, sports drinks, and other non-carbonated drinks. No carbonated drinks will be available on middle school campuses. All snack vending will be consistent with Colorado SB04-103. This bill encourages school districts to assure that 50% of all items offered in vending machines meet the criteria for acceptable nutrition standards, which are laid out in the bill.
- 2.3. High Schools: All beverage machines shall include water, fruit juice, sports drinks and other non-carbonated drinks. No more than 50% of beverages offered shall be carbonated. All snack vending will be consistent with Colorado SB04-103. This bill encourages school districts to assure that 50% of all items offered in vending machines meet the criteria for acceptable nutrition standards, which are laid out in the bill.

2.4. Service Agreements: Any service agreement entered into with a company to provide services such as vending machines shall have a termination clause that permits either party to terminate the agreement (with or without cause) with the thirty (30) day written notice to the other party.

3. **Other Foods Available on School Campus' During the School Day**

Recommendations:

- 3.1. School staff is encouraged not to use food as rewards or punishment for students.
- 3.2. Schools should encourage organizations to sell non-food items or nutritious food items for fund-raisers, school stores, student council events, etc. rather than candy or other low nutritional value foods.
- 3.3. Encourage the offering of nutritious foods that meet the district's nutrition guidelines for after school programs, parties, field trips, and other celebrations or meetings held on school property.
- 3.4. Organizations operating concessions at school functions are encouraged to offer at least some healthy food choices.
- 3.5. The district encourages each school and the staff to promote and support an environment that adheres to the District's Wellness Policy.

OTHER OPPORTUNITIES FOR PHYSICAL ACTIVITY

GOAL #3

RECESS IN ELEMENTARY SCHOOLS

Recess provides opportunities for physical activity, which helps students stay alert and attentive in class and provides other educational and social benefits. School authorities shall encourage and develop schedules that provide two 15-minute recess periods within every school day for elementary school students to enjoy supervised yet unstructured recess. Every school shall have playgrounds, other facilities, and equipment available for free play. ***Recess shall compliment, not substitute for, physical education classes.***

SCHOOL/COMMUNITY COLLABORATION

Schools shall work with recreation agencies and other community organizations to coordinate and enhance opportunities available to students and staff for physical activity during their out-of-school time.

Schools are encouraged to negotiate mutually acceptable, fiscally responsible arrangements with community agencies and organizations to keep school or district-owned facilities open for use by students, staff, and community members during non-school hours and vacations.

STAFF PHYSICAL ACTIVITY

The school district shall plan, establish, and implement activities to promote physical activity among staff and provide opportunities for staff to conveniently engage in regular physical activity.

DISTRICT NUTRITION GUIDELINES

The following guidelines and food options should be considered for all foods and beverages, other than school meals, made available to students. This includes parties, celebrations, receptions, festivals, sporting events, etc.

Raw vegetables with low-fat dressing or yogurt dip
Fresh fruit and 100% fruit juices
Frozen juice pops
Dried fruits
Trail mix
Dry roast nuts and seeds
Lean meats and cheeses
Party mix (i.e. Chex Mix)
Baked chips
Baked corn chips and salsa
Pretzels
Low fat muffins, granola bars, crackers, and cookies
Flavored yogurt
Low fat ice cream, frozen yogurts, sherbets
Water (plain and flavored)
Sports drinks

Foods to avoid or consume only occasionally:

Carbonated and caffeinated beverages
High sugar content candies and desserts
High fat/salty foods (fried foods, butter popcorn, chips)

Adopted: April 10, 2006

Revised: March 2007

Revised: CASB Overhaul 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. 22-32-136.5(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