

## **SCHOOL WELLNESS POLICY Weld Co School District Re5J**

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

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, and recommend revisions to this policy as the council deems necessary and/or appropriate.

To further the Board's beliefs stated above, the Board adopts the following goals:

### **Goal #1. The district shall promote lifelong wellness behaviors.**

The entire school environment shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and physical activity.

This goal shall be accomplished by:

- K-12 health and PE curriculums that incorporate state and/or national standards.
- The availability of nutritional information in the school cafeteria, with coordination between the district food service staff and school students and staff.
- Active promotion of healthy eating and physical activity to students and staff.
- Teachers shall be encouraged to incorporate nutritional education into core curriculum areas when applicable.
- Staff educational opportunities to inform about wellness, nutrition and physical activity, and ways to incorporate these into their classrooms. This may include web sites, workshops, staff meetings, inservice days, written materials, videos, e-mail, and conferences.
- Availability of parent education materials such as web sites, parent newsletters, handouts, workshops, videos, or presentations
- 

### **Goal #2. The district shall support and promote proper dietary habits contributing to good student health and positive academic performance.**

All schools participating in the School Breakfast and/or National 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. This goal shall be accomplished by:

- Adoption of nutritional standards that utilize school lunch program standards including the following: limiting sugar, fat, and sodium, and maintaining reasonable portion sizes.
- Students shall have access to fruits and vegetables daily at school.
- Students shall have healthy food choices in moderate portions in the school cafeteria and school vending machines, as well as adequate time to eat.
- Placing limits on the times and places competitive foods may be sold during school hours in order to encourage healthy food selections.

- Alternatives to unhealthy food rewards shall be encouraged.
- Nutritional information shall be available to students, parents, and staff on all foods and beverages sold or available in the district upon request.
- Healthy food alternatives shall be encouraged for all school functions including sporting events, classroom parties, and celebrations.
- Non-food fund raisers shall be encouraged.
- All students and staff to have access to adequate amounts of drinking water.

**Goal #3. The district shall 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 should be included in a school's daily education program from pre-kindergarten through grade 12. Physical activity should include regular instructional physical education, as well as co-curricular activities and recess. This goal shall be accomplished by:

- Every student shall have access to age and ability appropriate physical activities.
- Students shall be offered access to after-school physical activity programs such as recreational programs, interscholastic athletics, and physical activity clubs.
- Students shall be offered opportunities for structured and unstructured physical activity, such as elementary recess time, elective physical education courses, walking to nearby field trips, and integration of physical activities in the classroom when possible.
- Secondary schools shall be encouraged to administer a health-related fitness assessment to students to help them determine their own level of fitness and create their own fitness goals and plans.
- Schools shall be encouraged to introduce developmentally appropriate components of a health-related physical assessment at an early age to students.

Date Adopted: **06/23/2006**