

## **School Wellness**

Pursuant to federal law, the following representatives, hereafter referred to as the School Wellness Committee, have jointly developed this School Wellness Policy and accompanying Regulation: The Assistant Superintendent of Educational Support Services, the Director of Health, Wellness and Facility Support, the Director of Food and Nutrition Services, the Director of Athletics and Activities, the Health Services Coordinator, the Health Education Coordinator, the Physical Education Coordinator, a Pediatrician, a Student Nutrition Supervisor, a Principal, a Student, and a Parent.

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 promotion and support of good nutrition and regular physical activity. Children who eat well-balanced meals and engage in regular physical activity are more likely to excel in the classroom.

The Board establishes the School Wellness Committee as an advisory committee to monitor the implementation of this Policy and accompanying Regulation, evaluate and report annually on the district's progress on this Policy's goals, serve as a resource to schools, and recommend revisions to this Policy and accompanying Regulation as the committee deems necessary and/or appropriate.

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

Goal #1: The district will provide a learning environment conducive to developing and practicing lifelong wellness behaviors.

Goal #2: The district will promote and support proper dietary habits contributing to every student's health status and academic performance.

Goal #3: The district will provide opportunities for every student to engage in regular physical activity.

Adopted: May 8, 2006

Revised: March 12, 2012

LEGAL REFS:           Section 204 of P.L. 108-265 (Child Nutrition and WIC Reauthorization Act of 2004)  
                              C.R.S. 22-32-124 (nutritious choices in vending machines)  
                              C.R.S. 22-32-136 (policies to improve children's nutrition and wellness)

CROSS REFS           :EF, Foodservice  
                              EFC and EFC-R, Foodservice - Free and Reduced-Price Food  
                              IHAM and IHAM-R, Health Education  
                              IHAMA, Teaching About Drugs, Alcohol and Tobacco  
                              JLJ, Physical Activity