

Proposed- RFSD Board Policy School Wellness

Pursuant to federal law, the following parties have jointly developed this school wellness policy: members of the district's Family Resource Center Advisory Board, Wellness Committee, parents, teachers, the district's director of food services, school nurses, and community members knowledgeable about children's health.

The Board promotes healthy schools by supporting student wellness, 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 student wellness including nutrition, physical activity, and social-emotional wellbeing. 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 Wellness Council, formerly the District Wellness Committee. 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 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 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 nutrition and physical, mental and social-emotional wellbeing. Such learning environment will teach students to use appropriate resources and tools to make informed and educated decisions about lifelong healthy eating habits, physical activity, and social-emotional behaviors.

The goal of providing a comprehensive learning environment shall be accomplished by:

- *The provision of age-appropriate and culturally sensitive instruction to students that teaches them lifelong healthy eating habits, physical activity, and social-emotional behaviors.*
- *The availability of nutrition education in the school cafeteria as well as in the classroom, with coordination between the district's food services staff and teachers.*
- *Active promotion of healthy eating, physical activity, and social-emotional wellbeing to students, parents, school staff, and the encouragement to teachers to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts, as applicable. nity at school registration, parent- teacher meetings, open houses, staff in-services, etc.*

elective physical education classes, walking programs, and the integration of physical activity into the academic curriculum.

- *The recommendation 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 availability of health promotion activities and incentives for students, parents and staff that encourage regular physical activity.*

(Adoption date) LEGAL REFS.:

CROSS 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*)

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

HAMA, Teaching About Drugs, Alcohol and Tobacco

IHAMB and IHAMB-R, Family Life/Sex Education

JLJ*, Physical Activity

[Revised August 2016]