

School Wellness

The Board of Education 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 students who eat well-balanced meals and participate in regular moderate to vigorous physical activity are generally healthier and are more likely to learn in the classroom.

The District and/or individual schools within the District shall establish and maintain a District-wide School Wellness Council, comprised of students, teachers, administrators, parents, community members and a nutrition/health professional. The purpose of this council shall be to monitor the implementation of this policy, evaluate progress toward policy goals, serve as a resource to schools (e.g. provide lists of healthy incentives, snacks, etc.) and recommend revisions to policy deemed necessary and/or appropriate.

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

The District shall 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 environments shall teach students to use appropriate resources and tools to make informed and educated decisions about lifelong healthy eating habits and beneficial physical activity.

Providing a comprehensive learning environment shall be accomplished by:

- a. Continuing to improve the health education delivery structure and implementation of District standards for physical and nutrition education that promote the ongoing positive effects of good nutrition and physical activities.
- b. Requiring all health/physical education teachers meet the criteria of highly qualified.
- c. Providing age-appropriate and culturally-sensitive instruction that promotes lifelong eating habits and everyday physical activities, at levels established by state law at a minimum.
- d. Ensuring nutrition education is available in the school cafeteria as well as the classroom, with coordination between the District Food Services staff and teachers.
- e. Encouraging teachers to integrate nutrition education into core curriculum areas as appropriate.
- f. Encouraging students to participate in the school breakfast and lunch program as available.

- g. Encouraging principals to schedule lunch near the middle of the school day, with younger children eating first when possible. Lunch should not be served before 10:00 am.

The District shall develop and provide nutrition recommendations.

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, and the District Nutritional Standards referenced below. The District encourages all outside groups and/or school affiliated organizations to use the District Nutrition Standards as a guideline where feasible.

Supporting and promoting proper dietary habits shall be accomplished, in general, by eliminating Foods of Minimal Nutritional Value (FMNV) which is the Federal USDA Nutritional Standard. In addition, all standards referenced below meet State of Colorado Nutritional Standards established by Colorado Department of Education.

Snacks, meals or entrees sold as a la carte foods:

- Fat shall not exceed 30% of total calories. Saturated fat shall not exceed 10% of total calories.
- Added sugar shall not exceed 35% by weight. This must be 10% or less of calories from sugar. Fresh Fruit and Dairy products shall be exempt from this restriction.
- Portion Control shall be observed with snacks. Each snack shall weigh between 1.5 and 2.5 ounces.

Beverages:

- All beverages sold in the school lunch program shall contain at least 100% juice from fruit.
- Beverages sold shall not exceed 12 ounces in size. The only exception to this shall be water.
- Milk shall be skim or 1% milk fat. Chocolate milk shall be skim.
- 10 ounce milk shall be served as a part of the reimbursable meal and sold a la carte in all secondary schools.
- No products shall contain caffeine.

School Vending:

- The District shall work toward providing a healthy vending program.
- The Nutrition Services program shall set up and operate a vending program that shall provide both healthy snacks and nutritious beverages.
- Snacks sold in the vending machines shall meet at least 50% of the above nutrition guidelines.
- Schools who participate in the School Vending program shall not be allowed to sell or serve carbonated beverages from bell to bell.

- The Pepsi contract shall continue to be enforced as it is written including any addendums.

School Meals:

- The District shall ensure that no student in the St. Vrain Valley School District (SVVSD) goes hungry while in school, therefore SVVSD shall encourage students to participate in the school breakfast and lunch program as available.
- Schools shall be responsible for scheduling appropriate meal times.
- Schools shall provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
- Schools should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10:00 a.m. and 2:00 p.m.
- Schools should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- Schools shall be encouraged to schedule lunch periods to follow recess periods in elementary schools.
- Schools shall provide access to hand washing or hand sanitizing before they eat meals or snacks.
- Schools should discourage students and staff from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Nutrition Services Staff:

- Qualified nutrition professionals shall administer the school meal programs.
- As part of the School District's responsibility to operate a food service program, the District shall provide continuing professional development for all nutrition professionals in schools.
- Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers according to their level of responsibility.

Sustainable Food Practices:

- Staff is encouraged to utilize food from school gardens (when applicable and approved by the Nutrition Services Director) and local farmers based upon availability and acceptability.
- Sustainable organic agriculture shall be supported when appropriate.
- The Nutrition Services Department shall develop and implement a plan to integrate organic food, as defined by the USDA National Organic Program, into meals served to our students.
- The plan shall seek to eliminate potentially harmful food additives and processes, such as bovine growth hormones, irradiation, hydrogenated oils, and known genetically modified foods.

Snacks:

- Snacks served during the school day or in after-school care or enrichment programs shall make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.
- Schools shall assess if and when to offer snacks based on timing of schools meals, children's nutritional needs, children's ages, and other considerations.
- The District shall disseminate a list of healthful snack items to teachers, after-school program personnel and parents.

Rewards:

- Schools shall be encouraged to not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (see above regarding snack guidelines for fat and sugar content, portion sizes and beverage guidelines) as rewards for academic performance or good behavior.
- School shall not withhold food or beverages (including food served through school meals) as punishment.

Celebrations:

- Schools should limit celebrations that involve food during the school day to no more than one party per class per month.
- Each party should include no more than one food beverage that does not meet nutrition standards for foods and beverages sold individually (see above regarding snack guidelines for fat and sugar content, portion sizes and beverage guidelines.)
- The District shall disseminate a list of healthy party ideas to parents and teachers,

Fundraising:

- No more than 50% of fundraising activities shall include students at the K-8 level involved in the sale of candy, sodas, cookies and sweets.
- Bake Sales and/or Ice Cream Socials may be held at the K-8 level with the permission of the school principal, in moderation and with consideration and consistency of the goals of this policy.

Nutrition and Physical Activity Promotion:

- 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.
- Learning environments shall teach students to use appropriate resources and tools to make informed and educated decisions about lifelong healthy eating habits and beneficial physical activity.

Health Education:

- The District shall continue to improve the health education delivery structure and implementation of District standards for physical and nutrition education that promote the ongoing positive effects of good nutrition and physical activities.
- The District shall provide age-appropriate and culturally sensitive instruction that promotes lifelong eating habits and everyday physical activities.

Nutrition Education:

- The District shall ensure that teachers, principals, and Nutrition Services employees recognize that the lunch period is an integral part of the educational program of SVVSD and shall work to implement the goals of this policy.
- The District shall encourage that eating experiences, education gardens, and nutrition education is integrated into the core academic curriculum at all grade levels.

Staff Wellness:

- The District highly values the health and well-being of every staff member and shall plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.
- Each school should work with their school wellness council to develop, promote, and oversee a multifaceted plan to promote staff health and wellness.
- The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

Communication with Parents:

- The District shall support parents' efforts to provide a healthy diet and daily physical activity for their children.
- The District shall offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analysis of school menus.
- School should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages.
- The District shall provide parents a list of foods that meet the District's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.
- The District shall provide information about physical education and other school-based physical activity opportunities before, during, and after the school day.
- The District shall support parents' efforts to provide their children with opportunities to be physically active outside of school.
- Such supports shall include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

The District shall 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, regardless of their medical or physical limitations. Age-appropriate physical activity shall be included in a school's daily education program from grades pre-kindergarten through 12. Physical activity should include regular instructional physical education, in accordance with the District's content standards, as well as co-curricular activities and recess.

Providing more opportunities for students to engage in physical activity shall be accomplished by:

- a. Encouraging health-promotion activities and incentives for students, parents, and staff that promote regular physical activity (e.g. after school activities, intramurals, walking clubs, etc.).
- b. Encouraging families to incorporate physical activities into students' lives at home.
- c. Encouraging daily recess for all elementary students that are at least 20 minutes per day, supervised, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. Time for physical activity during middle school lunchtime is also highly encouraged.
- d. Ensuring that students are not withheld from physical education as a form of discipline.
- e. Encouraging parents/guardians to support student participation in physical activities, participation as a family, and parents being active role models in physical activities.
- f. Encouraging all District staff to engage in and promote healthy lifestyles through positive role modeling.
- g. All elementary, middle and high schools shall offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools and middle schools, as appropriate, shall offer interscholastic sports programs.
- h. Schools shall offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.
- i. Community school child care and enrichment programs shall provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.
- j. Opportunities for physical activity to be incorporated into other subject lessons shall be highly encouraged and supported.
- k. Classroom teachers shall be highly encouraged and supported in providing short physical activity breaks between lessons or classes, as appropriate.

- I. The District shall assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school.
- m. When appropriate, the District shall work together with local public works, public safety, and/or police departments in those efforts.
- n. The District shall offer opportunities for schools to provide students with both pedestrian and bicycle safety education.

The District shall monitor and review this policy.

Each school shall post the District's policies and regulations on nutrition and physical activity on their web page, in public view within all school cafeterias or in other central eating areas. The District School Wellness Coordinator or designee shall recommend for Board approval specific quality indicators that shall be used to measure the implementation of the policy District-wide and at each District school. These benchmarks shall include, but not be limited to, the analysis of the nutritional content of meals served; student participation rates in school meal programs – any sales of non-nutritious foods and beverages in fundraisers or other venues outside the District's meal programs; and feedback from nutrition service personnel, school administrators, the District wellness council, parents/guardians, students, and other appropriate persons. The intent of monitoring this policy is not to police students, staff, and parents but to measure the effectiveness and impact of the policy throughout the District.

Adopted 10-25-06

Revised August 10, 2011

Revised January 11, 2012

LEGAL REFS.: Section 204 of P.L. 108-265 (Child Nutrition and WIC Reauthorization Act of 2004)
C.R.S. 22-32-134 (nutritious choices in vending machines)
C.R.S. 22-32-136 (policies to improve children's nutrition and wellness)

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

St. Vrain Valley School District RE-1J, Longmont, Colorado