

Board File: ADF

STUDENT 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 of students by facilitating learning through the support of good nutrition and physical activity.

Goals for Nutrition Education, Physical Activity, and Other School-Based Activities to Promote Student Wellness and Enhance Student Learning

To further the Board's beliefs as stated above and the Board's Key End Statement that students will demonstrate proper nutrition, exercise, and healthy physical development, the Board delegates to the Superintendent the authority, with involvement of the Board, parents, students, representatives of the District's nutrition services department, school administrators, health services, and the public, to establish a student wellness policy for the District that at a minimum:

1. Includes goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner consistent with the Board's End Statement;
2. Includes nutrition guidelines for all foods available on each school campus during the school day with objectives of promoting student health and reducing childhood obesity;
3. Assures that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture, as applied to schools; and
4. Establishes a plan for measuring implementation of the District's wellness policy, with consideration to the recommendations of the District's Wellness Committee.
5. Prohibits, except as described by law and Colorado Department of Education's rules as those beverages satisfying minimum nutritional standards, the sale of beverages to students from any source, including but not limited to, school cafeterias, vending machines, school stores and fund-raising activities on school campuses.

Adopted: June 20, 2006

Revised: May 5, 2009

Revised: October 4, 2010

LEGAL REFS.:

Section 204 of P.L. 108-265 (Child Nutrition and WIC Reauthorization Act of 2004)

C.R.S. 22-32-134.5 (Healthy beverages policy required)

C.R.S. 22-32-136 (policies to improve children's nutrition and wellness)

CROSS REFS.: ADF-R Student Wellness

ADF-E Student Wellness