

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 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 goal:

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 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:

- 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.
- Requiring all health/physical education teachers meet the criteria of highly qualified.
- 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.
- Ensuring nutrition education is available in the school cafeteria as well as the classroom, with coordination between the District Food Services staff and teachers.
- Ensure teachers integrate state standards regarding nutrition education into core curriculum areas as appropriate.
- Encouraging students to participate in the school breakfast and lunch program as available.
- Active promotion of healthy eating and physical activity to students, parents, school staff, and the community at parent-teacher meetings, open-houses, staff in-services, etc.

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

All foods and beverages available on school grounds and at school-sponsored activities shall meet or exceed the district's nutrition standards. 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.

In addition, all standards referenced below meet State of Colorado Nutritional Standards established by Colorado Department of Education.

The goal of supporting and promoting proper dietary habits shall be accomplished by:

- Adoption of district nutrition standards that limit the amount of fat and sugar content and limit portion sizes.
- A requirement that all students have access to fresh fruits and vegetables throughout the school day.
- A requirement that all students have access to a school facility with a sufficient number of functioning water fountains in accordance with local building codes, or other means to provide students with sufficient water.
- An assurance that the school cafeteria is as pleasant an eating environment as possible, including displays of student art, plants, natural light if possible, small tables, and reduced noise, if possible.
- A requirement or encouragement that at any school function (parties, celebrations, receptions, festivals, sporting events, etc.), healthy food choice options be made available to students.
- The adoption of rules specifying the time and place at which competitive foods may be sold on school property to encourage the selection of healthful food choices by students.

Goal #3. The district will 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. 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, and may include, but need not be limited to exercise programs, fitness breaks, recess, field trips that include physical activity and classroom activities that include physical activity.

The goal of providing more opportunities for students to engage in physical activity shall be accomplished by:

- 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.).
- Encouraging families to incorporate physical activities into students' lives at home.
- 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.
- Ensuring that students are not withheld completely from physical education/recess as a form of discipline nor that physical activity is used as a form discipline.

- Encouraging parents/guardians to support student participation in physical activities, participation as a family, and parents being active role models in physical activities.
- Classroom teachers shall be highly encouraged and supported in providing short physical activity breaks between lessons or classes, as appropriate.
- An encouragement that beginning at an early age, schools introduce developmentally appropriate components of a health-related fitness assessment (i.e. Physical Best or President's Council) to students.
- A requirement that all students have access to age-appropriate daily physical activity.

(Adoption date: Nov. 2013)

LEGAL 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. 22-32-136.3 (trans fat ban)
 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)

CROSS REFS.: 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
 IHAMA, Teaching About Drugs, Alcohol and Tobacco
 IHAMB and IHAMB-R, Family Life/Sex Education
 LLJ*, Physical Activity

Benefits of Breakfast



**BREAKFAST TIMES FOR
 Idalia School District RJ-3
 PK- 5TH 7:45 – 8:05 a.m.
 6th-12th 8:52 – 9:07 a.m.**

**Eating breakfast can help
 improve math, reading, and
 standardized test scores. i ii iii**

**Children who eat breakfast
 are more likely to behave better in school and get along with
 their peers than those who do not. iv v**

**Breakfast helps children pay attention, perform problem-
 solving tasks, and improves memory. vi vii**

Children who eat school breakfast are likely to have fewer absences and incidents of tardiness than those who do not. viii

By eating breakfast, students get more of important nutrients, vitamins and minerals such as calcium, dietary fiber, folate and protein. ix x

Studies have shown that children who eat breakfast on a regular basis are less likely to be overweight. xi xii xiii

Eating breakfast as a child is important for establishing healthy habits for later in life.

Schools that provide breakfast in the classroom to all students have shown decreases in tardiness and suspensions as well as improved student behavior and attentiveness. xiv xv

What you eat for breakfast can have an impact on learning. One study showed that eating breakfast food high in fiber and low in sugar for breakfast helped students sustain the cognitive effects of breakfast. xvi

School Breakfast provides 1/4 the recommended amounts of protein, calcium, iron, vitamin A, and vitamin C for the day. xvii

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- xii American Dietetic Association. Childhood Overweight Evidence Analysis Project: updated 2006. Available at: www.adaevidencelibrary.com/topic.cfm?cat=1046.
- xiii Dubois L, Girard M, Potvin Kent M, Farmer A, Tatone-Tokuda F Breakfast skipping is associated with differences in meal patterns, macronutrient intakes and overweight among pre-school children *Public Health*

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xvii Section 9(f)(2)(B)(ii), Richard B Russell National School Lunch Act.