

School Wellness

The district is committed to providing all students and staff with a school environment that enhances learning and develops lifelong wellness practices. The district believes that supporting student wellness, including evident-based nutrition and physical activity, is a fundamental aspect of the learning environment and that improved health optimizes a student's educational success.

The district shall support the implementation of this policy in accordance with the following goals, which are further interpreted and explained in district Procedure 741-ADF.

The Board adopts the following goals:

1. Establish and maintain a District Health Advisory Council (DHAC).

The DHAC will be composed of district leadership, including administrators, community members, and professionals in the fields of nutrition, physical health, and social/emotional health.

The DHAC will monitor and evaluate progress towards policy goals, recommend revisions to policy, and serve as a resource to the district. The DHAC shall oversee and support individual school wellness teams as needed.

Schools shall not withhold food or beverages (including food served through school meals) as punishment.

2. **Follow Federal and State nutrition standards and encourage healthy foods.**

The district shall promote physical activity, wellness, and nutrition education, not only in health and physical education classes but also integrated in core curriculum areas and throughout the school day. Educators will provide age-appropriate and culturally sensitive instruction to students that teaches lifelong healthy eating habits and sustained physical activity. Nutrition education will be available in the school cafeteria in coordination between the district food services team and the school staff.

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.

The district shall maintain a healthy vending program. All snacks sold in the vending machines shall be in compliance with USDA Smart Snacks federal nutrition standards and the Colorado Healthy Beverages Policy.

3. **The district will use state and federal standards to promote healthy nutrition choices and a healthy school environment, contributing to a student's health and academic performance.**

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 education program. Physical activity should include regular instructional physical education, in accordance with the district's academic standards, as well as co-curricular activities and recess while maintaining compliance with all federal and state nutrition standards.

All food items served or offered (for sale) to students during the school day (from the midnight prior, to 30 minutes after the end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive food guidelines, including USDA Smart Snacks federal nutrition standards.

4. The district will provide opportunities for students to engage in physical activity by utilizing a Comprehensive School Physical Activity Program.

A comprehensive school physical activity program (CSPAP) is the national framework for physical education and youth physical activity. A CSPAP reflects strong coordination across five components: physical education, physical activity during school, physical activity before and after school, staff involvement, and family community engagement (CDC). The district will encourage physical activity in a school's daily education program for grades PK-12, teaching students the skills needed for lifelong physical fitness. Additionally, the district will require that all health/physical education teachers meet the criteria of high qualified.

5. The district shall monitor and review this policy.

The district school wellness coordinator or designee shall recommend for Board approval specific quality indicators, as defined by federal law, that shall be used to measure the implementation of the policy. 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.

At least once every three years, the District's Health Advisory Council (DHAC) will assess this policy and its implantation and may make recommendations for policy revision after conducting its triennial assessment. The results of the committee's triennial assessments will be made available to the public, along with a copy of this policy, upon request.

Adopted: October 25, 2006
Revised: August 10, 2011
Revised: January 11, 2012
Revised: October 28, 2015
Revised: June 8, 2016
Revised: June 28, 2017
Revised: September 25, 2024

LEGAL REFS.: Section 204 of P.L. 111-296 (Healthy, Hunger-Free Kids Act)
7 C.F.R. Parts 201, 201, and 220 (local school wellness policy requirements)
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, School Nutrition Program
EFC, Free and Reduced-Price Food Services
EFEA*, Nutritious Food Choices
IHAM and IHAM-R, Health and Family Life/Sex Education
IHAMA, Teaching About Drugs, Alcohol and Tobacco
JLJ*, Physical Activity

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