

## **WELLNESS POLICY**

1.0 Adams 12 Five Star Schools is committed to providing a school environment that promotes proper nutrition, regular physical activity, and the development of lifelong wellness practices as part of the total learning environment. The District recognizes that schools contribute to the overall health status of students and that well-nourished, physically active students are better equipped to learn in the classroom. To achieve this, each school shall strive to create an environment that supports student health by meeting the following goals:

1.1 Goal Number 1. The District will provide a learning environment for developing and practicing lifelong wellness behaviors.

1.1.1 The school environment shall be designed to positively influence a student's understanding, beliefs and habits as they relate to health, nutrition, and physical activity. This environment will teach students to use appropriate resources and tools to make informed and educated decisions about lifelong healthy eating habits and beneficial physical activity.

1.2 Goal Number 2. The District will support and promote proper dietary habits contributing to students' health status and academic performance.

1.2.1 All beverages and food items sold on school grounds (including school cafeterias, vending machines, school stores, and fundraising activities) from one hour prior to the start of the first class period until one-half hour after the end of the last class period shall meet or exceed the District's nutrition standards as defined in the Wellness and Physical Activity and Nutritional Procedures available from Nutrition Services. These standards are encouraged for foods provided on the school campus at other times as well. Schools participating in the National School Breakfast and/or Lunch program will comply with USDA regulations and state policies as defined in Superintendent Policy 3700.

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1.2.2 In order to provide a positive eating environment, every student will have a minimum of 10 minutes to eat breakfast and 15 minutes to eat lunch. This does not include time spent walking to and from class, washing hands, or waiting in line.

1.2.3 Meals shall not be denied a student as a disciplinary action.

1.2.4 In order to avoid undermining the importance of healthful eating habits, non-food rewards and incentives shall be used as the first choice to encourage positive behavior. If food is used as a reward, it must meet the same guidelines as foods sold on the school campus, as defined in the Wellness and Physical Activity and Nutritional Procedures available from Nutrition Services.

1.2.5 School and classroom celebrations shall include a variety of foods, with an emphasis on fruits, vegetables, low-fat dairy and whole grains, to provide students with the opportunity to choose a healthy option. A list of recommended party foods for parents and staff will be accessible on the District website, and schools may determine if they would like to develop further guidelines.

1.3 Goal Number 3. The District will provide opportunities for students to engage in physical activity.

1.3.1 Physical activity may include, but is not limited to, physical education, recess, classroom fitness breaks, field trips that include physical activity, exercise programs, or classroom activities that include physical activity. Schools shall include not less than the minimum required amount of physical activity in the schedules of students attending elementary schools, as such minimums are set forth in state law and described in the Wellness, Physical Activity and Nutritional Procedures. Middle and high school students shall be afforded opportunities for physical activity that are age appropriate.

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1.3.2 Physical education shall be available at each grade level.

1.3.3 Physical activity shall not be imposed nor taken away as a form of punishment for students. For example, student shall not be required to run extra laps or do extra push-ups as a result of poor conduct or academic performance, nor shall recess or physical education be taken away from a student as a punishment. Alternative suggestions for discipline can be found in the Wellness, Physical Activity and Nutritional Procedures available from Nutrition Services.

1.3.3.1 This policy shall not prevent a student from being limited to certain activities at recess due to behavior issues. However, this practice should focus on the student losing the privilege to play with their friends and/or needing time to think about their actions rather than on the activity itself being the punishment.

2.0 Each principal shall designate a Wellness Monitor to coordinate and monitor the implementation of this policy at his/her school, including the completion of an annual policy implementation assessment. This representative will also gather and disseminate wellness-related information and opportunities to students, staff members, and the community as they see appropriate.

3.0 A District Wellness Committee shall monitor the implementation of this policy at the District level, evaluate the District's progress on this policy's goals, serve as a resource to schools, and recommend revisions to this policy and the attached procedures as the committee deems necessary and /or appropriate.

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LEGAL REFERENCES:

C.R.S. 22-32-134.5

C.R.S. 22-32-136

C.R.S. 22-32-136.5(3)(a) and (b)

1 CCR 301-79

Section 204 of P.L. 111-296

CROSS REFERENCES:

Code: 3700

Wellness, Physical Activity and Nutrition Procedures

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