

## **POLICY ADF – SCHOOL WELLNESS**

THE FOLLOWING PARTIES HAVE JOINTLY DEVELOPED THIS SCHOOL WELLNESS POLICY: FOOD & NUTRITION SERVICES, THE DENVER SCHOOL HEALTH ADVISORY COUNCIL, THE COMMISSION ON SCHOOL NUTRITION AND PHYSICAL ACTIVITY, PARENTS, NURSES, PRINCIPALS, TEACHERS, STUDENTS AND COMMUNITY MEMBERS.

IN ORDER TO CONTRIBUTE TO STUDENT AND STAFF PERFORMANCE POTENTIAL, DENVER PUBLIC SCHOOLS PROMOTES HEALTHY SCHOOLS BY SUPPORTING STUDENT AND STAFF WELLNESS, GOOD NUTRITION, AND REGULAR PHYSICAL ACTIVITY AS PART OF THE SCHOOL ENVIRONMENT.

THE DENVER SCHOOL HEALTH ADVISORY COUNCIL WILL MONITOR THE IMPLEMENTATION OF THIS POLICY, EVALUATE PROGRESS ON THE POLICY GOALS, SERVE AS A RESOURCE TO SCHOOLS, AND RECOMMEND REVISIONS TO THIS POLICY AS THE COUNCIL DEEMS NECESSARY AND/OR APPROPRIATE.

TO FURTHER THE DISTRICT'S VALUES STATED ABOVE, DENVER PUBLIC SCHOOLS ADOPTS THE FOLLOWING GOALS:

### **GOAL #1**

**THE DISTRICT WILL PROVIDE A LEARNING ENVIRONMENT FOR DEVELOPING AND PRACTICING LIFELONG WELLNESS BEHAVIORS.**

THE SCHOOL ENVIRONMENT SHALL POSITIVELY INFLUENCE A STUDENT'S UNDERSTANDING, BELIEFS AND HABITS AS THEY RELATE TO GOOD NUTRITION, REGULAR PHYSICAL ACTIVITY AND PHYSICAL HEALTH. SUCH A LEARNING 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.

### **GOAL #2**

**THE DISTRICT WILL SUPPORT AND PROMOTE PROPER DIETARY HABITS CONTRIBUTING TO STUDENTS' HEALTH STATUS AND ACADEMIC PERFORMANCE.**

FOODS AND BEVERAGES AVAILABLE ON SCHOOL GROUNDS AND AT SCHOOL-SPONSORED ACTIVITIES SHALL MEET OR EXCEED THE DISTRICT'S NUTRITION STANDARDS. EMPHASIS WILL BE PLACED ON FOODS THAT ARE NUTRIENT DENSE PER CALORIE. ALL SCHOOLS PARTICIPATING IN THE SCHOOL BREAKFAST AND/OR NATIONAL LUNCH PROGRAM SHALL COMPLY WITH FEDERAL AND STATE RULES OR REGULATIONS. FOODS WILL BE SERVED WITH CONSIDERATION OF VARIETY, APPEAL, TASTE, SAFETY AND PACKAGING. FOOD SALES ON CAMPUS WILL ABIDE BY THE COMPETITIVE FOOD RULES USDA REGULATION 7CFR 210-220 (WHICH PROHIBITS THE SALE OF FOODS OF MINIMAL NUTRITIONAL VALUE ANYTIME DURING THE SCHOOL DAY), THE COLORADO RETAIL FOOD ESTABLISHMENT RULES AND REGULATIONS, AND FEDERALLY MANDATED HACCP (FOOD SAFETY) REGULATIONS.

PRACTICES SUCH AS EATING ENVIRONMENTS, TIME ALLOWED TO EAT, AVAILABLE NUTRITIONAL INFORMATION AND FAMILY ENGAGEMENT SHOULD SUPPORT A POSITIVE DINING EXPERIENCE AND MAXIMUM NUTRITION.

**GOAL #3**

**THE DISTRICT WILL PROVIDE OPPORTUNITIES FOR STUDENTS TO ENGAGE IN PHYSICAL ACTIVITY.**

PHYSICAL ACTIVITY MAY INCLUDE RECESS, REGULAR INSTRUCTIONAL PHYSICAL EDUCATION IN ACCORDANCE WITH THE DISTRICT'S CONTENT STANDARDS, AND CO-CURRICULAR ACTIVITIES BEFORE, DURING AND AFTER THE REGULAR SCHOOL DAY. A QUALITY PHYSICAL EDUCATION PROGRAM IS RECOMMENDED FOR ALL STUDENTS TO LEARN ABOUT AND PARTICIPATE IN PHYSICAL ACTIVITY. PHYSICAL ACTIVITY HELPS CURB CHILDHOOD OBESITY, REDUCE PHYSICAL AGGRESSION, AND IMPROVE PRO-SOCIAL BEHAVIOR.

THE DIRECTOR OF FOOD & NUTRITION SERVICES SHALL PROMULGATE SUCH PROCEDURES AS MAY BE NEEDED FOR THE IMPLEMENTATION OF THIS POLICY.

ADOPTED:

LEGAL REFS.: Section 204 of P.L. 108-265 (*Child Nutrition and WIC Reauthorization Act of 2004*)  
C.R.S. 22-32-124 (*nutritious choices in vending machines*)  
C.R.S. 22-32-136 (*policies to improve children's nutrition and wellness*)  
C.R.S. 25-5.5-101 (*definitions of dairy products*)

CROSS REFS.: EFC, Free and Reduced-Price Food Services  
IHAMA, Teaching About Drugs, Alcohol and Tobacco  
IHAMB and IHAMB-R, Family Life/Sex Education