



WELLNESS POLICY: NUTRITION AND PHYSICAL ACTIVITY

The following recommendations support the *Local Wellness Policy Goals*:

1. *The goal of providing a comprehensive learning environment for developing and practicing lifelong wellness behaviors shall be accomplished by:*
 - a. Continuing to improve the health education delivery structure and the implementation of district content standards for health and nutrition education that teaches students about the positive effects of good nutrition and physical activity.
 - b. Requiring that all health education instructors meet the criteria of highly qualified.
 - c. Providing age-appropriate and culturally sensitive instruction to students that teach them lifelong healthy eating habits and a healthy level of physical activity.
 - d. Making nutrition education available in the school cafeteria as well as the classroom, with coordination between the district's food services staff and teachers.
 - e. Encouraging teachers to integrate nutrition education into core curriculum areas as appropriate.
 - f. Providing research-based staff development focused on the integration of nutrition education and physical activity with the core curriculum.
 - g. Encouraging students to participate in the school lunch program and the school breakfast program as available.
 - h. Encouraging principals to schedule lunch as near to the middle of the school day as possible with younger children eating first when possible. In all cases, lunch should not be served before 10:00 AM.
2. *The goal of supporting and promoting proper dietary habits contributing to students' health status and academic performance shall be accomplished by:*

- a. Ensuring that Child Nutrition programs not be less restrictive than federal, state and local requirements. Meals shall offer a variety of fruits and vegetables, with half of served grains being whole grain, and milk offered shall not exceed 1% fat content.
 - b. Establishing that all foods and beverages available on campus through the school district during the school day at the K-8 level are consistent with the Middle Level Guidelines. Foods of minimal nutritional value (FMNV) as defined by 7 CFR Part 210 shall not be made available. “School day” is defined as one hour prior to the start of the first class period to one-half hour after the end of the last class period; except that, for schools not offering school breakfast, “school day” means one-half hour before the first class period to one-half hour after the end of the last class period.
 - c. Establishing that all foods and beverages sold on campus during the school day (including vending, a la carte, school stores, and fundraisers) at the 9-12 level comply with the current USDA Dietary Guidelines for Americans.
 - d. Encouraging healthful items for fundraisers and classroom parties, K-12.
 - e. Ensuring that all schools comply with **Colorado Competitive Foodservice Policy 2202-R-203** that restricts competitive food service from operating in competition with the district’s food service program, and shall be closed for a period beginning one-half hour prior to and remain closed until one half-hour after the last regular scheduled school lunch and/or breakfast period where the school lunch/breakfast is served.
 - f. Providing students with adequate time to eat lunch; at least 10 minutes for breakfast, and 15 minutes for lunch, from the time students are seated. Recess before lunch for elementary grades is strongly encouraged.
 - g. Making water available for students at meals and throughout the day.
 - h. Ensuring that food is not used as a reward or a punishment for student behaviors.
 - i. Encouraging fundraising activities that promote physical activity.
 - j. Ensuring that snacks served during the school day or in after-school care or enrichment programs make a positive contribution to children’s diets and health, with an emphasis on fruits and vegetables as the primary snacks and water as the primary beverage.
 - k. Encouraging schools to participate in USDA nutrition programs.
3. *The goal of providing students with more opportunities to engage in physical activity shall be accomplished by:*

- a. Requiring that all physical education instructors meet the criteria of highly qualified.
- b. Providing weekly minutes of physical education instruction in accordance with the Boulder Valley School District board policy recommendations.
- c. Encouraging health-promotion activities and incentives for students, parents and staff that promote regular physical activity, such as recreational demonstrations and walking clubs.
- d. Encouraging staff and families to incorporate physical activity into students' lives at school and home.
- e. Requiring daily recess for all elementary students: A minimum of 15 minutes of recess shall be provided in the morning or afternoon. In addition, a minimum of 15 minutes of recess shall be provided at lunchtime. Recess for middle school students shall be highly encouraged.
- f. Ensuring that students are not withheld from physical education for the following reasons: form of discipline, incomplete assignments, or testing purposes. Encouraging school staff to not withhold recess as a form of discipline, for incomplete assignments, for other classes, or for testing purposes.
- g. Ensuring that physical activity is not used as a form of discipline.
- h. Encouraging parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events. Parents and guardians shall also be encouraged to model sun-safe behaviors.

In addition, the Health Partnership Advisory Committee comprised of teachers, administrators, parents, students, and community members will:

1. Develop a plan of measuring the implementation of the policy.
2. Serve as a resource to schools (i.e. provide lists of healthy snacks, food for parties, etc).
3. Evaluate the district's progress on this policy's goals.
4. Recommend revisions to the regulations, as the committee deems necessary and/or appropriate.

End of File: ADF-R