

- A. Englewood Schools is committed to promote student wellbeing and academic achievement by supporting quality nutrition and physical activity as part of the learning environment. The District recognizes that collaborating with parents, students, school personnel, health professionals, and community members is the most effective method of creating a healthy environment where children can learn about and adopt positive lifestyle habits that are essential for them to achieve their full academic potential, as well as lifelong good health and wellbeing. The main components of a plan for a healthy lifestyle include the following:
1. Nutrition Education – The primary goal of nutrition education is for students to develop positive attitudes, behaviors, and the appropriate skills associated with lifelong healthy and enjoyable eating patterns.
  2. Physical Activity – The primary goal for a school’s physical activity component is to provide opportunities for every student from preK-12 to develop the knowledge, attitudes, and skills to be able to regularly participate in physical activity and to enjoy the short and long-term benefits of a physically active and healthy lifestyle.
  3. Nutrition Standards for All Food Available on Each School Campus During the School Day – Students’ lifelong eating habits are greatly influenced by the types of foods and beverages available. Schools must ensure that reimbursable meals are easily available to all students and that the foods sold or served to students outside of the school meal program provide a positive contribution to the students’ diet.
  4. Other School-Based Activities Designed to Promote Student Wellness Goals – Policies established under this category create a school environment that provides consistent wellness messages that promote healthy and pleasurable eating, enjoyable physical activity and respect for body-size differences. The entire school environment, not just the classroom or cafeteria, should be aligned with healthy school goals.
  5. Maintain a District Wellness Advisory Council and Monitor and Review the Policy – The goal of the council is to involve parents, students, school food service personnel, teachers, administrators, and the public in the development of a healthy school nutrition environment; to assess the needs; to effectively use resources; and to establish a plan for development, implementation, and measurement of the policy.
- B. The goals related to student wellness include:
1. Developing and implementing nutrition education curricula that include lessons focusing on the following:
    - a. the six nutrient groups
    - b. the components and functions of the human digestive system
    - c. the factors that contribute to obesity
    - d. why it is important to maintain healthy weight
    - e. interpretation and evaluation of nutrition labels and information
  2. Ensuring that students have the opportunity to practice healthy nutrition habits whenever food and beverages are offered at school. Therefore:
    - a. Meals served will meet United States Department of Agriculture (USDA) nutrition requirements.
    - b. Schools will provide adequate time during the day for students to consume meals.
    - c. A la carte items sold at mealtime, snacks and beverages sold by school stores or clubs, and fundraising activities conducted during school hours shall fall within Englewood Schools established nutrition parameters.
    - d. School staff shall be encouraged to avoid using food or beverages as a discipline or reward for students with an exception for unique circumstances involving individual students.
    - e. Where appropriate, schools are encouraged to provide a snack-free recess prior to lunch.

- f. Vending machines to which students have access shall offer a minimum of fifty percent nutritious items as set forth by Colorado Revised Statute.
  - g. When provided by school staff, refreshments at classroom celebrations shall fall within Englewood Schools established nutrition parameters.
  - h. Parents and other outside organizations who provide refreshments at school celebrations will be encouraged to provide foods that fall within Englewood Schools established nutrition parameters.
3. Achieving goals for physical education and activity including the following:
- a. Implement and maintain a sequential physical education course of study consistent with research, national, and state standards.
  - b. Promote options for student participation in physical exercise including athletic and extramural programs, student activities, etc.
  - c. School staff shall be encouraged to avoid using time allotted for physical activity as a discipline or reward for students with an exception for unique circumstances involving individual students.
- C. The Superintendent or his/her designee shall develop procedures, including nutrition parameters based on the USDA Dietary Guidelines for Americans, to implement, monitor, and ensure that the schools comply with the Wellness Policy.

ADOPTED: July 11, 2006

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)

CROSS REFS: EF, Food Services  
EFC, Free and Reduced-Price Food Services  
IA, Instructional Goals and Learning Objectives  
IHAMB, Family Life/Sex Education