

HEALTH AND WELLNESS

The Archuleta School District 50 JT Board promotes healthy schools by supporting student wellness, including good nutrition and regular physical activity as part of the total learning environment. Schools contribute to the basic health status of students by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential and educational success, as children who eat well balanced meals and are physically active are more likely to be engaged and learn in the classroom and less likely to be absent.

Goals

To further the Board's beliefs stated above, the Board adopts the following goals:

Goal #1. Archuleta School District 50 JT will provide a comprehensive learning environment to promote the development and practice of lifelong wellness behaviors.

The entire school environment, not just the classroom, will be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to comprehensive wellness, including but not limited to good nutrition and regular physical activity. The school district will promote health and wellness through age-appropriate educational materials and/or curricula in each school. The school district will circulate and/or post information regarding various aspects of health, nutrition, and physical fitness. As appropriate, school district staff members will consistently promote healthy eating habits. As needed, professional development opportunities will be provided to appropriate district staff. The Archuleta School District Health Advisory Council will meet one time per year to evaluate the Wellness Policy, propose modifications to the Wellness Policy as needed, and oversee the implementation of said policy.

Goal #2. The Archuleta School District 50 JT will implement and promote nutrition education and proper dietary habits contributing to students' health status and academic performance.

Nutrition education will be in accordance with the district's academic standards for comprehensive health education. All foods and beverages sold or provided to the students on the school campus during the school day shall meet or exceed the district's nutrition standards. All schools participating in the National School Lunch and/or School Breakfast Programs shall comply with state and federal rules or regulations regarding school meals, competitive food service and the Smart Snacks in School nutrition standards. On a daily basis at each school, the Archuleta School District Food Service Program will provide fresh fruits and vegetables with school meals. Healthy food and beverage options will be highly encouraged for class parties, staff meetings, family nights, parent-teacher conferences, student clubs, and

other school organizations meetings. A list of acceptable healthy food options for class parties will be available to parents.

Goal #3. Archuleta School District 50 JT will promote healthy nutrition choices to create and encourage a healthy learning environment.

In accordance with applicable federal law, Archuleta schools will comply with the Smart Snacks in School nutrition standards in the marketing of any foods or beverages sold to students during the school day. Teachers are encouraged to eliminate food of minimal nutritional value as rewards.

Goal #4. Archuleta School District 50 JT will promote opportunities for students to engage in physical activities at and away from the school environment. Physical activity will be included in a school's daily education program from grades K-9. Opportunities will be available K-12.

Physical activity includes regular instructional physical education, in accordance with the district's academic standards for physical education. Other opportunities throughout the school day will be promoted, such as exercise programs, fitness breaks, recess, field trips that include physical activity and classroom activities that include movement.

Implementation and Review

To help ensure each school's compliance with and implementation of this policy's goals, the Board designates our Health and Wellness Coordinator and Assistant Superintendent as the district's school wellness policy coordinators.

The district will establish and maintain a district-wide Health Advisory Council. The council's purposes will be to monitor the implementation of this policy, evaluate the district's progress on the policy's goals, serve as a resource to schools (i.e. Provide lists of healthy incentives, snacks etc.) and periodically review and update policy in accordance with federal law. The council will meet on a yearly basis.

At least once every three years, the council shall assess this policy and its implementation, which shall include as assessment of each participating school's compliance and progress with this policy's goals. The council may recommend policy revisions for the Board's consideration after conducting its triennial assessment and/or as the council deems appropriate and necessary.

Reporting and Recordkeeping

The result of the council's triennial assessments shall be made available to the public, along with a copy of this policy.

The district shall retain records to document compliance with this policy, including but not limited to documentation concerning the council's triennial assessments.

Adopted: July 8, 2008
Revised: September 11, 2012
Revised: October 9, 2018
Revised: December 8, 2020

LEGAL REFS.: Section 204 of P.L. 111-296 (*Healthy, Hunger-Free Kids Act of 2010*)
7 C.F.R. Parts 201, 210 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, Food Services
EFC, Free and Reduced-Price 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