

Buena Vista School District R-31	Policy Code ADF
Administrative	Name School Wellness Policy
Policy	Adoption June 2007
	Revised June 2011, April 2013

Pursuant to federal law, the following parties have jointly developed this school wellness policy:

The following people served on the Buena Vista School District R-31 Wellness and Healthy Schools Council during the 2012-13 school years to revise the policy to be in accordance with the federal reauthorization of the nutrition act (2010) now called **Healthy,Hunger-Free Kids Act** (PL 111-296); House Bills 11-1069 and 07-1292; Senate Bills 08-212, 12-068, 08-129, and 04-103:

Two school nurses, two physical education teachers; food service director; food service staff; four community members; representatives from Live Well Chaffee County; two health teachers; dean of students; two staff wellness coordinators; school board representative; director of curriculum and instruction.

The Wellness and Healthy Schools Council shall meet quarterly to review and monitor the action plans associated with this policy and revise the policy every five years. It is the responsibility of the Superintendent to ensure this policy is monitored annually through the Student Data Area Ends report.

School Wellness

The Buena Vista School District promotes student wellness and healthy schools by supporting student wellness education that includes mental health, environmental health, and safety, as well as promoting good nutrition, and regular physical activity as part of the total learning environment. Schools facilitate learning and contribute to the basic health status of students with the support and promotion of healthy eating habits, physical activity and other student wellness education. Children who practice healthy wellness choices are more likely to benefit from improved health and an increase in learning and performance potential.

The Buena Vista School District will establish and maintain a district-wide Wellness and Healthy Schools Council. The purposes of the council shall be to monitor the implementation of this policy, evaluate the district's progress on this policy's goals, serve as a resource to schools (i.e. provide lists of healthy incentives, snacks, etc.) and recommend revisions to this policy as the council deems necessary and/or appropriate.

To further the Buena Vista School District's beliefs stated above, the District adopts the following goals:

Goal #1

The district will provide a comprehensive learning environment for teaching, developing and practicing lifelong wellness behaviors.

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence staff and student understanding, beliefs and habits as they relate to good physical and mental health. Such learning environments will teach students and staff to use appropriate resources and tools to make informed and educated decisions about lifelong wellness choices.

This goal shall be accomplished with the following guidelines:

- A) The Buena Vista School District will actively promote two educational opportunities focusing on staff wellness during staff work or professional learning days
- B) Support teachers in integrating wellness education into core curriculum areas such as math, science, social studies and English language arts
- C) Actively promote positive physical and mental health choices and habits to students, parents, staff, and community members at school registration, open houses and during parent-teacher meetings and through Buena Vista School District website

Goal # 2

The School District will support and promote healthy eating habits and nutritional education programs that contribute to an increase in student wellness and academic performance.

This goal shall be accomplished with the following guidelines:

- A) All schools participating in the School Breakfast and/or National Lunch Program shall comply with USDA and Colorado Department of Education rules and regulations for the administration of Healthy Foods and Beverages Policies.
- B) All foods and beverages available on school grounds during school hours from The Food Service Department shall meet or exceed the Standards of Healthy Foods and Beverages as defined by the USDA and the Colorado Department of Education.
- C) Competitive Food Service entities existing upon the school grounds shall meet or exceed the Standards of Healthy Foods and Beverages as defined by the USDA and the Colorado Department of Education.
- D) The School District will support and promote participation in the USDA Nutrition Program "Team Nutrition" and/or other nutrition education activities and promotions that involve students, parents, staff and the community.
- E) The School District shall make available to students, parents, staff and the community accessible nutritional information concerning the nutritional content of all foods and beverages made available to students, parents, staff and community members during school hours from The Food Service Department.
- F) The School District will support a cafeteria environment that is conducive to a positive dining experience. This may include but not limited to promoting socialization among students and adults with supervision by adults who model proper conduct, displays of student art, natural light and plants with nutritional value.

- G) Staff and parents will be encouraged to model healthy eating habits as a valuable part of daily life.
- H) The School District will provide students, parents and staff with a list of Healthy Snack Ideas at the beginning of each school year.
- I) The School District shall incorporate strategies to increase participation in school meal programs. This may include but not limited to student and/or staff input on menu choices, periodic taste testing of new foods by students and/or staff, the serving of cultural or ethnic foods and promotional mailings or events.
- J) All School District buildings will provide that students and staff have access to free, safe and fresh drinking water throughout the school day.
- K) The School District shall support the Food Service Directors discretion of choosing 'local grown' food sources when possible.
- L) The School District shall require recess for elementary students before lunch and that students remain in the cafeteria for an appropriate amount of time to eat his/her lunch meal.
- M) The School District shall support the Food Service Directors discretion of requiring 'class party' snacks to be purchased from the cafeteria and/or meet the Standards for Healthy Foods and Beverages as defined by the USDA and the Colorado Department of Education.
- N) The School District shall support the use of non-food items by staff as rewards for student accomplishments. If foods or beverages are used as rewards for student accomplishments, whenever possible they should meet the Standards of Healthy Foods and Beverages as defined by the USDA and the Colorado Department of Education.
- O) Foods and Beverages cannot be used as discipline in classrooms, on School District property or in school sponsored activities. Foods and Beverages may not be withheld, forced or modified as a form of punishment in any classroom, on School District property or in school sponsored activities

Goal #3

The district will provide opportunities for students to engage in physical activity.

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity shall be included in a school's daily education program from grades pre-kindergarten through 12. Physical activity should include regular instructional physical education, in accordance with the district's and state's content standards, and may include, but need not be limited to exercise programs, fitness/brain breaks, recess, field trips that include physical activity and classroom activities that include physical activity.

This goal will be further accomplished with the following guidelines:

A) Meet requirements for physical activity at all levels within school day

- 1) A requirement that periods of physical activity be provided for elementary students in accordance with policy JIJ*, Physical Activity and consistent with requirements of state law (HB 11-1069). In accordance with HB 11-1069 Section 3(a)(I) Elementary school students have the opportunity to engage in a minimum of 600 minutes of physical activity per month
 - a. To help meet this goal, physical education teachers will have students be involved 25%-50% of their time in moderate to vigorous activity.
 - b. Elementary classroom teachers will be encouraged to incorporate accumulative 30 minutes of physical activity per day (brain breaks or active movement within the lesson). Secondary teachers are encouraged to take at least a 5 minute brain break or incorporate active movement within the lesson throughout each class period.
 - c. Teachers will be encouraged to not use recess or PE time for other non-active clubs or activities. Also, not to withhold opportunities for physical activity (e.g. recess, physical education) as punishment.
- 2) A requirement or encouragement that periods of physical activity be at least 225 minutes per week for secondary students
 - a. For those not enrolled encourage at least 30 minutes of physical activity daily.
- 3) Student involvement in other activities involving physical activity (interscholastic or intramural sports) will NOT be substituted for meeting the physical education requirement without written permission and approval from BOTH the administration and Physical Education Department.
- 4) When considering new playground equipment it is recommended to select equipment that provides a high level of physical activity. (i.e. open spaces, balls, hula-hoops, organized games).
- 5) A requirement that schools administer a health-related fitness assessment annually to students to help students determine their own level of fitness and create their own fitness goals and plans.
- 6) The availability of health-promotion activities and incentives for students, parents and staff that encourage regular physical activity, such as speakers, recreational demonstrations, and walking clubs.

B) Increased opportunities for physical activity outside of school time.

- 7) The school district will encourage students to use alternative modes of transportation, such as walking and biking.
- 8) School district will continue to partner with the community for the use of its facilities to public interest groups for the purpose of physical activity.

Revised: April 2013

LEGAL REFS.: Section 204 of P.L. 111-296 (Healthy, Hunger-Free Kids Act)

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. [22-32-136.5](#)(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 Food Services

[EFEA](#)*, Nutritious Food Choices

[IA](#), Instructional Goals and Learning Objectives

[IHAE](#), Physical Education

[IHAM](#) and [IHAM-R](#), Health Education

[IHAMA](#), Teaching About Drugs, Alcohol and Tobacco

[IHAMB](#) and [IHAMB-R](#), Family Life/Sex Education

[JLJ](#)*, Physical Activity

List of Resources for Staff, Parents, Students and Community members:

- 1) "Food Component Chart"
- 2) Nutritional Analysis of Food Service Menu
- 3) Nutritional Analysis of Competitive Foods and Beverages

Web Site Resources for Staff, Parents, Students and Community members.

- 1) wellsat.org (measure quality of wellness policy)
- 2) healthyschoolchampions.org
- 3) ncagr.gov (kid nutrition education web based activities)
- 4) eatright.org
- 5) nutritionfacts.org
- 6) choosemyplate.com
- 7) kidshealth.org
- 8) usda.gov/dietary
- 9) nutrition.gov
- 10) helpwithcooking.com
- 11) cdc.gov/nutrition
- 12) fda.gov/food
- 13) cnn.com
- 14) natural.society.com
- 15) 9healthfair.org
- 16) farmtoschool.org
- 17) colegacy.org
- 18) teachersandfamilies.com
- 19) cde.state.co.us
- 20) teamnutrition.usda.gov/healthy/wellness_policy

21) healthiergeneration.org

22) choicesmagazine.org

23) healthyeatingresearch.org

24) pewhealth.org

25) schoolnutrition.org

26) frac.org