

Buena Vista School District

Wellness Handbook

Updated, February 2015

The Buena Vista School District continuously reviews the wellness policies and actions of the district. Included in this Wellness Handbook is the BVSD board policy (ADF) and the action plan with evaluation measures. The action plan is evaluated annually by members of the wellness committee and notification to the public of the plan and evaluation is made annually through the district website at:

<http://www.bvschools.org/Administrationhtml/foodservice.html>

**Members of the Wellness Policy**

Tammy Viers Food Service Director

Lisa Yates Curriculum and Instruction Director

Darci Lambert Staff Wellness Coordinator

Connie Avery Staff Wellness Coordinator

Jamie Page BVSD Staff – Health/PE teacher

Pam Williams BVSD Staff – Health/PE teacher

Carol Chartier BVSD Staff – Food Service

Rebecca Capozza BVSD Staff – Nurse

Krystal Harms BVSD Staff - Nurse

Nancy Rem Parent

Tammy White Parent

Sarah Crites Parent

Lisa Malde LiveWell Colorado, Community Consultant

\_\_\_\_\_\_\_\_\_\_\_ Student Representative

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| Goal #1: **The district will provide a comprehensive learning environment for** teaching**, developing and practicing lifelong wellness behaviors.** |
| 1. Promote two educational opportunities focusing on staff wellness during staff work or professional learning days
 |
| Action | Person(s) Responsible | Timeline | Progress |
| At least one speaker to be provided for staff during school year, possible topics to include: stress-reduction techniques, nutrition | Connie Avery, Darci Lambert, Lisa Yates | Begin 2015-16Complete and ongoing 2017-18 |  |
| Provide lunch learning session with lunch provided (salad bar, Tammy Viers) at least one time per year | Wellness CommitteeTammy Viers, Lunch staff | 1 time per year beginning 2015-16 |  |

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| Goal #1: **The district will provide a comprehensive learning environment for** teaching**, developing and practicing lifelong wellness behaviors.** |
| 1. Support teachers in integrating curriculum
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| Action | Person(s) Responsible | Timeline | Progress |
| Provide nutrition speakers in K-5 classrooms | Wellness and Healthy Schools Council – APE (School Nurse) | TBD by District and School Health Council |  |
| Provide Nutrition tool kit – age appropriate (K-5) | Wellness and Healthy Schools Council – APE (School Nurse) | TBD by District and School Health Council |  |
| Invite students to participate in health challenges, especially 6-12, modify for K-5 | Wellness and Healthy Schools Council - District | Begin School Year 2015-16 |  |
| Wellness and Healthy Schools Council will meet quarterly – perhaps even break into school to discuss | School NursesDirector of Curriculum and Instruction | Quarterly, beginning 2015-16 |  |
| Student Health Fair for 6th-12th grade | Wellness and Healthy Schools Council - District | 2015-16 –Investigate plan2016-17 - Implement |  |
| Promote oral health hygiene through a speaker | School Nurses | Begin 2016-17 |  |

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| Goal #1: **The district will provide a comprehensive learning environment for teaching, developing and practicing lifelong wellness behaviors.** |
| 1. Actively promote physical and mental health to students, parents, and community
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| Action | Person(s) Responsible | Timeline | Progress |
| Set up a display at Registration, KDG, PreK; parent/teacher conferences(Sleep, nutrition, dental, local mental health providers) | Nurses and District Wellness Committee | Kindergarten Registration annually beginning Spring 2013Complete and ongoing | Open House 2013 APE with emphasis on insurance options and food allergiesWinter 2015 - Ongoing |
| Health Fairs – district-wide  | Wellness CommitteeLiveWellChaffee County Public Heath | Begin Fall 2013 Complete and on-going | October 2013 - 9 News Health and Kids Health FairOctober 2014 – 9 News Health and Kids Health Fair |
| Monthly Wellness Tip for staff | Darci Lambert, Connie Avery | Begin 2013-14Completed and ongoing | With pay stub or Payday Bonus beginning Spring 2014Winter 2015 On going. With pay stubs not being delivered, an alternative deliver method is being considered |
| District promoted 4-week Parent/Child Nutrition Health Workshop 1. Nutrition
2. Scratch cooking
3. Fitness
4. Mental Health
 | Wellness and Healthy Schools Council - District | Begin 2015-16 | Winter 2015 –no progress |
| Participate in Colorado Proud Day, Bike to School day, Walk to School Day and Local Wellness events | Wellness and Healthy Schools Council - District | Begin School Year 2013-14On going | 2013 – Colorado Proud DaySpring 2014 – Bike to School DayWinter 2015 – On going, Bike to School Day, Elementary school sponsored runs through PE, Girls on the Run |

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| Goal #2: **The district will support and promote proper dietary habits contributing to students' health status and academic performance.** |
| 1. Investigate closing campus to all grades but 11th and 12th (From Policy Guidelines: F, I)
 |
| Action | Person(s) Responsible | Timeline | Progress |
| Gather information from high school principal around current reasoning for open campus. | Tammy Viers Wellness subcommittee | Begin Winter 2014Complete TBD with new facility | Winter 2015 - On going and as district pursues new secondary facilities in the near future, this will be re-visited |
| Complete a student survey about food choices for lunch | Brian YatesLiveWell Survey | Begin Winter 2014Complete Winter 2015 | Completed Winter 2015 |
| Complete a parent survey around closing campus | Brian YatesLiveWell Survey | Begin Winter 2014Complete TBD with new facility | Winter 2015 - Delayed until facility determination |
| Make recommendation about campus lunch | Tammy Viers Wellness subcommittee | Begin Winter 2014Complete TBD with new facility | Winter 2015 - Delayed until facility determination |

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| Goal #2: **The district will support and promote proper dietary habits contributing to students' health status and academic performance.** |
| 1. Ensure 20 minute lunches at elementary (From Policy Guidelines: L)
 |
| Action | Person(s) Responsible | Timeline | Progress |
| Assess amount of time currently needed | Lunch staff at elementary | Begin Fall 2014Spring 2014 - complete | Winter 2015 - Focus Group with monitors.Student observation by Food Service Director.The few students who were eating beyond the time allotted was minimal and accommodations have been made for these few students.  |
| Implement plan for allowing full 20 minutes for all eaters | Lunch staff at elementary  | Begin Fall 2014Spring 2014 - complete | Winter 2015 - Lunch monitors have full discretion to allow students to finish eating. A time frame for eating is flexible so long as the student is using the time wisely. |

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| Goal #2: **The district will support and promote proper dietary habits contributing to students' health status and academic performance.** |
| 1. Promote classroom parties of nutritious foods (From policy guidelines: G, H, M)
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| Action | Person(s) Responsible | Timeline | Progress |
| Provide a list of recommended foods for parties to parents and make available on website and school handbooks | Tammy Viers | Begin 2014-15Complete 2016-17 | Food Service Director will provide in newsletter Spring 2015, then on district website, Fall 2015 |
| Offer and market BVSD food service catering for class parties | Tammy Viers | Fall 2013 – complete and ongoing | Fall 2013-Available to a peanut-safe room at APEWinter 2015 – Three classrooms have catered snacks |

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| Goal #2: **The district will support and promote proper dietary habits contributing to students' health status and academic performance.** |
| 1. Nutrition Analysis (Policy Guidelines: A-E)
 |
| Action | Person(s) Responsible | Timeline | Progress |
| Utilize Nutri-Kids software | Tammy Viers | Complete and on-going | Fall 2013 – YesWinter 2015 - Yes |
| Provide nutrition analysis of weekly menus via website | Tammy Viers | Begin Fall 2013Complete and ongoing Fall 2014 | Fall 2013- YesFall 2014 – Yes, ongoing |

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| Goal #2: **The district will support and promote proper dietary habits contributing to students' health status and academic performance.** |
| 1. Severe Food Allergies (Policy Guidelines: F)
 |
| Action | Person(s) Responsible | Timeline | Progress |
| Attend CDE training on food allergies | Tammy ViersKrystal HarmsRebecca Capoza | Begin 2013-14 school yearComplete and ongoing 2015-16 | Fall 2013 – YesWinter 2015 – completed, but on-going |
| Establish procedures for responding to allergic reactions | Tammy ViersKrystal HarmsRebecca Capoza | Begin 2013-14 school yearReassess 2015-16 School Year Complete and on-going 2016-17 | Fall 2013 – Yes2015-16 School Year – Re- assess |

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| Goal #2: **The district will support and promote proper dietary habits contributing to students' health status and academic performance.** |
| 1. Increase and promote the drinking of water across the district (Policy Guidelines: J)
 |
| Action | Person(s) Responsible | Timeline | Progress |
| Install a drinking fountain in the elementary school cafeteria | Tammy ViersStefani FranklinJanice MartinPat Bassett | Begin Summer 2013Complete 2015-16 | Fall 2013 – Water Cooler available; discussions continue for best way to provide at APEWinter 2015 – It has been determined this is cost prohibitive. Hydration stations are provided through coolers |
| Provide hydration stations in middle and high school | TBD, dependent on school building project | Begin 2016-17 | Winter 2015 – on going discussion |
| Replace or fit water fountains for water bottle fittings | Wellness and Healthy Schools Council – DistrictBuilding CommitteePat BassettSchool Administration | TBD, dependent on school building project | Fall 2015 – New construction at elementary includes these fittings. New secondary facility, it would be recommended to include. |

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| Goal #2: **The district will support and promote proper dietary habits contributing to students' health status and academic performance.** |
| 1. Provide edible plant choices in cafeteria (Policy Guidelines: A-E,K)
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| Action | Person(s) Responsible | Timeline | Progress |
| Introduce foods | Tammy Viers | Begin 2013-142015-16 – additional efforts in this areaComplete and on -going by 2017-18 | Fall 2013- YesWinter 2015 – Due to funding, this has been limited. Food Service director is looking for higher quality produce and other products for more scratch cooking. The local farm was not ready to expand to provide for the school market. 2015-16 this will be a priority |

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| Goal #2: **The district will support and promote proper dietary habits contributing to students' health status and academic performance.** |
| 1. Healthy Foods at halftime – concessions (Policy Guidelines: C, M, O)
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| Action | Person(s) Responsible | Timeline | Progress |
| Investigate options for introducing affordable and healthy choices into concessions | Tammy ViersWellness and Healthy Schools Council – District | Begin 2014-15Complete 2016-17 | Winter 2015 – New Activities Director. Food Service Director will work with this new staff during the 2015-16 school year. Options to consider would be sub sandwiches and fruit. |

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| Goal #3: **The district will provide opportunities for students to engage in physical activity** |
| 1. Meet requirements for physical activity at all levels
 |
| Action | Person(s) Responsible | Timeline | Progress |
| Inform Physical Education Staff of the requirement and have them self-monitor their lesson plan | Wellness CommitteePE Staff | Begin 2013-14 school yearComplete 2015-16 | Winter 2015 – PE program evaluation in progress and this will be formally assessed.  |
| Train teachers in brain breaks | Jon Fritz, Live Well has resourceContact info @ CDEJones\_t@cde.state.co.us | Begin 2013-14Complete and ongoing 2014-15  | Winter -2015 – This is done on each PL day and at staff meetings. |
| Inform all administration and staff of Wellness policy, including the 600 min. requirement at elementary | Wellness and Healthy Schools Council – District | Complete | Winter 2015 – Administrator meeting and Board Meeting, May 2014 when policy was approved by Board |
| Increase opportunities for physical activity at the secondary level during the school day through daily recess periods, elective physical education classes, walking programs, lunch/prep/advisory healthy challenges and the integration of physical activity into the academic curriculum | Wellness and Healthy Schools Council – District | Begin 2013-14Complete and on-going by 2016-17 | Fall 2013- NHS Game NightWinter 2015 |
| Encourage prep/advisory teachers, STUCO, Young Live, Boys and Girls Club to organize at least one large group activity per school year | Wellness and Healthy Schools Council – District | Begin 2013-14Complete and on- going by 2016-17 | Spring 2014 – PE teacher planning 2-3 eventsWinter 2015  |
| Implement healthy challenges for physical activity at the middle/high school (no cars in lot, certain # of bikes at school, etc) | Student CouncilStaffWellness and Healthy Schools Council – District | Begin 2013-14Complete and on- going by 2016-17 | Winter 2015 |
| Continue to use Fitness Gram for assessing fitness levels and for goal setting | PE teachers | Begin 2012-13Complete and on-going by 2014-15 | Winter 2015 – Scores reported at least 2x per year through CTACHs |
| Give teachers suggestions for increasing activities for girls during lunch recess | Wellness and Healthy Schools Council – District | Begin 2013-14Complete and on- going by 2016-17 | Fall 2013 – Jump ropes, hula hoops and volleyballs added to recess equipment; assessment of use will be done throughout yearWinter 2015 -  |
| Add a gym | Needs Committee – BV PEAKS | Begin 2014-15Complete – TBD by BV PEAKS | Winter 2015 – Architects are being interviewed for new secondary facilities with plans to include additional competition and practice space |
| New playground at the elementary school should promote moderate/vigorous activity with open spaces, equipment | Scott CritesBuilding Committee | Begin 2013-14Complete 2014-15 | Winter 2015 – natural playground space with large boulders and open space complete through elementary new facilities – $10,000 Grant from GOCO. |
| Inform administrators and guidance counselors of policy regarding NOT substituting intramural or interscholastic sports for physical education requirement without written permission from administration and PE department | Wellness and Healthy Schools Council – District | Begin Summer 2013Complete and ongoing by Summer 2015 | Fall 2013 – 2-3 Freshman not enrolled. PE teachers will develop criteria for situations that might warrant a substitute for a PE creditWinter 2015  |

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| Goal #3: **The district will provide opportunities for students to engage in physical activity** |
| 1. Increase opportunity for physical activity outside of school time
 |
| Action | Person(s) Responsible | Timeline | Progress |
| Continue to encourage and promote intramurals, interscholastic athletics, and physical activity clubs | Activities Director | Begin - Spring 2013Complete and on going by 2016-17 | Winter 2015 – Girls on the Run introduced at elementary; 85%+ participation in activities at BVHS |
| Participate in promoting the addition of a rec center in the community | BV PEAKS | Begin Spring 2013- recommendationComplete TBD by BV PEAKS | Winter 2015 – Architects being hired. Need to make sure PE reps on design team. |
| When appropriate, work with local public works, public safety and /or police departments in those efforts to make it safer and easier for students to walk and bike to school | Wellness and Healthy Schools Council – District | TBD |  |
| Incorporate principles of Safe Routes to School | Wellness and Healthy Schools Council – DistrictLiveWell Chaffee County | TBD |  |
| Nurses register for walk and bike to school days | Wellness and Healthy Schools Council – District | TBD |  |

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| Buena Vista SchoolDistrict R-31Administrative Policy |  | Policy Code ADFName School Wellness Policy Adoption June 2007Revised 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:

1. The Buena Vista School District will actively promote two educational opportunities focusing on staff wellness during staff work or professional learning days
2. Support teachers in integrating wellness education into core curriculum areas such as math, science, social studies and English language arts
3. 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:

1. 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.
2. 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.
3. 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.
4. 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.
5. 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.
6. 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.
7. Staff and parents will be encouraged to model healthy eating habits as a valuable part of daily life.
8. The School District will provide students, parents and staff with a list of Healthy Snack Ideas at the beginning of each school year.
9. 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.
10. All School District buildings will provide that students and staff have access to free, safe and fresh drinking water throughout the school day.
11. The School District shall support the Food Service Directors discretion of choosing 'local grown' food sources when possible.
12. 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.
13. 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.
14. 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.
15. 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:

1. Meet requirements for physical activity at all levels within school day
2. A requirement that periods of physical activity be provided for elementary students in accordance with policy JLJ\*, 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
	1. To help meet this goal, physical education teachers will have students be involved 25%-50% of their time in moderate to vigorous activity.
	2. 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.
	3. 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.
3. A requirement or encouragement that periods of physical activity be at least 225 minutes per week for secondary students
	1. For those not enrolled encourage at least 30 minutes of physical activity daily.
4. 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.
5. 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).
6. 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.
7. 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.

1. The school district will encourage students to use alternative modes of transportation, such as walking and biking.
2. 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.

Adopted: June 2007

Revised: June 2011

Revised: April 2013

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

C.R.S. [22-32-134.5](http://www.lpdirect.net/casb/crs/22-32-134_5.html) (healthy beverages requirement)

C.R.S. [22-32-136](http://www.lpdirect.net/casb/crs/22-32-136.html) (policies to improve children's nutrition and wellness)

C.R.S. [22-32-136.5](http://www.lpdirect.net/casb/crs/22-32-136_5.html)(3)(a) and (b) (physical activity requirement)

1 CCR [301-79](http://www.sos.state.co.us/CCR/NumericalSubDocList.do?deptID=4&deptName=300%20Department%20of%20Education&agencyID=109&agencyName=301%20Colorado%20State%20Board%20of%20Education&ccrDocID=3013&ccrDocName=1%20CCR%20301-79%20RULES%20FOR%20THE%20ADMINISTRATION%20OF%20THE%20HEALTHY%20BEVERAGES%20POLICY) (State Board of Education - healthy beverages rules)

CROSS REFS.: [EF](http://lp.ctspublish.com/casb/core/lpext.dll?f=id&id=Colorado%3Ar%3Ab0a&cid=Colorado&t=document-frame.htm&2.0&p=#JD_EF), Food Services

[EFC](http://lp.ctspublish.com/casb/core/lpext.dll?f=id&id=Colorado%3Ar%3Ab1a&cid=Colorado&t=document-frame.htm&2.0&p=#JD_EFC), Free and Reduced-Price Food Services

[EFEA](http://lp.ctspublish.com/casb/core/lpext.dll?f=id&id=Colorado%3Ar%3Ab2b&cid=Colorado&t=document-frame.htm&2.0&p=#JD_EFEA*)\*, Nutritious Food Choices

[IA](http://lp.ctspublish.com/casb/core/lpext.dll?f=id&id=Colorado%3Ar%3A1473&cid=Colorado&t=document-frame.htm&2.0&p=#JD_IA), Instructional Goals and Learning Objectives

[IHAE](http://lp.ctspublish.com/casb/core/lpext.dll?f=id&id=Colorado%3Ar%3A1512&cid=Colorado&t=document-frame.htm&2.0&p=#JD_IHAE), Physical Education

[IHAM](http://lp.ctspublish.com/casb/core/lpext.dll?f=id&id=Colorado%3Ar%3A152f&cid=Colorado&t=document-frame.htm&2.0&p=#JD_IHAM) and [IHAM-R](http://lp.ctspublish.com/casb/core/lpext.dll?f=id&id=Colorado%3Ar%3A154e&cid=Colorado&t=document-frame.htm&2.0&p=#JD_IHAM-R), Health Education

[IHAMA](http://lp.ctspublish.com/casb/core/lpext.dll?f=id&id=Colorado%3Ar%3A155c&cid=Colorado&t=document-frame.htm&2.0&p=#JD_IHAMA), Teaching About Drugs, Alcohol and Tobacco

[IHAMB](http://lp.ctspublish.com/casb/core/lpext.dll?f=id&id=Colorado%3Ar%3A1575&cid=Colorado&t=document-frame.htm&2.0&p=#JD_IHAMB) and [IHAMB-R](http://lp.ctspublish.com/casb/core/lpext.dll?f=id&id=Colorado%3Ar%3A158f&cid=Colorado&t=document-frame.htm&2.0&p=#JD_IHAMB-R), Family Life/Sex Education

[JLJ](http://lp.ctspublish.com/casb/core/lpext.dll?f=id&id=Colorado%3Ar%3A6961&cid=Colorado&t=document-frame.htm&2.0&p=#JD_JLJ)\*, Physical Activity

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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](http://wellsat.org) (measure quality of wellness policy)

2)[healthyschoolchampions.org](http://healthyschoolchampions.org)

3) [ncagr.gov](http://ncagr.gov) (kid nutrition education web based activities)

4) [eatright.org](http://eatright.org)

5) [nutritionfacts.org](http://nutritionfacts.org)

6) [choosemyplate.com](http://choosemyplate.com)

7) [kidshealth.org](http://kidshealth.org)

8) [usda.gov/dietary](http://usda.gov/dietary)

9) [nutrition.gov](http://nutrition.gov)

10) [helpwithcooking.com](http://helpwithcooking.com)

11) [cdc.gov/nutrition](http://cdc.gov/nutrition)

12) [fda.gov/food](http://fda.gov/food)

13) [cnn.com](http://cnn.com)

14) natural[society.com](http://society.com)

15) [9healthfair.org](http://9healthfair.org)

16) [farmtoschool.org](http://farmtoschool.org)

17) [colegacy.org](http://colegacy.org)

18) [teachersandfamilies.com](http://teachersandfamilies.com)

19) [cde.state.co.us](http://cde.state.co.us)

20) [teamnutrition.usda.gov/healthy/wellness policy](http://teamnutrition.usda.gov/healthy/wellnesspolicy)

21) healthiergeneration.org

22) choicesmagazine.org

23) healthyeatingresearch.org

24) pewhealth.org

25) schoolnutrition.org

26) frac.org

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