



## **ADF - STUDENT AND EMPLOYEE WELLNESS**

Poudre School District uses a coordinated approach to promote healthy schools through a culture of wellness that is part of the total learning environment. Wellness is a foundation for learning and encompasses the interrelated dimensions of physical, mental, emotional and social health. The District recognizes that healthy students are better learners, and therefore aims to promote student wellness and overall health through practices such as good nutrition, health and physical education, physical activity and mental health.

To support the implementation of this policy, the District has created the Wellness Advisory Council for Schools (“WACS”), which is comprised of students, parents, community partners, administrators, teachers and other District employees. The purpose of the WACS is to support and enhance student wellness in Poudre School District. The WACS shall serve as a resource for the schools to support the maintenance and implementation of this policy and the accompanying Regulation ADF-R under the direction of the District’s wellness coordinator.

The District administration shall annually review this policy and the accompanying Regulation ADF-R, and work cooperatively with WACS to develop or revise the plan for implementing the policy and regulation in the coming year. Development and revision of the implementation plan shall include consideration of collected data, and shall require compliance with the Healthy, Hunger-Free Kids Act of 2010 at both the school and the District level. Compliance results shall be available to the public and be taken into consideration when revising the policy and regulation. Schools shall utilize a Colorado Comprehensive Health and Physical Education Standards implementation plan.

The District shall support the implementation of this policy in accordance with the following standards, which are further interpreted and explained in the accompanying Regulation ADF-R:

- A. Promoting and supporting comprehensive education for developing and practicing lifelong wellness behaviors in the school environment through examples such as standards-based health education, nutrition education in the cafeteria and integration of wellness teams in all schools. The District’s learning environment shall provide students with appropriate resources and tools to make informed and educated decisions about lifelong wellness choices. In addition, the learning environment should positively influence a student’s understanding of comprehensive health and habits as they relate to good nutrition, health and physical education, physical activity, and other wellness practices.

- B. Supporting and promoting proper dietary habits contributing to students' health status and academic performance. School meals, as well as other foods and beverages available on school grounds and at school-sponsored activities, shall align with District standards and current U.S. Dietary Guidelines. Food and beverages shall meet or exceed state and local health department guidelines to create a safe and healthy food environment in all schools.
- C. Providing students with opportunities to participate in standards-based physical education programs, and multiple opportunities to engage in movement and exercise. These opportunities shall be incorporated in each school's learning environment and include without limitation co-curricular activities and recess. It is recommended that each school's physical education program meet Colorado state standards.
- D. Maintaining a commitment to support employees by promoting a healthy lifestyle. In order to achieve this, the District will provide integrated and comprehensive wellness opportunities for staff.
- E. Providing support for mental health services to meet District-wide needs. Mental health services in schools are essential to addressing barriers to learning and are inseparable from the District's instructional mission. The District shall provide school-based programs and collaborate with the community to offer prevention, early intervention, crisis intervention and recovery, and mental health support in order to promote a positive and safe climate and culture for students and staff.
- F. Providing support for health services and related policies and procedures to help ensure adequate resources for students' overall health. Such resources shall include, but are not limited to, student health plans, screenings, collaborative planning and access to community health resources.

Adopted by Board: May 8, 2006

Revised by Superintendent: March 22, 2010

Revised by Superintendent: May 5, 2014

LEGAL REFS:

C.R.S. 22-32-134.5

C.R.S. 22-32-136

C.R.S. 22-32-136.3

C.R.S. 22-32-136.5

1 C.C.R. 301-79

42 U.S.C. 1751 et seq.

CROSS REFS:

ADF-R, Student and Employee Wellness

IHA, Instructional Program

IHAM, Health Education  
EFEA & EFEA-R, Nutritious Choices in School Vending Machines