

SCHOOL WELLNESS

The Thompson School District recognizes that healthy students are better learners. Student and staff wellness will be promoted through support, health education, and healthy living practices as part of the total learning environment. In accordance with the Healthy Hunger Free Kids Act of 2010 and in support of healthy schools, the Board adopts the following goals:

Wellness foundation and commitment

The district will engage students, parents/guardians, school employees, food service professionals, health professionals and other interested community members in developing, implementing, monitoring and reviewing district-wide nutrition and physical activity policies. A Wellness Advisory Board will be maintained to synthesize input from these constituents and to oversee the development, implementation and evaluation of the district's wellness policy.

Promotion of a healthy learning environment for development and practice of lifelong wellness behaviors

The school environment shall be aligned with healthy school goals to positively influence student understanding, beliefs and habits as they relate to good nutrition, regular physical activity and general health. Such learning environments will teach students to use appropriate resources and tools to make informed and educated decisions about lifelong personal health practices.

Commitment to a supportive nutrition environment that contributes to students' health and academic performance

One in 13 children in the U.S. has a food allergy, and 40% of those have had a potentially life-threatening reaction such as difficulty breathing and throat constriction. For this reason, a safe classroom environment free of contamination with food allergens must be provided to all students.

In addition, one third of all children in the US are overweight or obese. The USDA has established national nutrition standards for all foods sold and served on school campuses anytime during the school day. All foods and beverages available on school grounds, during the school day, shall meet or exceed these nutrition standards. All schools participating in the National School Lunch and/or School Breakfast Program shall comply with all state and federal rules or regulations regarding competitive food service and the Food of Minimal Nutritional Value, as defined by the USDA.

Standards for USDA child nutrition programs and school meals

The district will provide and promote the National School Lunch and Breakfast Programs to ensure that all students have access to healthy foods to support healthier choices and promote optimal learning.

Commitment to physical education and physical activity to support students' health and academic performance

A quality physical education program is an essential component to a comprehensive education for all students. Age-appropriate physical activity opportunities 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 content standards, as well as co-curricular activities and recess.

Commitment to support staff health

The district will support the health and well-being of staff by developing and promoting policy and environmental supports to encourage physical activity and healthy eating opportunities and other programs beneficial to staff health.

Adopted March 1, 2006

Revised August 21, 2013

Legal refs.: Section 204 of P.L. 11-296 (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. 22-32-1363.3 (transfat ban)
C.R.S. 22-32-136.5 (physical activity requirement)
1 CCR 301-79 (State Board of Education – healthy beverages rule)

Cross refs.: EF, Nutrition Services
EFC, Free and Reduced Price Food Services
EFEA, Nutritious Food Choices
IHAM, Health Education
IHAMA, Teaching about Drugs, Alcohol and Tobacco
JLJ, Physical Activity

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Wellness foundation and commitment

- A. In accordance with the Healthy Hunger Free Kids Act of 2010, the district will include representation from the following for the development and implementation of the wellness policy: parents/guardians, the nutrition services director and staff, PE teachers, school health professionals, Board of Education members, school administrators/staff, any interested members of the general public, and representatives of interested community organizations. Changes and developments to the School Wellness Policy shall be made available to students and families by means of school-based communication, including but not limited to school/district websites and newsletters.
- B. The Wellness Advisory Board shall meet at least quarterly to discuss implementation activities and address barriers and challenges. The Advisory Board shall meet annually to review the wellness policy and to develop an action plan for the coming year. The Advisory Board shall report annually to the superintendent and Board on the implementation of the wellness policy and include any recommended changes or revisions.
- C. Each school shall submit an annual school wellness plan. The school wellness team and/or wellness leaders at each site will work with the school community to implement the plan, and, with support from the principal and district wellness coordinator, will evaluate progress at the end of each year to assist in the development of next year's plan.
- D. Implementation and monitoring of the wellness policy shall be supported by the principal and the wellness advisory board.

Promotion of a healthy learning environment for development and practice of lifelong wellness behaviors

- A. Continue to restructure and improve health education instruction to meet state standards and to teach and engage students in lifelong healthy habits.
- B. Strive to integrate nutrition education and physical activity into core curriculum and instruction as applicable.
- C. Promote healthy eating and physical activity strategies to students, parents/families, staff and the community at events such as school registration, parent-teacher conferences, back-to-school nights, staff meetings and other applicable opportunities or events to encourage and support healthy eating and active living practices at school and at home.

Commitment to a supportive nutrition environment that contributes to student health and academic performance

- A. Promote increased consumption of healthy options and fresh fruits and vegetables through experiential, hands-on nutrition education in the cafeteria and the classroom, community research and partnerships, and family engagement strategies.
- B. Promote a welcoming and safe eating environment in all school cafeterias (include student art work, positive social interaction, etc.).
- C. Provide adequate time for students to eat (national recommendation of at least 10 minutes for breakfast and 20 minutes for lunch from the time a student receives a meal).
- D. Encourage the scheduling of recess before lunch.
- E. Ensure that all students are provided the opportunity to receive a healthy breakfast by promoting alternative strategies such as breakfast in the classroom, breakfast after first period, grab-and-go meals (until 10 a.m. daily), breakfast carts, etc.
- F. Due to student allergy concerns, classroom snacks will not be distributed. Snacks must be provided by parent/guardian for their child only.

- G. Promote alternative non-food rewards. For ideas please contact the Wellness Department.
- H. Promote fundraising activities with positive health messages that are of a non-food nature. During school food fundraisers shall be minimal and shall not be rewarded with prizes. For ideas please contact the Wellness Department.
- I. Promote school celebrations that focus on activities (free time, extra recess, crafts/music/culture, etc.) and not food. For alternative healthy school celebration ideas please contact the Wellness Department (including ideas for classroom parties in lieu of pizza).
- J. Require that all food brought in for celebrations be pre-packaged and sealed, and consist primarily of healthy options (fruits and vegetables, whole grains, etc.). Water shall be promoted as the main beverage choice. Schools shall inform parents/guardians of school celebration guidelines. Note: Per the elementary handbook, individual birthdays will not be celebrated. For ideas please contact the Wellness Department.
- K. Require that any student work surfaces (in classrooms or areas outside of the cafeteria) potentially contaminated with food proteins be thoroughly cleaned using district-approved cleaner/sanitizer before additional student contact with these surfaces (district-approved cleaner will be provided in all classrooms). Note: students should not perform this vital cleaning task. Staff should be aware of and responsive to students with food allergies.
- L. Per USDA regulation, all school stores and vending machines shall not be open during the school day. (USDA definition of school day: period from the midnight prior, to 30 minutes after the end of the official school day.)
- M. All food served in school stores or vending machines shall meet nutrient guidelines as defined by *USDA and Alliance for a Healthier Generation* and be district-approved. Students will have the opportunity to be engaged in the selection of healthy options via taste tests and alternative student input strategies.
- N. Beginning September 1, 2013, state law prohibits schools from “making available” to students any food or beverage that contains any amount of industrially produced transfat. The transfat ban applies to all food and beverages made available to students on school grounds during the school day and extended school day and includes items sold through the school cafeteria, school store or vending machines located on school grounds.

Standards for USDA child nutrition programs and school meals

- A. Commit to purchasing and preparation methods that limit the amount of fat, sugar, and sodium in school meals and a la carte options.
- B. All calories in school breakfast and lunch menus will be broken into age-specific calorie ranges.
- C. Deep green and orange vegetables will be offered weekly.
- D. Fresh fruit will be offered at every meal.
- E. Students must take a fruit or vegetable as part of their lunch; consumption of fruits and vegetables is encouraged.
- F. Total fat must be less than or equal to 30% and saturated fat must be less than or equal to 10% of total calories on a weekly average.
- G. All grains offered to students will be whole grain.
- H. Water will be available in the cafeteria at lunch time.
- I. Only fat-free or skim milk will be offered.

Commitment to physical education and physical activity to support student health and academic performance

- A. All students in grades K-12 will participate in physical education in compliance with the Physical Education Standards, and students will have the opportunity to select physical education in addition to these requirements where it is an elective.
- B. Physical education will be taught by a licensed instructor.
- C. All staff involved in physical education will be provided opportunities for professional development focusing on physical activity, fitness, health and wellness.
- D. Each elementary school shall provide each student the opportunity to participate in a minimum of 600 minutes/month of physical activity in accordance with state law.
- E. Active recess will be encouraged as a component of a supportive learning environment. For ideas please contact the Wellness Department.
- F. All teachers will be encouraged to use physical activity breaks during classroom time as developmentally and instructionally appropriate.
- G. Schools will discourage extended periods of inactivity (two or more hours). During events such as mandatory school-wide testing, teachers will give students periodic breaks for moderate physical activity.
- H. Schools will offer intramurals, clubs, interscholastic sports and voluntary activities to increase opportunities for physical activity before and/or after school, taking into account student interest and supervisor availability.
- I. After-school, enrichment providers will include physical activity in their programs, to the extent space and equipment allow.
- J. Schools will promote walking or bicycling to and from school as a viable option and shall work together with applicable community partners to provide corresponding bicycle and pedestrian safety education to support these efforts.

Commitment to support staff health

- A. The district will create an annual staff wellness plan that will incorporate education and resources for the promotion of physical and social-emotional staff health.
- B. Food options available at staff meetings will be encouraged to meet the approved nutrition standards. During meetings lasting longer than one hour, staff will have the opportunity to stretch and be physically active.

Adopted August 21, 2013