



Policy ADF

SCHOOL WELLNESS

Adopted: August 31, 2006
District Regulation ADF-R

The Jefferson County Public School District promotes healthy schools through a coordinated approach that supports student wellness, 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, physical activity, and lifelong wellness behaviors.

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

1. Policy Goals. The district adopts the following goals for nutrition-education, physical activity, and other school-based-activities designed to promote student wellness:

a. Jefferson County School District will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

The classroom and school environment will positively influence a student's understanding, beliefs and habits as they relate to good nutrition, physical activity, and lifelong health and wellness. The school and classroom environment will promote student access to health education resources and tools to support positive and informed decisions regarding healthy eating habits, physical activity and lifelong health.

b. Jefferson County School District will support and promote healthy dietary habits contributing to students' health and academic performance.

Foods and beverages provided during the school day shall promote a school environment that encourages and models nutritious eating habits. Healthy food choices will be consistent with the accepted *2005 United States Department of Agriculture (USDA) Dietary Guidelines for Americans*. Schools participating in the School Breakfast and/or National Lunch Program shall comply with related state and federal regulations as defined by the USDA.

c. Jefferson County School District will provide opportunities for students to engage in physical activity.

A quality K-12 physical education program is an essential component for all students to learn about and participate in physical activity. The school environment will promote regular curricular as well as co-curricular activities for student participation.

Responsibility for the implementation and monitoring of the student wellness policy shall be supported by the principal and a district Health Advisory Committee.

2. Nutrition Guidelines

a. Purpose. The purpose of these nutrition guidelines is to promote student health and to reduce childhood obesity.

b. Applicability. These guidelines apply to all foods that the district provides and makes available to students on school grounds during the school day.

c. Guidelines. The district will meet or exceed all current federal nutrition guidelines and State and local health-department guidelines.

3. Assurance. All district guidelines for reimbursable school meals will be at least as restrictive as applicable regulations and guidance issued by the Secretary of Agriculture under the Child Nutrition Act and National School Lunch Act.

4. Plan for Measuring Implementation. The superintendent's designee will have operational responsibility for ensuring that each school in the district meets the requirements of this policy.

5. Community Involvement. Parents, students, representatives of the district's Food and Nutrition Services department, the Board of Education, school administrators, and the public have been involved in the development of this policy.

LEGAL REF .:

Pub.L. 108-265, § 204 (codified as note to 42 U.S.C. § 1751)

CROSS REFS.:

EF, Food Services

EFC , Free and Reduced Price Food Services

IHAM, Health Education

Jefferson County School District R-1
Jefferson County, Colorado