



District Regulation

Regulation ADF-R

SCHOOL WELLNESS

Adopted: August 31, 2006
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The following recommendations support the student wellness policy goals:

GOAL 1

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

Objectives:

1. Encourage adoption of district wide health and wellness components into current curriculum.
 - o Lifelong healthy nutrition
 - o Lifelong healthy physical activity
 - o Optimizing physical and mental health
2. Promote nutrition education in the school environment in collaboration with the district's food services department and school staff.
3. Promote staff educational opportunities regarding nutrition and physical activity and strategies on integrating health and wellness topics into core instruction.
4. Promote parent educational opportunities regarding nutrition, physical activity, and healthy lifestyles.
5. Provide opportunity for all staff to access health and wellness resources:
 - o Lifelong healthy nutrition
 - o Lifelong healthy physical activity
 - o Optimizing physical and mental health

GOAL 2

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

Objectives:

1. As a participant in the USDA meals programs, the School Lunch and Breakfast Program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
2. The district shall provide free and reduced price meals to qualified students under the guidelines provided by the Child Nutrition Unit of the Colorado Department of Education (CDE) and the USDA, and students in Homeless Situations as identified in the McKinney-Vento Act.
3. The food services program shall be operated under the general supervision of the superintendent's qualified designee.
4. Schools should encourage fundraisers that promote positive health habits such as the sale of non-food and nutritious food items. In accordance with Colorado Senate Bill SB 05-081, the district will encourage schools to ensure that half of all food items at any school function (parties, student stores, concessions, fundraising, etc.) are healthy in accordance with the *2005 USDA Dietary Guidelines for Americans*.
5. Competitive food service shall not operate for one-half hour before and until one-half hour after the regularly scheduled

- lunch and/or breakfast programs without the express written approval of the district's Food Services director.
6. The district will encourage school participation in the available National School Breakfast Program.

Goal 3

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

The USDA *2005 Dietary Guidelines for Americans* recommend that children and adolescents engage in moderate to vigorous physical activity on most, preferably all, days of the week. Therefore, students should be physically engaged in both formal (physical education classes) and informal (recess) activities.

Objectives:

1. Promote a minimum of 37.5 hours per year of physical activity for elementary students and at least one semester (15 hours) at middle school and at least one semester (15 hours) high school.
2. Promote opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics, and physical activity clubs at all grade levels.
3. Promote opportunities for physical activity during the school day through daily recess periods, elective physical education classes, walking programs, and the integration of physical activity into the academic curriculum.
4. Encourage schools to follow the recommendations of the National Association of Sport and Physical Education (NASPE), which guide students through a process that enables them to achieve a high personal level of fitness.
5. Encourage secondary schools to administer a health-related fitness assessment to students enrolled in physical education classes to help students determine their own level of fitness and create their own fitness goals and plans.
6. Encourage schools to provide a safe, physical and social environment that supports all students to develop physically active lifestyles.
7. Elementary students will have at least 15 minutes a day of supervised recess (in addition to lunch recess), preferably outdoors. Moderate to vigorous physical activity is encouraged through the provision of adequate space and age-appropriate equipment.
8. Encourage schools to provide information to help families incorporate physical activity into the lives of all household members.

In addition, a district Health Advisory Committee will:

1. Evaluate and monitor the district's progress on the student wellness policy goals.
2. Provide recommendations or revisions to the regulations, as the committee deems necessary and/or appropriate.
3. Serve as an information resource to schools.