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## **School Wellness**

Pursuant to federal law, a community group including parents, school food authority, school district administrators, students, health and physical education teachers and school health professionals and members of the public has developed this school wellness policy.

Pueblo City Schools is committed to providing a school environment that promotes proper nutrition, daily physical activity, and the development of lifelong wellness practices as part of the total learning environment. The district recognizes that schools contribute to the overall health status of students and that well-nourished, physically active students are better equipped to learn in the classroom. To achieve this, each school shall create an environment that supports student health by meeting the following goals:

### **Goal #1**

**The District will provide a learning environment for developing and practicing lifelong wellness behaviors.**

The school environment shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition, daily physical activity and comprehensive health. Such a learning environment will teach students to use appropriate resources and tools to make informed and educated decisions about lifelong healthy eating habits and beneficial physical activity.

The school environment shall be designed to positively influence a student's understanding, beliefs and habits as they relate to comprehensive health, nutrition, and physical activity. This environment will teach students to use appropriate resources and tools to make informed and educated decisions about lifelong healthy eating habits and physical activity. Implementation plan and ideas for implementation can be found in the Local School Wellness Policy Implementation and Evaluation Plan available from Nutrition Services.

### **Goal #2**

**The District will support and promote proper dietary habits contributing to students' health status and academic performance.**

Foods and beverages available on school campuses (including school cafeterias, vending machines, school stores, and fundraising activities) from midnight to 30 minutes after the last bell shall meet or exceed the Colorado nutrition standards and the regulations of the Healthy Hunger Free Kids Act. Foods will be served in compliance with food safety regulations with consideration of variety, appeal, taste and packaging.

In order to provide a positive eating environment, every student will have a minimum of 10 minutes to eat breakfast and 15 minutes to eat lunch. This does not include time spent walking to and from class, washing hands, or waiting in line.

Meals shall not be denied a student as a disciplinary action.

In order to avoid undermining the importance of healthful eating habits, non-food rewards and incentives shall be used as the first choice to encourage positive behavior. If food is used as a reward, it must meet the same guidelines as foods sold on the school campus.

School and classroom celebrations should include a variety of foods, with an emphasis on fruits, vegetables, low-fat dairy and whole grains, to provide students with the opportunity to choose a healthy option. A list of recommended party foods for parents and staff will be broadly distributed. Schools are encouraged to develop site specific guidelines. Suggestions for healthy rewards and classroom celebrations can be found in the Local School Wellness Policy Implementation and Evaluation Plan available from Nutrition Services.

### **Goal #3**

**The District will provide more 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 should be included in a school's daily education program from grades pre-kindergarten through 12. Physical activity should include instructional physical education, in accordance with the District's content standards, as well as co-curricular activities and recess.

Physical activity may include, but is not limited to, physical education, recess, classroom fitness breaks, field trips that include physical activity, exercise programs, or classroom activities that include physical activity. Schools shall meet or exceed the minimum required amount of physical activity in the schedules of students attending elementary schools; as such minimums are set forth in state law. Middle and high school students shall be afforded opportunities for physical activity recommended within the Local School Wellness Policy Implementation and Evaluation Plan available from Nutrition Services.

Physical education shall be available at each grade level and comply with Colorado Department of Education Content Standards.

Physical activity shall not be taken away as a form of discipline for students. Physical education and recess should not be taken away in order to make up for classroom activities. Alternative suggestions for discipline can be found in the Local School Wellness Policy Implementation and Evaluation Plan available from Nutrition Services.

### **Policy Implementation and Reporting:**

The District will designate an employee with appropriate authority that is responsible for overseeing implementation, data collection and annual progress report of the Local School Wellness Policy to the Board of Education and public (including parents, students and others in the community).

A District Wellness Committee shall monitor the implementation of this policy at the District level, evaluate the District's annual progress on this policy's goals, serve as a resource to schools, and recommend revisions to this policy and the attached procedures as the committee deems necessary and/or appropriate.

Each principal shall ~~designate~~ identify a Wellness Monitor to coordinate and monitor the implementation of this policy at his/her school, including the completion of an annual policy implementation assessment. This representative will also gather and disseminate wellness-related information and opportunities to students, staff members, and the community as they see appropriate.

LEGAL REF.: Section 204 of P.L. 108-265 (Child Nutrition and WIC Reauthorization Act of 2004, which requires school districts to adopt a “school wellness policy” by the beginning of the 2006-07 school year)  
1CCR 301-79

CROSS REFS.: EF, Food Services  
EFC and EFC-R, Free and Reduced-Price Food Services  
IA, Instructional Goals and Learning Objectives  
IHAE, Physical Education  
IHAM and IHAM-R, Health Education  
IHAMA, Teaching About Drugs, Alcohol and Tobacco