

SCHOOL WELLNESS

Pursuant to federal law, the following parties have jointly developed this school wellness policy: students, parents, teachers, school nurse, and administrators.

The Peyton School District promotes healthy schools by supporting 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 and physical activity. Improved health optimizes student performance potential, as children who eat well-balanced meals and are healthy are more likely to learn in the classroom.

The Peyton School District will establish and maintain a School Wellness Advisory Council. The purposes of the council shall be to monitor the implementation of this policy, evaluate the progress on this policy's goals, serve as a resource to schools and recommend revisions to this policy as the council deems necessary and/or appropriate.

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

Goal #1: The Peyton School District will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity. Such 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 goal of providing a comprehensive learning environment shall be accomplished by:

1. The adoption of school content standard for health and nutrition education that teaches students about the effects of nutrition and physical activity on their health.
2. Active promotion of healthy eating and physical activity to students, parents, school staff, and the community at school registration, parent-teacher meetings, open houses, staff in-services, etc.
3. Encouragement to teachers to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts, as applicable.

Goal #2: The Peyton School District will support and promote dietary habits contributing to students' health status and academic performance.

All foods and beverages available on school grounds and at school-sponsored activities shall be nutritional in nature.

The goal of providing more opportunities for students to engage in physical activity shall be accomplished by:

1. A prohibition or restriction on student access to vending machines, school stores, and other venues that contain foods of minimal nutritional value.

2. Accessible information to students and their parents/guardians concerning the nutritional content of foods and beverages sold by or available to students.
3. The encouragement of nonfood fundraisers such as flowers, gift-wrap, sporting events, and family fun runs.

Goal #3: The Peyton School 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 regular physical activity.

The goal of providing more opportunities for students to engage in physical activity shall be accomplished by:

1. A requirement that all students have access to age-appropriate daily physical activity.
2. Increased 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.
3. The availability of health-promotion activities and incentives for students, parents, and staff that encourage regular physical activity, such as speakers, recreational demonstrations, and walking clubs.

LEGAL REFS.: Section 204 or P.L. 108-265 (Child Nutrition and WIC Reauthorization Act of 2004)

C.R.S. 22-32-124 (*nutritious choices in vending machines*)

C.R.S. 22-32-136 (*policies to improve children's nutrition and wellness*)

CROSS REFS.: IA, Instructional Goals and Learning Objectives

IHAM and IHAM-R, Health Education

IHAMA, Teaching about Drugs, Alcohol, and Tobacco

IHAMB and IHAMB-R, Family Life/Sex Education

Adopted 02/14

Reviewed 02/20