

Wellness Policy

Cortez RE-1 School District (hereto referred to as The District) is committed to the optimal development of every student. The District believes that all students should have the opportunity to achieve personal, academic, developmental, and social success. The District intends to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes, lower absenteeism, as well as better performance on cognitive tasks, higher grades and tests scores.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing unhealthy distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness according to Colorado Department of Education School Law.
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The parent community will be informed of healthy eating and physical activity programs and policies creating continuity between school and other settings for students and staff to practice lifelong healthy habits
- The District encourages collaboration and engagement with community partners and organizations on health related issues and policies
- The District establishes a District Wellness Committee (DWC) for management, oversight and evaluation, implementation, communication about, and monitoring of the policy and its established goals and objectives.

Summary

The Cortez RE-1 District is committed to students having access to healthy foods throughout the school day, provides quality nutrition education from a variety of sources, encourages students to be physically active before, during and after school to promote student wellness according to Colorado Department of Education School Law. The District strives to incorporate national best practices for student health and wellness through a variety of programs as well as engagement and collaboration with outside agencies, organizations, parents and the community at large.

This policy applies to all students, staff, and schools in the District.

Revised: October 13, 2015