

School Wellness

Pursuant to federal law, the Wellness Policy Committee developed the Summit School District School Wellness policy and included parents, students and representatives of the school food authority, the school board, school administration and the public.

The Board of Education promotes healthy schools by supporting student, family and staff wellness, good nutrition, and regular physical activity as part of the total learning environment. Schools contribute to the basic health status of students, families, and staff by facilitating learning through the support and promotion of good nutrition and physical activity. Children and youth need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive.

Summit School District is committed to providing school environments that promote and protect health, well-being, and the ability to learn.

Goal #1: Nutrition Education

Summit School District acknowledges that the primary goal of nutrition education is to influence students' eating behaviors. Additionally, building nutrition knowledge and skills helps children and youth make healthy eating and physical activity choices. Summit School District will provide nutrition education that fosters lifelong healthy eating by:

- Encouraging all staff to integrate nutrition education into content areas and electives.
- Ensuring that nutrition education topics are integrated within the sequential, comprehensive health education program taught pre-kindergarten through twelfth grade.
- Basing the nutrition education program on best practices and being consistent with Summit School District's health education standards and essential learning outcomes.
- Providing resources to staff responsible for nutrition education that include skills-based teaching strategies and use active learning methods.
- Ensuring that nutrition education is culturally relevant and respectful of diversity.
- Adequately preparing staff responsible for nutrition education and regularly offering in professional development activities that are based on best practices to effectively deliver nutrition education to students.
- Striving to provide consistent nutrition opportunities to students, staff and parents at all grade levels and schools.
- Encouraging school staffs to model healthy eating behaviors. The District will offer wellness programs that include education and instruction about healthy eating and physical activity.
- The Food and Nutrition Services Department supporting-nutrition education efforts. Each school cafeteria will serve as a laboratory to allow students to apply critical thinking skills taught in the classroom.
- Engaging families as partners in their children's nutrition education by supporting parental efforts to motivate and help their children with maintaining and improving their health, preventing disease and avoiding health-related risk behaviors.

Goal #2: Physical Activity

Summit School District recognizes the positive benefits of physical activity for student health and academic achievement. Understanding that physical education is a crucial and integral part of a child's education, the district will provide opportunities to ensure that students engage in healthful levels of physical activity to promote and develop each student's physical, mental, emotional, and social well-being. In addition to promoting personal achievement and a positive self-image, physical activity programs should support a student's character education and development. Summit School District will ensure that:

- The physical education program will be based on best practices and be consistent with the State of Colorado's physical education standards and Summit School District's essential learning outcomes.
- Staff responsible for physical education will be adequately prepared and regularly participate in professional development activities that are based on best practices and teaching methods.
- Physical education classes and afterschool physical activity opportunities will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those that choose not to participate in varsity and interscholastic sports.
- All staff will be encouraged to integrate physical activity into content areas and electives to promote learning.
- All staff will have the opportunity to participate in professional development activities regarding integrating physical activity into their classrooms.
- All schools will provide daily recess opportunities for elementary students. Withholding recess as punishment, discipline, or the use of recess to complete assignments or to provide additional learning time is discouraged.
- Schools will provide adequate recess equipment.
- Collaborative efforts are explored to provide physical activity opportunities to all students, regardless of ability to pay, during the early release schedule.
- Information and resources are provided to parents and community members regarding the connection between physical activity and learning including a focus on life-safety skills.

Goal #3: Nutrition Standards

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available in their daily environment. Summit School District acknowledges that the feeding of children is primarily a family responsibility. To supplement their efforts, the Food and Nutrition Services Department will operate a program to ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well. Summit School District will support the Food and Nutrition Services Department in these efforts by:

- Assisting them to be financially self-supporting. However, this should not take precedence over the nutritional needs of the students. If extra revenue needs to be generated, it should not be from the sale of foods or beverages that have minimal nutritional value and / or compete nutritionally with the food service program meals.
- Encouraging all students to participate in the school meal program. Specifically, the Food and Nutrition Services Department will make every effort to ensure that families are aware of need-based programs for free or reduced-price meals, and that eligible

families are encouraged to apply. The program will maintain the confidentiality of students and families applying for or receiving free or reduced-price meals.

- Ensuring that all meals served will meet or exceed the nutritional guidelines of the USDA's National School Lunch and Breakfast Program.
- Using food preparation techniques to provide meals lower in saturated fat, sodium and sugar. Menus will include healthy food choices that include lean meats, fruits, vegetables, whole grains and low-fat or non-fat milk.
- Conforming to good menu planning principles and featuring a variety of healthy choices that taste good, are attractive and of excellent quality and served at the proper temperature.
- Planning menus with input from students, families, school staff and community members.
- Monitoring the nutrient breakdown of menus to ensure that USDA guidelines are being met.
- Providing families, on request, information about the ingredients and nutritional value of the foods served.
- Providing substitute foods to students with special needs upon written parental permission and a medical statement by a physician, physician assistant, or nurse practitioner that identifies the student's special need, states why the special needs restricts the student's diet, and states the food or foods to be omitted and the food or choices of foods that must be substituted.
- Encouraging collaboration between the Food and Nutrition Services Department and schools to explore breakfast opportunities and options.
- Ensuring that all food service equipment and facilities meet or exceed applicable local and state standards concerning health, safe food preparation, handling and storage, sanitation, and workplace safety.
- Implementing Hazard Analysis and Critical Control Points (HACCP) plans and guidelines to prevent food illness in schools.
- Ensuring that all food service staff have appropriate pre-service training and regularly participate in professional development activities.
- Encouraging schools to provide adequate space in a pleasant and safe environment and time for students and staff to eat meals, relax and socialize. The recommended time for students to eat lunch is twenty minutes not including walking to the cafeteria and waiting in line.
- Encouraging schools not to schedule activities during lunch unless students may eat during such activities.
- Encouraging schools to provide hand-washing facilities before students eat lunch or snacks.
- Ensuring that school cafeteria's are attractive, have enough space for seating, and that tables and chairs are the right size for students.

Goal #4: Other School Based Activities

Summit School District aims to teach, encourage, and support healthy eating by students. Additionally, the district recognizes that dietary habits contribute to each student's health and academic performance. Summit School District will ensure that all foods and beverages available on school grounds and at school-sponsored activities shall meet or exceed the district's

nutrition standards. The goal of supporting and promoting healthy dietary habits will be accomplished by:

- Encouraging staff to use non-food activities within the classroom environment, when food is used a healthy option is encouraged. Guidelines and resources will be provided to schools regarding healthier options and nutrition standards.
- Encouraging the acknowledgement and recognition of student achievement; however the use of unhealthy food rewards is discouraged. Guidelines and resources will be provided to schools regarding healthier options and nutrition standards.
- Encouraging students to bring and families to provide healthy, nutritious snack items; when snacks are provided by schools or staff the food and beverage items should be healthy and nutritious.
- Encouraging that healthy, nutritious choices are included in all activities that involve food and beverages.
- Providing families with information and examples of healthy, nutritious snack and food items for consumption during school hours or at school activities.
- Encouraging parents to provide low-fat milk or 100% juice for classroom celebrations and parties.
- Discouraging the sale of beverages with caffeine or refined sugar.
- Meeting or exceeding the recommendations in Colorado SB 04-103 regarding vending options.
- The Food and Nutrition Services department ensuring that a la carte items include a variety of choices of healthy, nutritious food and beverage items.
- Recognizing that fundraising is necessary to provide additional opportunities for students and staff; fundraising efforts encourage group spirit; and that items sold need to be appealing and cost effective.
- Encouraging that non-food items or nutritious food and beverage items be sold for all fundraising efforts.
- Limiting the sale of food and beverage fundraising items with minimal nutritional value to after the school day. A list of encouraged, nutritious food and beverage items will be provided and available at all schools.
- Encouraging that a balance of at least 50% of the food and beverage choices at all school or district sponsored activities and extra curricular events be healthy and nutritious. A list of encouraged items will be provided and available at all schools.

School Wellness Policy Monitoring and Review

Summit School District will establish and maintain a wellness policy advisory council. The purpose of the council shall be to monitor the implementation of this policy, evaluate the district's progress on this policy's goals, serve as a resource to schools and school health teams, and recommend revisions to this policy as the council deems necessary and / or appropriate.

Summit School District will support and encourage individual schools to create, strengthen, or work with school health teams to develop, implement, and review the policy goals and objectives. School health teams can serve as resources for implementing activities to improve the health and wellness of students, staff, and families.

Adopted: June 28, 2006

LEGAL REFS.: Section 204 of 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.: EF, Food Services
EFC AND EFC-R, Free ad Reduced-Price Food Services
EFEA, Nutritious Food Choices
EFEA-E, Guidelines for Nutritious Choices in Vending Machines
IA, Instructional Goals and Learning Objectives
IHAE, Physical Education
IHAM and IHAM-R, Health Education
IHAMA, Teaching About Drugs, Alcohol and Tobacco
IHAMB and IHAMB-R, Family Life/Sex Education