

## **School Wellness Policy**

Pursuant to federal law, Cheyenne Wells School District RE-5 Wellness Committee members are from the current school board, administration, school staff and food service manager, as well as health professionals, students, parents and community members. These parties have jointly developed the school wellness policy.

The Board of Cheyenne Wells School District RE-5 promotes healthy schools by supporting student wellness, good nutrition, and regular physical activity as part of the total learning environment. The school contributes 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 Cheyenne Country School District will establish and maintain a community-wide Nutrition and Physical Activity Advisory Council. The purposes of the council shall be to monitor annually the implementation of this policy, evaluate the district's progress on this policy's goals, serve as a resource to schools (i.e. provide lists of healthy incentives, snacks, etc.) and recommend revisions to this policy as the council deems necessary and/or appropriate. The School Nurse will be charged with ensuring operational responsibility by using the Smart Snacks Matrix and WellSat 2.0 for measuring goals and implementation process.

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

### **Goal #1. The Cheyenne Wells School District RE-5 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 state and federal learning objectives and standards. Healthy school goals will positively influence all students' 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 to provide more opportunities for students to engage in physical activity and nutritional learning shall be accomplished by:

- A. The provisions of age-appropriate instruction to all students that teaches those lifelong healthy eating habits and a healthy level of physical activity through the Physical Education program, AG in the Classroom, 6th grade health course, and school nurse addresses all middle and high school students at beginning of the first day of school.
- B. The availability of nutrition education in the school cafeteria through posters and bulletin boards.

- C. The participation of community, students, teachers, and staff in nutrition programs through Family Fun Nights, parent-teacher conferences, classroom parties, and staff in-services.
- D. The participation in Hospital Week (PreK- 12) that teaches students about the effects of healthy habits and physical activity play on their health and wellness.
- E. The Wellness Policy will be found in the Student Handbook as well as on the school website.

**Goal #2. The Cheyenne Wells School District RE-5 will support and promote proper dietary habits contributing to students' health status and academic performance.**

It is recommended that at least 50% of all foods and beverage items on school grounds during school-sponsored activities (holiday, birthday, and special occasion parties) shall meet or exceed the district's nutrition standards. All schools will participate in the School Breakfast and/or National Lunch Program and shall comply with any state and federal rules or regulations regarding competitive food service and the service of Foods of Minimal Nutritional Value, as defined by the USDA nutrition standards.

The goal of supporting and promoting proper dietary habits shall be accomplished by:

- A. Requiring that all students have access to healthful food choices in appropriate portion sizes for breakfast and lunch, with at least 25 minutes to eat lunch, pursuant to C.R.S. 22-32-134.5
- B. Restricting competitive foods sales on school property during breakfast and lunch times according to Smart Snacks interim final rules. This applies to anyone eating in the cafeteria at these times.
- C. The school cafeteria maintaining a clean, organized, supervised, well lit and in good repair in eating environment.
- D. Following the state requirements according to Smart Snacks rules in regards to provided food and beverages and the amount of fat and sugar content, access to fruit, vegetables at breakfast and lunch. The only exceptions will be for students on a health care plan that otherwise states this.
- E. The school district only allows water, fruit juice containing 100% juice, and low-fat or nonfat milk in the cafeteria at all times. The only exceptions to this rule will be all concession stands and students with a health care plan that otherwise states this. This rule applies to meals brought from home.
- F. Requiring that all students have access to a school facility with a sufficient number of functioning water fountains in accordance with local building codes, or other means to provide students with sufficient water, as well as at lunch and breakfast.
- G. The school district provides a "Breakfast after the Bell" program to all middle and high school students.
- H. The school district has a closed campus policy during meal times and students are only permitted to leave school with parent permission and may not operate their vehicles unless administration gives permission.

- I. Marketing of food and beverages sold on campus during school hours (Midnight-4:30 Monday-Thursdays) will meet Smart Snacks interim final rules, excluding exemptions. This includes food fundraisers.
- J. Food rewards are highly discouraged. Staff must follow Smart Snack rules when providing any food or beverages to students and a nutrient label must be provided to School Nurse to be filed with Wellness Policy.
- K. Menus throughout the school year will be in 100% compliance with state guidelines and checked by wellness committee annually.

**Goal #3. The Cheyenne Wells School District RE-5 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 is included in a school’s daily education program from grades pre-kindergarten through 12<sup>th</sup> grade. Physical activity includes regular instructional physical education, in accordance with the state and district’s content standards, as well as co-curricular activities and recess.

The goal of providing opportunities shall be accomplished by students engaging in physical activity which shall be accomplished by:

- A. Giving students twice daily recess totaling 20-30 minutes in addition to an alternating structured 120 minutes of P.E. weekly for students K-5<sup>th</sup>; 6th-8<sup>th</sup> grades will receive daily physical education totaling 240 minutes weekly. Elective physical education classes to include weight training offered 3 hours a day for high school students.
- B. Giving opportunities for physical activity through a range of after-school programs including interscholastic athletics.
- C. Following the recommendation of the President’s Council, which guide students through a process that enables them to achieve a high personal level of fitness for grades K-5<sup>th</sup>.
- D. 50% of High Students will participate in school offered physical education classes/athletics, after-school programs or community based activities based on student enrollment and student self-report.
- E. 100% of Elementary students participate in the physical education class.
- F. 95% of students will participate in daily recesses.

**Goal #4. The Cheyenne Wells School District RE-5 will provide nutritional and physical promotion and marketing to not only students, but staff and community.**

Good nutritional and physical choices by adults are extremely important for students to be able to model in their own behavior. The district wants the entire school population, not just students, to live a healthier life in hopes that the increase in wellness will transcend from the school district out into the community as well.

The goal of providing nutritional and physical promotion and marketing shall be accomplished by:

- A. The availability of nutrition education in the school cafeteria by posters, signs, and bulletin boards.
- B. Providing nutritional information to all staff members at least one time a year.
- C. The participation of community, students, teachers and staff in nutrition programs through Family Fun Nights, Parent-Teacher conferences, class room parties and staff-in-services.
- D. Staff is highly encouraged to limit the consumption of beverages and snacks in the classroom that does not meet Smart Snack standards. Please use a cup rather than original container when drinking the above mentioned beverages.
- E. Staff and community are highly encouraged to participate in Keefe Memorial Hospital Week every May. This includes a number of reduced blood draws as well as height, weight, vital signs, and skin checks to monitor their health. This will be done by providing information on School Website, Daily Bulletin, Tuesday Express, and Staff Mailboxes.

Adopted: May 28, 2015

LEGAL REFS.: Section 204 of P.L. 111-296 (*Healthy, Hunger-Free Kids Act*)  
C.R.S. 22-32-134.5 (*healthy beverages requirement*)  
C.R.S. 22-32-136 (*policies to improve children's nutrition and wellness*)  
C.R.S. 22-32-136.3 (*trans fat ban*)  
C.R.S. 22-32-136.5(3)(a) and (b) (*physical activity requirement*)  
1 CCR 301-79 (*State Board of Education – healthy beverages rules*)

CROSS REFS.: EF, Food Services  
EFC, Free and Reduced-Price Food Services  
EFEA\*, Nutritious Food Choices  
IHAM and IHAM-R, Health and Family Life/Sex Education  
IHAMA, Teaching About Drugs, Alcohol and Tobacco  
JLJ\*, Physical Activity