

## ***Board File: ADF***

### **STUDENT WELLNESS**

The Board of Education promotes healthy schools by supporting the physical, social, emotional and behavioral wellness of all students within the Whole School, Whole Community, Whole Child Framework. This student-centered approach recognizes the connection between health and student achievement. It also recognizes the importance of staff, students, families, and community working together to provide evidence-based learning opportunities, support, and access to appropriate resources for the benefit and improvement of the health of all students.

To further the Board's beliefs, the Board delegates to the Superintendent the authority to maintain a student wellness policy for the district and the establishment of a District Health Advisory Committee.

That at a minimum includes:

1. Guidelines that support the well-being of students through health education and social, emotional and behavioral learning;
2. Guidelines that support the wellbeing of students physically through physical activity, proper nutrition, appropriate sleep, and healthy physical environment;
3. Guidelines that support the wellbeing of students socially, emotionally and behaviorally through universal, targeted, and intensive interventions from student mental wellness supports to create positive social and emotional school climates; Guidelines that support the well-being of students academically, socially, emotionally and behaviorally through an integrated, multi-tiered system of supports framework (IMTSS).
4. Provides guidelines for the promotion of staff wellness, community involvement, and parent engagement in order to protect and promote student health, facilitate optimal development, and advance academic success;
5. Establishes a plan for measuring implementation of the district's wellness policy, with consideration of the recommendations from the District Health Advisory Committee (DHAC);
6. Includes nutrition guidelines that provide students with opportunities to learn about and practice healthy eating habits with objectives of promoting student health and lifelong healthy habits;

7. Assures that the district follows all local, state and federal nutrition requirements of the National School Breakfast, National School Lunch, Special Milk, and Summer Lunch Programs through the U.S. Department of Agriculture (USDA) that are outlined in federal, state, and local nutrition requirements.

Adopted: June 20, 2006

Revised: May 9, 2009

Revised: October 4, 2010,

Revised by the Board: October 22, 2019

Revised: \_\_\_\_\_, 2023

LEGAL REFS.:

Section 204 of P.L. 108-265111-296 (Child Nutrition and WIC Reauthorization Act of 2004 Healthy, Hunger-Free Kids Act of 2010)

7 C.F.R. Parts 201, 210 and 220 (local school wellness policy requirements)

C.R.S. 22-32-134.5 (healthy beverages policy required 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)

Second Reading