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3 **INSTRUCTION**

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6 School Wellness

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8 The Boulder Elementary School District is committed to providing school environments that promote and
9 protect children’s health, well-being, and ability to learn, by supporting healthy eating and physical
10 activity. Therefore, it is the policy of the Boulder Elementary School District that:

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- 12 • The School District will engage the school board, school administrators, students, parents,
13 teachers (especially teachers of physical education), food service professionals, school health
14 professionals, and other interested community members in developing, implementing,
15 monitoring, and reviewing District-wide nutrition and physical activity policies and procedures.
 - 16 • The School District will inform and update the public (including parents, students, and others in
17 the community) about the content and implementation of the local wellness policies. The District
18 will also measure periodically and make available to the public an assessment of the local
19 wellness policy, including:
 - 20 • The extent to which schools are in compliance with the local wellness policy;
 - 21 • The extent to which the LEA’s local wellness policy compares to model local school
22 wellness policies; and
 - 23 • The progress made in attaining the goals of the local wellness policy.
 - 24 • All students in grades K-8 will have opportunities, support, and encouragement to be physically
25 active on a regular basis.
 - 26 • Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S.*
27 *Dietary Guidelines for Americans*.
 - 28 • Qualified child nutrition professionals will provide students with access to a variety of affordable,
29 nutritious, and appealing foods which meet the health and nutrition needs of students; will
30 accommodate the religious, ethnic, and cultural diversity of the student body in meal planning;
31 and will provide clean, safe, and pleasant settings and adequate time for students to eat.
 - 32 • To the maximum extent practicable, all students in the District will participate in available federal school
33 nutrition programs, including the School Breakfast Program National School Lunch Program (including
34 after-school snacks) and the Fresh Fruit and Vegetable Program.
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36 **III. GUIDELINES**

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38 **A. Nutrition Education Goals**

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- 40 1. The District supports consistent nutrition education for grades K-8, which will be integrated into the
41 standards based curriculum. Nutrition education will be integrated into other areas of the
42 curriculum such as math, science, language arts, and social studies.
 - 43 2. Farm to school programs can provide interactive, experiential education activities that can
44 strengthen and reinforce nutrition education efforts. Therefore, the District supports and
45 encourages the creation and support of school gardens and integrated food system education
46 that provides hands-on learning experiences linking the cafeteria with the classroom and core
47 curriculum, such as math, science and language arts.
 - 48 3. Nutrition education messages from the classroom will be modeled in the cafeteria and across
49 campus by offering locally grown food whenever possible within the reimbursable federal
50 meal program.

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3 **B. Physical Activity Goals**
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- 5 1. The District will provide opportunities for students to engage in physical activity. A quality
6 physical education program helps facilitate the development of physically active lifestyles,
7 and is essential to increasing health-related fitness, personal responsibility, and the enjoyment
8 of physical activity for all students so that they can be physically active for a lifetime.
9 2. Physical activity may include recess, regular instructional physical education in accordance
10 with the District's content standards, and co-curricular activities before, during and after the
11 regular school day.
12 3. The district recognizes that school gardens and farm visits can offer physical activity
13 opportunities, as well as agricultural education, by engaging students in activities such as
14 planting, harvesting, and weeding. Teachers and students are encouraged to take advantage of
15 these physical activity opportunities during the school day as well as through field trips and
16 after-school activities.
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18 **C. Nutrition Standards for All Foods and Beverages**
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- 20 1. Foods and beverages sold or served at school will be consistent with the current USDA Dietary
21 Guidelines for Americans.
22 2. School Nutrition personnel will take every measure to ensure that student access to foods and
23 beverages meet or exceed all federal, state, and local laws and guidelines
24 3. Meals served within the federally reimbursable meal program will be designed to feature
25 fruits and vegetables and other healthy foods from local sources to the greatest extent
26 possible.
27 4. Boulder Elementary School shall encourage non-food/drink reinforcement strategies for the
28 discipline and reward of students
29 5. Boulder Elementary School encourages the promotion of a positive learning environment by
30 providing healthy celebrations that shift the focus from food to the child. Providing nutritious
31 food options demonstrates a school commitment to promoting healthy behavior and supports
32 classroom lessons.
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34 **D. Other School-Based Wellness Activities**
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- 36 1. Regular professional development shall be provided to enable all applicable staff, including
37 School Food Service Staff, to be active participants in providing healthy school meals within a
38 comprehensive nutrition environment.
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40 2. After-school programs should include supervision by trained staff, and provide
41 developmentally and age-appropriate physical activity for all participants. After-school
42 programs shall encourage healthy eating habits in after school programming and will
43 incorporate healthy foods from local sources into the after school snacks to the greatest extent
44 possible.
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46 **E. Farm to School Program**
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- 48 1. The school district will support the development of farm to school programs to help students eat
49 more nutritious foods and promote healthier lifelong eating patterns; support the local economy
50 and local farmers; and teach students about the origins of their foods and how their food is
51 grown.

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4 2. Farm to school programs enhance the nutritional and educational experience of school children
5 by providing:
6 a. Nutritious, locally grown food as part of the school food program;
7 b. Opportunities for school children to visit local farms and learn about the origins of
8 their food and how their food is grown; and interdisciplinary teaching tool to influence
9 student food choices and lifelong healthy eating habits.

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11 Legal Reference P.L. 108-265 Child Nutrition and WIC Reauthorization Act of 2004
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13 Policy History:

14 Adopted on: 11/14/2011

15 Reviewed on:

16 Revised on: January 2015