Title: **School Wellness Policy**
Code: ADF
Section: Section A: Foundations and Basic Commitments

Academy District 20 promotes healthy schools by supporting student wellness, including good nutrition, regular physical activity, and social-emotional well-being as part of the total learning environment. Schools contribute to the primary health status of students by enhancing learning through the support and promotion of good nutrition, physical activity, and emotional wellness. In addition, it encourages school health teams in every building. Improved health optimizes student performance potential and educational success, as children who eat well balanced meals, engage in physical activities, and display emotional intelligence are more likely to be involved and learn in the classroom. To help ensure each school's compliance with and implementation of this policy's goals, the superintendent or designee shall serve as the District's school wellness policy coordinator.

The District will maintain its Health Advisory Committee under Learning Services. This committee will monitor the implementation of this policy, evaluate the District's progress on this policy's goals, serve as a resource to schools and periodically review and update this policy in accordance with federal law. This committee will meet on a quarterly basis and will consist at a minimum of a nurse, parents, educators and contracted food service provider.

At least once every three years, the committee shall assess this policy and its implementation, which shall include an assessment of each school's compliance and participation with this policy goals. The committee may recommend policy revisions conducting its triennial assessment and/or as the committee deems appropriate or necessary.

The District commits to the following goals:

Goal #1. The **District** will provide a comprehensive learning environment to promote the development and practice of lifelong wellness behaviors.

The District aims to create an inclusive learning environment that encourages students to develop and practice lifelong wellness behaviors. This objective will be realized by delivering age-appropriate, culturally sensitive instruction on healthy eating habits and physical activity. Aligned with the CDE Comprehensive Social and Emotional standards, the entire school environment will promote comprehensive wellness through integrated curricula and healthy school initiatives to positively influence students' understanding, beliefs, and practices regarding nutrition and exercise.

Goal #2. The **District** will implement and promote nutrition education and proper dietary habits **that contribute** to students' health status and academic performance.

The District will ensure that nutrition education aligns with the District's academic standards for comprehensive health education. All food and drinks offered or sold to students on campus during school hours must meet or surpass the District's nutrition criteria. Schools involved in the National School Lunch and/or School Breakfast Programs must adhere to state and federal guidelines concerning school meal programs, competitive food services, and the Smart Snacks in School nutrition standards.

Goal #3. The **District** will promote healthy nutrition choices to create and encourage a healthy learning environment. The District is committed to fostering a healthy learning environment by promoting nutritious food choices. This objective will be achieved by ensuring that food and beverage products marketed on the school campus, including vending machines, posters, menu boards, and other equipment, comply with the Smart Snacks in School nutrition standards to the greatest extent feasible.

Goal #4. The **District** will provide daily opportunities for students to engage in physical

activity. The District is committed to ensuring daily opportunities for students to participate in physical activity. This goal will be realized by mandating physical activity periods for elementary students in alignment with policy JLJ, Physical Activity, and state law requirements.

Additionally, secondary students will be encouraged to engage in physical activity weekly. Further, the District will enhance opportunities for physical activity throughout the school day, including daily recess periods, elective physical education classes, walking programs, and integrating physical activity into the academic curriculum.

Goal #5 The **District** will promote and bolster **student** emotional **wellness** for all **the stakeholders** through the integration of **researched** based resources.

The District is dedicated to enhancing student emotional wellness among all stakeholders by integrating evidence-based resources. This objective will be achieved by adhering to Colorado Department of Education Health and Wellness Standards and fostering safe and healthy lifestyles. Recognizing the pivotal role of student wellness in lifelong well-being and global citizenship, the District will integrate wellness skills into all school levels through grade specific standards. This holistic approach aims to empower students and stakeholders alike with enhanced self-management, self-awareness, responsible decision-making, relationship skills, social awareness, and improved academic performance and wellness.

Adopted/Approved: June 15, 2006

Revised: March 2008

December 3, 2012

June 1, 2017

December 14, 2017

July 1, 2021

July 1, 2024

July 1, 2025

LEGAL REFS.: Section 204 of P.L. 111-296 (Healthy, Hunger-Free Kids Act of 2010)

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

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, Child Nutrition

JLJ, Physical Activity

EL 1.0 Global Ends Statement

EL 1.1 Knowledge and Skills

Adopted: **June 15, 2006**
Last Revised: **July 01, 2025**

Attachments ADF School Wellness Policy .pdf