



Book	LPS Policies
Section	Section A: Foundations and Basic Commitments
Title	School Wellness
Code	ADF
Status	Active
Adopted	May 10, 2012
Last Revised	April 13, 2017
Last Reviewed	March 16, 2017

The Board of Education promotes a healthy school environment by supporting school wellness, good nutrition, and regular physical activity as part of the total learning experience. Littleton Public Schools (LPS) contributes to the basic health of students by facilitating learning through the support and promotion of good nutrition and physical activity.

The district shall establish and maintain a districtwide Wellness Advisory Council comprised of representatives from the following groups: Board, district administration, students, parents, teachers, community members and the director of food services. The purpose of the council shall be to advise the Board of Education and administration about the particulars of the school wellness policy and to serve as a health and wellness resource and liaison to schools. Individual school principals or their designee will determine how to monitor, implement and evaluate the district wellness policy with input from the school accountability committee or another committee that has parental and/or community involvement such as PTO or a site-based wellness committee.

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

**Goal No. 1. The district will integrate nutrition and physical education into core curriculum (math, science, social studies, language arts), for developing and practicing lifelong wellness behaviors.**

The entire school environment shall be aligned with healthy school goals that positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. A comprehensive learning environment will teach students to use appropriate resources to make informed choices about lifelong healthy habits.

Comprehensive learning environment goals may be accomplished through curriculum and parent/community engagement.

Curriculum

Adopt a district academic standard for health and nutrition education that teaches students about the effects of nutrition and physical activity on their health.

Provide age appropriate and culturally sensitive instruction to students that teaches lifelong eating habits and a healthy level of physical activity.

Provide educational support for the integration of nutrition education into core curriculum areas such as math, science, social studies and language arts, as applicable.

Provide educational opportunities for staff about nutrition and physical activity. These opportunities may include, but are not limited to:

- Educational materials
- Presentations and workshops on nutrition and healthy lifestyles
- Fitness activities

Parent/community engagement

Promote healthy eating, nutrition education and physical activity to students, parents, staff and the community at various all-school functions such as registration, parent-teacher conferences, back-to-school nights, etc.

Provide educational opportunities to parents with information about nutrition and physical activity, including information about healthy foods and beverages to provide to their child and to bring to school activities and events.

These educational opportunities may include, but are not limited to:

- education provided in the form of handouts;
- postings on the district's website;
- articles and information provided in district or school newsletters Presentations that focus on nutrition and healthy lifestyles; and

- other appropriate means available for reaching parents.

**Goal No. 2. The district will support dietary habits that contribute to students' health status and academic performance.**

All foods and beverages available on school grounds and at school-sponsored activities shall meet or exceed the district's nutrition standards. All schools participating in the School Breakfast and/or National School Lunch Program will meet or exceed 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.

To achieve the goals stated above, Littleton Public Schools supports the following:

- Adopt district nutrition standards that limit the amount of fat and sugar content and provide adequate portion sizes.
- All students have access to healthy food choices in appropriate portion sizes at school, including healthy meals with fresh fruits and vegetables, in the school cafeteria with adequate time to eat.
- Provide healthy food items in vending machines, and healthy food items for fundraisers.
- Promote participation in school meal programs.
- Restrict student access to vending machines, school stores and other venues that contain foods of minimal nutritional value.
- Provide annual training for food and nutrition services staff in accordance with USDA professional standards.
- Provide information to students and their parents/guardians concerning the nutritional content of foods and beverages sold by or available to students, as well as the nutritional content of competitive foods sold or available on district property, when applicable.
- Require 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 water.

In addition to the statutory requirements, the district shall support healthy dietary habits in the cafeteria and at extracurricular events in the following ways.

**Cafeteria environment**

- Provide a pleasant and safe eating environment. Promote recess before lunch.
- Allow adequate time for students to eat, which will be at least 20 minutes after obtaining their food for lunch and 10 minutes for breakfast.
- Assist students in developing the healthy habit of washing hands prior to eating.

**Extracurricular events**

- Promote nonfood fundraisers such as flowers, gift wrap, sporting events and family fun runs.
- Promote the use of non-food rewards, with exceptions for unique circumstances involving individual students.
- Provide the district's established nutrition parameters to parents and other outside organizations for educational purposes.

**Goal No. 3. The district 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. All physical education teachers will hold appropriate certifications and/or licenses. Physical activity shall be included in a school's daily education program from grades pre-kindergarten through 12. Physical activity should include regular instructional physical education, in accordance with the district's academic standards, and may include, but need not be limited to exercise programs, fitness breaks, recess, field trips that include physical activity and classroom activities that include physical activity.

The goal of providing more opportunities for students to engage in physical activity shall be accomplished by:

- Periods of physical activity provided for elementary students that are consistent with requirements of state law.
- Promote periods of physical activity of at least 225 minutes per week for secondary students.
- A requirement all students have access to age-appropriate daily physical activity.
- Provide opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics and physical activity clubs.
- Promote opportunities for physical activity during the school day through daily recess periods, elective physical education classes, walking programs and the integration of physical activity into the academic curriculum.
- Schools will follow the recommendations of the National Association of Sport and Physical Education (NASPE), which guide students through a process that enables them to achieve a high personal level of fitness.
- Staff members will not deny participation in recess or other physical activity opportunities as a form of discipline or punishment unless the safety of students is in question.
- Promote secondary schools to administer a health-related fitness assessment to students to help students determine their own level of fitness and create their own fitness goals and plans.
- Recommend schools introduce developmentally appropriate components of a health-related fitness assessment (i.e., FitnessGram, Physical Best, or President's Council) to students at an early age.
- Promote walking or bicycling to and from school using programs such as Walking School Bus and Bike Train.
- Provide physical activity training for all teachers.
- The district will provide physical education training for all physical education teachers.
- High school students will be allowed to substitute physical education requirements with other activities as per district waiver guidelines.
- The availability of health-promotion activities and incentives for students, parents and staff that encourage regular physical activity, such as speakers, recreational demonstrations and walking clubs.
- Students shall have adequate space and age-appropriate equipment available to them.
- School facilities will be made available outside of school hours for physical activity programs offered by community-based organizations.

Pursuant to federal law, the district administration and the wellness committee have reviewed this policy.

**District Wellness Mission**

To develop, communicate and support recommended policies, practices and programs that result in an environment of overall health and excellence in education for the entire community.

Legal

[1 CCR 301-79 \(State Board of Education-healthy beverages rules\)](#)

[Section 204 of P.L. 111-296 \(Healthy, Hunger-Free Kids Act\)](#)

[C.R.S 22-32-136.3 \(trans fat ban\)](#)

[C.R.S. 22-32-136.5\(3\)\(a\) and \(b\) \(physical activity requirement\)](#)

[C.R.S 22-32-136 \(policies to improve children's nutrition and wellness\)](#)

[C.R.S. 22-32-134.5 \(healthy beverages requirement\)](#)

Cross References

[EFEA \(nutritious food choices\)](#)

[EFC \(free and reduced price nutrition services\)](#)

[EF \(nutrition services\)](#)

[IHAM \(health education and family life/sex education\)](#)

[IHAM-R \(health and family life/sex education \(exemption procedure\)\)](#)

[IHAMA \(teaching about drugs, alcohol, and tobacco\)](#)

[JLJ \(physical activity\)](#)