



ADF-R - STUDENT AND EMPLOYEE WELLNESS

Poudre School District shall promote student and employee wellness in accordance with these regulations.

- A. The District shall maintain a comprehensive learning environment for developing and practicing lifelong wellness behaviors. This shall be accomplished through programs and activities that include health education integrating wellness components and health standards into curricula and the school environment to promote lifelong nutrition, physical activity, and optimization of physical and mental health for all students.
 - 1. This District's health education programs and activities shall be supported by evidence-based practices and resources.
 - 2. Schools shall develop and maintain a school wellness team whose primary purpose is to support and implement a comprehensive health and wellness environment by creating a yearly School Health Improvement Plan ("SHIP"). School wellness teams should operate in accordance with the Whole School, Whole Community, Whole Child model.
- B. Proper dietary habits contributing to a student's health status and academic performance shall include the provision of student access to healthy food choices in appropriate portion sizes.
 - 1. This requirement shall be implemented in accordance with the National School Lunch and Breakfast Program under guidelines and nutrition criteria established by the USDA.
 - 2. The District shall provide accessible and easily understood information to students and their parents/guardians concerning the nutritional and allergen content of foods and beverages available to students through the school nutrition program.
 - 3. District schools shall comply with competitive food policy, healthy beverage policy and food of minimal nutritional value policy requirements throughout the school day. For purposes of these regulations, "school day" is defined as one hour prior to the start of the first class period to one-half hour after the end of the last class period; except that, for schools not offering school breakfast, "school day" is defined as one-half hour before the first class period to one-half hour after the end of the last class period.

4. Schools shall encourage the availability of healthy food choice options, as defined by the U.S. Dietary Guidelines, at school functions including but not limited to celebrations, festivals, sporting events and other events held outside the school day. Schools shall support a healthy food environment by making District resources available to families on healthy eating habits for children. These resources shall be aligned with the nutrition-related Colorado health standards.
5. The following rules shall apply to help ensure that safe and healthy snacks are provided at school and school-sponsored activities:
 - a. 50% of food options offered during the school day and at school-sponsored activities should be comprised of fruits, vegetables and non-sugared sweetened beverages.
 - b. Schools shall properly address the inclusion and protection of students with food allergies and other dietary restrictions at school and school-sponsored activities where food and/or beverages are available.
6. Schools shall provide sufficient time for all students to eat breakfast and lunch. In this regard, it is recommended that at least 10 minutes be allocated for breakfast and at least 20 minutes be allocated for lunch.
7. Schools are encouraged to use non-food based incentives and rewards to recognize student achievements. Resources and ideas for non-food based incentives and rewards shall be made available to schools.
8. Sustainable and local food options shall be utilized in the school meal program to the extent practicable, and are encouraged for school-sponsored activities where food and/or beverages are available.
9. Schools are encouraged to offer events promoting physical activity as fundraising efforts.
10. Students shall have access to functioning water fountains in accordance with governing law.
11. Elementary schools are encouraged to schedule recess before lunch.
12. Schools shall provide students with access to hand washing or sanitizing facilities prior to their consumption of food.
13. School gardens and nutrition instruction are encouraged as part of the academic curriculum.

- C. Students shall be provided with various opportunities to engage in movement and exercise during the school day. Extended periods of student inactivity are discouraged.
1. Students shall have the opportunity to participate in physical education programs that comply with Colorado state standards.
 - a. Physical education teachers shall be properly endorsed and highly qualified to teach physical education in accordance with Colorado Department of Education standards.
 - b. Schools shall utilize developmentally appropriate District-recommended health and fitness assessments.
 2. Schools shall provide opportunities for student movement and exercise throughout the school day that may include before and after-school programs.
 3. The withholding of physical activity as a consequence for student misconduct, and the use of physical activity as a punishment, are discouraged.
 4. Schools are encouraged to promote wellness activities and incentives for students and staff.
- D. An integrated and comprehensive wellness program for District employees shall be maintained in accordance with the following requirements.
1. Schools and other District sites shall designate a wellness champion who serves as a liaison between the District wellness program and school wellness teams.
 2. The District shall provide opportunities for employees to access wellness resources that promote good nutrition, physical activity and mental health.
 3. The District, and each of its schools, shall create a culture of wellness by promoting and integrating the employee wellness program into the school wellness program.
 4. The District shall provide health education and health-promoting activities that focus on skill development and lifestyle behavior changes that include access to facilities and are tailored to employees' needs and interests.
 5. The District shall provide programs for employees such as worksite screenings, disease prevention, Employee Assistance Services ("EAS")

and emergency care that help employees balance work and family life and are linked to medical care.

E. The District shall support students' mental health needs.

1. District employees who work with students shall receive suicide prevention training.
2. To the extent practicable, suicide prevention training shall be offered to District students and parents.
3. School counselors shall provide social/emotional learning opportunities for students at their school sites.
4. District mental health team members shall collaborate with school counselors to identify students with emotional and behavioral health needs at an early age, and provide a variety of interventions to address those needs.
5. District mental health team members shall collaborate with school counselors to provide support for students in times of crisis and to assist them in the recovery process.
6. The District, and each of its schools, shall establish and maintain strong relationships with community support agencies to address students' mental health needs.
7. District mental health team members shall collaborate with school counselors to provide school sites with professional development opportunities that increase the understanding of students' issues related to mental health and trauma.
8. District mental health team members and school counselors shall support the use of Mental Health First Aid for Youth at all school sites.

F. The District shall support students' overall health.

1. The District shall provide staffing to implement essential school health services, with an emphasis on maintaining a safe school environment. District employees implementing school health services shall complete training and professional development as determined necessary or appropriate by the superintendent or his/her designee.
2. School employees shall comply with all District policies and regulations concerning student allergies, medication and other health issues.

3. School nurses shall provide schools with recommendations and resources to help students reach and/or maintain a healthy weight.
4. Schools are encouraged to offer preventative screenings for vision, hearing and other health-related matters that could impact student safety and/or academic success.

Adopted by Board: May 8, 2006

Revised by Superintendent: May 5, 2014