

## Prairie School Wellness Policy

Pursuant to federal law, the following parties have jointly developed this school wellness policy:

**Prairie School Board of Education:** Jeff Dollerschell, Marianne Kaiser, Karen Kester, Sue Horton, Skip Johnson

**Prairie School Accountability Committee:** Sharon Fiscus, DaShanda Bringelson, Sheena Zion, Lanette Farnik, Gigi O'Hare, Rhonda Schreiner, Troy Kimmel, Audrey Cash, Denise Stump, Michele Krager, Rich Harms

**Prairie School Administration:** Joe Kimmel-Superintendent, LeAnn Smith-Principal

**Cooks:** Amy Harms, Mary Ann Johnson

**Physical Education:** Charles Jones

The Board of Education promotes healthy schools by supporting student wellness, good nutrition, and regular physical activity as a part of the total learning environment. Schools contribute to the basic health status of students by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential, as children who eat well-balanced meals and are healthy are more likely to learn in the classroom.

The district will establish and maintain a Nutrition and Physical Activity Advisory Council through the Prairie School Accountability Committee. The purpose of the council shall be to monitor the implementation of this policy, evaluate the district's progress on this policy's goals, serve as a resource to the school, and recommend revisions to this policy as the council deems necessary and/or appropriate.

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

**Goal #1 – The district will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.**

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity. Such learning environment will teach students to use appropriate resources and tools to make informed and educated decisions about lifelong healthy eating habits and beneficial physical activity.

***The goal of providing a comprehensive learning environment shall be accomplished by:***

1. The provision of age-appropriate and culturally sensitive instruction to students that teaches them lifelong healthy eating habits and a healthy level of physical activity.
2. The availability of nutrition education in the school cafeteria as well as the classroom. This should include information provided through participation in USDA nutrition programs.
3. The availability of parent educational opportunities to inform them about nutrition and physical activity. These educational opportunities may include but not be limited to: education provided in the form of handouts, including monthly menus, articles and information for the school newsletter, presentations that focus on nutritional value and healthy lifestyles, and through any other appropriate means available for reaching parents.

**Goal #2 – The district will support and promote proper dietary habits contributing 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 Lunch Program shall comply with any state and federal rules or regulations regarding the service of Foods of Minimal Nutritional Value, as defined by the USDA.

***The goal of supporting and promoting proper dietary habits shall be accomplished by:***

1. A requirement that all students have access to healthful food choices in appropriate portion sizes including healthful meals in the school cafeteria with an adequate time to eat.
2. A prohibition or restriction on student access to vending machines, school stores, and other venues that contain foods of minimal nutritional value.
3. An assurance that the school cafeteria is as pleasant an eating environment as possible.
4. A requirement that all students have access to a school facility with a sufficient number of drinking water foundations or other means to provide students with sufficient water.

**Goal #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. Physical activity should be included in a school's daily education program for grades pre-kindergarten through twelve. Physical activity should include regular instructional physical education, in accordance with the district's content standards, as well as co-curricular activities and recess.

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

1. Encouraging students to participate in periods of physical activity which will include at least 150 minutes per week for elementary students and at least 150 minutes per week for secondary students.
2. A requirement that all students have access to age-appropriate daily physical activity.
3. Encourage participation in physical activity through after-school programs including interscholastic athletics and community recreation programs.
4. Encourage participation in physical activity through daily recess periods and elective physical education classes.
5. An encouragement that the school administers a health-related fitness assessment to secondary students to help students determine their own level of fitness and create their own fitness goals and plans.
6. An encouragement that beginning at an early age, the school introduces developmentally appropriate components of a health related fitness assessment to students.

**Adopted: May 15, 2006**

**LEGAL REFS:**

- Section 204 of P.L. 108-265 (Child Nutrition and WIC Reauthorization Act of 2004)
- C.R.S. 22-32-124 (nutritious choices in vending machines)
- C.R.S. 22-32-136 (policies to improve children's nutrition and wellness)

**CROSS REFS:**

- EF, Food Services
- EFC and EFC-R, Free and Reduced-Price Food Services
- EFEA, Nutritious Food Choices
- EFEA-E, Guidelines for Nutritious Choices in Vending Machines
- IA, Instructional Goals and Learning Objectives
- IHAЕ, Physical Education
- IHAM and IHAM-R, Health Education
- IHAMA, Teaching About Drugs, Alcohol, and Tobacco
- IHAMB and IHAMB-R, Family Life/Sex Education