

Englewood Schools is committed to promoting student well-being and academic achievement by supporting quality nutrition and physical activity as part of the learning environment. The district recognizes that collaborating with parents, students, school personnel, health professionals and community members is the most effective method of creating a healthy environment where children can learn about and adopt positive lifestyle habits that are essential for them to achieve their full academic potential, as well as lifelong good health and well-being. The main components of a plan for a healthy lifestyle include the following:

1. Nutrition education – The primary goal of nutrition education is for students to develop positive attitudes, behaviors and the appropriate skills associated with lifelong healthy and enjoyable eating patterns.
2. Physical activity – The primary goal for a school’s physical activity component is to provide opportunities for every student from pre-K-12 to develop the knowledge, attitudes and skills to be able to regularly participate in physical activity and to enjoy the short and long-term benefits of a physically active and healthy lifestyle. Physical activity should include regular instructional physical education in accordance with the district’s content 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.
3. Nutrition standards for all food available on each school campus during the school day – Students’ lifelong eating habits are greatly influenced by the types of foods and beverages available. Schools must ensure that reimbursable meals are easily available to all students and that the foods sold or served to students outside of the school meal program provide a positive contribution to the students’ diets.
4. Other school-based activities designed to promote student wellness goals – Policies established under this category create a school environment that provides consistent wellness messages that promote healthy and pleasurable eating, enjoyable physical activity and respect for body-size differences. The entire school environment, not just the classroom or cafeteria, should be aligned with healthy school goals.
5. Staff wellness – Because our educators have a profound influence on our students, Englewood Schools supports their efforts to learn about, engage in and model healthy lifestyle practices while at work. Such practices as eating nutritious, whole foods while in the presence of students and incorporating physical movement into the classroom experience will ensure that students are given the best opportunity to excel personally and academically while maintaining a consistent message about wellness at Englewood Schools.
6. Maintain a district wellness committee to monitor and review the policy – The goal of the council is to involve parents, students, school food service personnel, teachers, administrators and the public in the development of a healthy school nutrition environment; to assess the health needs of our students and staff; to effectively use

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resources and to establish a plan for development, implementation and measurement of the policy. The superintendent or designee will ensure that this committee meets at least quarterly and reviews this policy at least annually.

In order to achieve the goals stated above, Englewood Schools supports the following:

1. Developing and implementing nutrition education curricula that include lessons focusing on the following:
  - a. the six nutrient groups
  - b. the components and functions of the human digestive system
  - c. the factors that contribute to obesity
  - d. why it is important to maintain healthy weight
  - e. interpretation and evaluation of nutrition labels and information
  
2. Ensuring that students have the opportunity to practice healthy nutrition habits whenever food and beverages are offered at school. Therefore:
  - a. Meals served will meet United States Department of Agriculture (USDA) nutrition requirements and state policies, as outlined in the Englewood Schools Nutrition Parameters.
  - b. Schools will provide at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch. This does not include the time it takes to walk to the cafeteria or proceed through the breakfast/lunch line. This policy does not prevent any school from experimenting with breakfast or lunch being served and eaten in the classroom to increase overall learning time during a day.
  - c. A la carte items sold at mealtime, snacks and beverages sold by school stores or clubs and fundraising activities conducted during school hours shall fall within the Englewood Schools Nutrition Parameters.
  - d. School staff will avoid using food or beverages as a discipline for students.
  - e. School staff will not use food or beverages as rewards for academic performance or good behavior, except for students who require special accommodations. The district will disseminate a list of non-food reward ideas to staff annually.
  - f. A snack-free recess must be scheduled before lunch for elementary students to allow physical activity before sitting down to eat. This must be in practice by academic year 2012-2013.
  - g. Vending machines to which students have access shall offer a minimum of 50% nutritious items as set forth by state law, although the goal is to aim for 100% nutritious items, if possible.
  - h. Classroom celebrations, whether for birthdays, holidays or other will follow the guidelines below:
    - i. At least 50% of the celebration time must include a physical activity such as additional recess or creative playtime.
    - ii. Celebrations that involve only physical activity are highly encouraged. In the case of birthdays, students may be given a choice to provide snacks or to have an activity-only celebration.

**School Wellness**

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- iii. Monthly birthday parties, as opposed to individual birthday parties, are highly encouraged.
  - iv. Any food provided, whether by staff, parents, or an outside organization, must meet the Englewood Schools Nutrition Parameters for meals or for foods sold individually.
  - v. Only water may be provided as a beverage during any classroom celebration.
  - vi. The district will disseminate a list of healthy snack ideas and a sample party refreshment sign up sheet to staff and parents annually.
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- i. At least 50% of fundraising activities, both during school hours and outside of school hours, will not involve the sale of food or beverages. Fundraising activities that involve the sale of food will not take place until after the end of the last lunch period. The district will disseminate a list of non-food fundraising ideas to staff and parents annually.
  - j. School-sponsored events (such as, but not limited to, athletic events, dances, or performances) will offer menus in which at least 50% of the items sold meet the Englewood Schools Nutrition Parameters for meals or for foods and beverages sold individually.
3. Achieving goals for physical education and activity including the following:
- a. Implement and maintain a sequential physical education course of study consistent with research, national and state standards.
  - b. To the extent possible, a licensed physical education teacher will teach all physical education.
  - c. All students in grades K-5 will receive 30 minutes of daily physical activity or its equivalent of 150 minutes/week for the entire school year. Secondary students shall be encouraged to participate in at least 225 minutes per week of physical activity.
  - d. Students will spend at least 75% of physical education class time participating in moderate to vigorous physical activity.
  - e. Classroom staff for grades K-12 will incorporate physical movement into their classes with a minimum duration of one minute at least two times per hour. Examples include standing, stretching, energizers and “Just a Minute” (JAM).
  - f. Promote options for student participation in physical exercise including athletic and extramural programs, student activities, etc.
  - g. Encourage physical activity verbally and through the provision of adequate space and age-appropriate equipment.
  - h. School staff will not use time allotted for physical activity as a discipline for students.

The superintendent or designee shall develop procedures, including nutrition parameters based on the USDA Dietary Guidelines for Americans, to implement, monitor, and ensure that the schools comply with this policy.

ADOPTED: June 16, 2009

REVISED: June 7, 2011

REVISED: August 6, 2013

LEGAL REFS: Section 204 of P.L. 111-296 (*Healthy, Hunger-Free Kids Act*)  
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. 22-32-136.5(3)(a) and (b) (*physical activity requirement*)  
1 C.C.R. 301-79 (*State Board of Education healthy beverage rules*)

CROSS REFS: EF, Food Services  
EFC, Free and Reduced-Price Food Services  
EFEA\*, Nutritious Food Choices  
IA, Instructional Goals and Learning Objectives  
IHAE, Physical Education  
IHAM and IHAM-R, Health Education  
IHAMA, Teaching about Drugs, Alcohol and Tobacco  
IHAMB and IHAMB-R, Family Life/Sex Education  
JLJ\*, Physical Activity