

School Wellness

Englewood Schools is committed to promoting student well-being and academic achievement by supporting quality nutrition, physical activity, and social emotional well-being 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. This whole-child approach will enable students and staff to adopt positive lifestyle habits that are essential 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 to provide age-appropriate and culturally sensitive instruction to students that teaches them lifelong healthy eating habits and a healthy level of physical activity.
2. Nutrition standards –The district will support and promote proper dietary habits contributing to students’ health status and academic performance.
3. Physical activity – The primary goal for a school’s physical activity component is to provide daily opportunities for every student and staff member to develop the knowledge, attitudes and skills to be able to regularly participate in physical activity. This will enable them 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. This may include exercise programs, fitness breaks, recess, field trips and physical activity in the classroom.
4. Community Wellness- The district will provide opportunities for utilizing schools as places for learning and healthy living.
5. Social Emotional Wellness- Social-Emotional Learning is fundamental to children’s healthy development and enables schools to educate students to be effective problem solvers and caring, responsible, engaged citizens. Mental health services in schools are essential to addressing barriers to learning and are inseparable from the district’s instructional mission. The district shall provide school-based programs and collaborate with the community to offer prevention, early intervention, crisis intervention, recovery, and mental health support in order to promote a positive and safe climate and culture for students and staff.
6. District Wellness Committee - The goal of the committee is to involve parents, students, school food service personnel, teachers, administrators and the public in the development and maintenance of a healthy school nutrition policy. This committee will also assess the health needs of our students and staff to effectively use 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 tri-annually and reviews this policy 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
- f. sharing nutrition education information with families and the broader community to positively impact students and the health of the community while encouraging families to teach their children about health and nutrition.

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. 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.
- d. 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.
- e. School staff will be encouraged to use physical activity as a reward for students and avoid using unhealthy foods or beverages as a discipline or reward for students. The district will disseminate a list of non-food reward ideas to staff annually.
- f. K-6 schools are encouraged to schedule lunch following recess.
- 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. The district recommends the marketing and promotion of healthy choices (e.g., pricing strategies to encourage healthy items, labeling healthy foods and beverages, posting nutrition education material in the cafeteria) and restricting the marketing of unhealthful items on school grounds
- h. Classroom celebrations, whether for birthdays, holidays or other will follow the recommendations 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.
 - 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. Water is highly encouraged as the beverage of choice during any classroom celebration.

 - i. Schools, teams, and clubs are encouraged to have at least 50% of their fundraising activities, both during school hours and outside of school hours, to not involve the sale of food or beverages. Fundraising activities that involve the sale of food are encouraged to not take place until after the end of the academic day.

 - j. School-sponsored events (such as, but not limited to, athletic events, dances, or performances) will offer multiple healthy food and drink options on their menus. These items will meet the Englewood Schools Nutrition Parameters.
3. Achieving goals for physical education and activity include 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 the opportunity to participate in 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 65% of weekly physical education class time participating in moderate to vigorous physical activity.
 - e. Classroom staff for grades K-12 are encouraged to consistently incorporate physical movement into their academic learning time. Examples include brain breaks, standing, stretching, and energizers.
 - f. Promote options for student participation in physical exercise including athletic and extra-curricular 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.
- i. Englewood Schools will provide opportunities for staff wellness through community partnerships and district facilities.
- j. Staff members are encouraged to learn about, engage in, and model healthy lifestyle practices while at work.
- k. The district shall provide opportunities for employees to access wellness resources that promote good nutrition, physical activity, and mental health.

4. In order to promote community wellness, Englewood Schools will encourage the following:

- a. foster partnerships with community members and organizations.
- b. community events (Wellness Night, Field Day, Fun Runs, nutrition education for families, school carnivals, etc.).
- c. use of district facilities for physical activity and wellness events.
- d. promoting the use of healthy transportation to and from school (walking, bike to school day, skateboarding, etc.).
- e. substance abuse counseling and education for families and community members.
- f. encouraging the use of school gardens as learning environments for education about nutrition, food, and sustainability.

5. The district will promote effective Social-Emotional Learning practices through the following:

- a. Every school will identify staff members to receive suicide prevention training.
- b. Suicide prevention training shall be offered to district students and parents.
- c. Mental health personnel shall provide social-emotional learning opportunities for students at their school sites.
- d. District mental health team members shall collaborate with school staff to identify students with emotional and behavioral health needs at an early age, and provide a variety of interventions to address those needs.
- e. District mental health team members shall collaborate with school staff to provide support for students in times of crisis and to assist them in the recovery process.
- f. The district, and each of its schools, shall establish and maintain strong relationships with community support agencies to address students' mental health needs.
- g. District mental health team members shall collaborate with school staff to provide school sites with Professional Development opportunities that increase the

- understanding of students' issues related to mental health, trauma, and poverty.
- h. A District team trained in restorative practices will promote the use of positive resolutions to social, emotional, and behavioral concerns.

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.

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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

Englewood Schools
