



## **Boulder Valley School District**

**File: ADF**

**Adopted: May 23, 2006**

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Associated Regulation: ADF-R

### **WELLNESS POLICY: NUTRITION AND PHYSICAL ACTIVITY**

The Boulder Valley School District Board of Education promotes healthy schools by promoting a coordinated effort that supports student wellness, good nutrition, and regular physical activity as 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.

To further the Board's belief statements above, the Board adopts the following goals:

- 1. The Boulder Valley School District will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.**

The school-learning environment will positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. A quality K-12 health education program is an essential component necessary to provide students with appropriate resources and tools to make informed and educated decisions about healthy eating habits, beneficial physical activity, and lifelong health.

- 2. The Boulder Valley School District will support and promote proper dietary habits contributing to students' health status and academic performance.**

All foods and beverages provided by the school district during the school day shall support a school environment that encourages and models nutritious eating habits. All schools participating in the School Breakfast and /or National Lunch Program shall comply with any state or federal rules or regulations regarding competitive food service and the service of Foods of Minimal Nutritional Value, as defined by the USDA.

- 3. The Boulder Valley School District will provide students with opportunities 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 shall be included in each school's daily education program. Physical activity should include

regular instructional physical education, recess and intramurals, in accordance with the district's content standards as well as co-curricular activities and recess.

Responsibility for the implementation and monitoring of the school wellness policy shall be with the principal or his/her designee.

**CROSS REFS.:**

EFA, Healthy Food Choices

**LEGAL REFS.:**

Section 204 of Public Law 108-265-June 30, 2004

C.R.S. § 22-32-136 (*children's nutrition - healthful alternatives*)

Colorado Competitive Foodservice Policy 2202-R-203

**End of File: ADF**