

Regulation: School Wellness

The following regulation supports the wellness policy of Mapleton Public Schools (the “District”). The Superintendent (or designee) is ultimately responsible for ensuring that the District’s policies and regulations related to wellness are complied with. To assist in ensuring that the District remains in compliance with this regulation and the accompanying policy, each school shall designate at least one Wellness Representative, who is responsible for monitoring and correcting the building’s compliance.

All reimbursable meals shall meet federal nutrient standards as required by the U.S. Department of Agriculture Child Nutrition Program regulations.

This regulation and accompanying policy do not apply to medically authorized special needs diets pursuant to 7 CFR Part 210, school health office staff using Foods of Minimal Nutritional Value (FMNV) during the course of providing health care to individual students, or special needs students whose Individualized Education Plan (IEP) designates their use for behavior modification.

Nutrition Education

The primary goal of nutrition education is for students to develop positive attitudes, behaviors, and the appropriate skills associated with lifelong healthful and enjoyable eating patterns.

- When possible, nutrition education will be incorporated within the school day in the classroom, cafeteria, and elsewhere on school campuses.
- The District will provide training and information for nutrition services staff in the area of nutrition that will promote healthy eating patterns.
- Teaching staff is encouraged to involve nutrition services when meal choices offered at school would support and enhance academic achievement.
- State and District health and nutrition education curriculum standards and guidelines will be met or exceeded.
- The District will encourage parents, teachers, and school personnel to serve as role models in practicing healthy eating and being physically active.
- When possible, the District will provide information to families that encourages teaching their children about health and nutrition, and to provide nutritious meals for their families.

Physical Activity

A quality physical education program is an essential component of a child's growth and learning experience. Physical activity shall be included in a school's daily education program from grades pre-kindergarten through 12. Physical education should include opportunities to learn about physical education through instruction, 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. As part of the District's Wellness policy, Mapleton Public Schools is dedicated to providing more opportunities for students to engage in physical activity. This goal will be accomplished by:

- Meeting or exceeding state and District physical education curriculum standards and guidelines;
- Providing physical activity opportunities to students with a suggested goal of 60 minutes per day including all recesses;
- Encouraging schools to hold fundraisers that are supportive of healthy eating and physical activity. Such activities could involve sale of healthful foods, non-food items, or participation in physical activity (i.e. students would earn money for how many steps they take, or for how many times they rode their bike for ½ hour) in lieu of fundraisers that include the sale of less healthful food items. Schools are also encouraged to have no more than 50% of their fundraising activities involve the sale of food or beverages, and to restrict food-related fundraising activities until after the end of the last lunch period of the day;
- Encouraging teachers to integrate physical activity into classroom curricula; and,
- Providing adequate space and age- appropriate equipment to encourage physical activity when possible.

Nutrition Standards

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available. Mapleton Public Schools is dedicated to encouraging development of healthy eating habits by adopting the following District nutrition standards.

Mapleton Public Schools will ensure that reimbursable meals are easily accessible to all students, and that foods sold or served to students outside of the school meal program will be considered healthful as defined by Colorado statute.

A "healthful beverage" means:

- Plain, unflavored, noncarbonated water;
- Milk, as that term is defined in section C.R.S. § 25-5.5-101, and shall include but

not necessarily be limited to chocolate milk, soy milk, rice milk, and other similar dairy or nondairy milk;

- One hundred percent fruit juices or fruit-based drinks composed of no less than fifty percent juice, without additional sweeteners; and
- An electrolyte replacement beverage that contains forty-two grams or fewer of additional sweeteners per twenty-ounce serving.

“Healthful food” means:

- Nuts, seeds, dairy products, fresh fruits or vegetables, dried fruits or vegetables, and packaged fruits in their own juice; and
- Any other food item containing:
 - Not more than thirty-five percent of total calories from fat and not more than ten percent of those calories from saturated fat; and
 - Not more than thirty-five percent of its total weight in sugar.

In addition to the standards outlined above, the District shall not make available to students any food item that contains any amount of industrially produced trans-fat. This applies to all food and beverages on school grounds, including but not limited to those made available in a school cafeteria, school store, vending machine, or other food service entity existing on school grounds. Foods sold in fundraising efforts are exempt.

Vending machines shall not be placed in areas easily accessible to students in grades PK – 6. Grades 7 – 12 may have access to food in vending machines as long as compliance to the federal and state competitive foods rules is adhered to. Vending machines placed in student areas shall not contain soda/carbonated beverages. One hundred percent of food and beverages offered in a vending machine shall meet the criteria for healthy food choices as defined in Colorado State statute.

Schools will also be encouraged to:

- Make fresh fruits and vegetables available to all students throughout the school-day;
- Ensure that all students have access to healthful food choices in appropriate portion sizes throughout the school-day;
- Ensure that students have an adequate amount of time to eat;
- Ensure that parents providing classroom snacks choose healthy options; and
- Serve breakfast after the bell.

Other School-Based Activities

Schools are encouraged to support the creation of a wellness environment that is aligned with healthy school goals and provides consistent wellness messages.

To accomplish this goal, schools are encouraged to:

- Schedule recess before lunch for grades K-5 when possible so children come to lunch less distracted and ready to eat, encouraging them to consume more of their meal;
- Schedule lunch periods as near the middle of the day as possible;
- Provide enough space and serving areas to ensure student access to school meals with a minimal wait time;
- Provide a minimum of 10 minutes for eating breakfast (not including recess time) and 15 minutes for eating lunch (not including recess time);
- Prohibit the use of food and/or physical activity as a reward or punishment in order to support healthy connections between the students and food/physical activity, as well as to help address the childhood obesity issue;
- Ensure that foods/beverages available in after school concession stands are healthful as defined by Colorado statute;
- Support the maintenance of a clean, safe, enjoyable meal environment for students;
- Provide positive, motivating messages, both verbal and non-verbal, about healthy eating and physical activity throughout the entire school setting. All school personnel should help to reinforce these positive messages;
- Utilize non-food fundraisers such as sale of flowers, gift-wrap, tickets to sporting events, and family fun activities;
- Ensure that all students have access to a sufficient number of functioning water fountains in accordance with local building codes, or other means to provide students with sufficient access to drinking water; and,
- Adopt rules specifying the time and place at which competitive foods may be sold on school property to encourage the selection of healthful food choices.
- Make information concerning the nutritional content of foods and beverages sold by or available to students, as well as the nutritional content of competitive foods sold or available on District property, available to students and parents;
- Provide parent educational opportunities to inform them about nutrition and physical activity, including information about healthful foods and beverages to

- provide to their child and to bring to school activities and events. These educational opportunities may include, but not be limited to: education provided in the form of handouts, postings on the District's web site, articles and information provided in District or school newsletters, presentations that focus on nutritional value and healthy lifestyles, and through any other appropriate means available for reaching parents; and
- Participate in USDA nutrition programs such as "Team Nutrition" and other nutrition education activities and promotions that involve students, parents and the community.

Measurement of Implementation and Monitoring Compliance

The Superintendent (or designee) will monitor the implementation of this policy through periodic reporting using the Building Compliance Checklist (See, ADF-E).

Adopted October 22, 2013, by the Board of Education for Mapleton Public Schools.