



- B. Implementing nutrition education and promoting proper dietary habits contributing to students' health status and academic performance. School meals, as well as other foods and beverages available on school grounds and at school-sponsored activities, shall align with District standards and current U.S. Dietary Guidelines. Food and beverages shall meet or exceed state and local health department guidelines to create a safe and healthy food environment in all schools.
- C. Providing students with opportunities to participate in standards-based physical education programs, and multiple opportunities to engage in movement and exercise. These opportunities shall be incorporated in each school's learning environment and include without limitation co-curricular activities and recess. Each school's physical education program shall meet Colorado state standards.
- D. Maintaining a commitment to support employees by promoting a healthy lifestyle. In order to achieve this, the District will provide integrated and comprehensive wellness opportunities for staff.
- E. Providing support for mental health services to meet District-wide needs. 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 and recovery, and mental health support in order to promote a positive and safe climate and culture for students and staff.
- F. Providing support for health services and related policies and procedures to help ensure adequate resources for students' overall health. Such resources shall include, but are not limited to, student health plans, screenings, collaborative planning and access to community health resources.

Adopted by Board: May 8, 2006

Revised by Superintendent: March 22, 2010

Revised by Superintendent: May 5, 2014

Revised by Superintendent: June 12, 2017

LEGAL REFS:

C.R.S. 22-32-134.5

C.R.S. 22-32-136

C.R.S. 22-32-136.3

C.R.S. 22-32-136.5

1 C.C.R. 301-79

42 U.S.C. 1751 et seq.

7 C.F.R. Parts 201, 210 & 220

CROSS REFS:

ADF-R, Student and Employee Wellness

