

School Wellness

Dolores RE-4A School District provides an educational foundation that fosters personal success for all students through an effective, innovative, and positive learning environment. Wellness is a foundation for learning and encompasses the interrelated dimensions of physical, mental, emotional and social health. The district recognizes that healthy students are better learners, and therefore aims to promote student wellness and overall health through practices such as good nutrition, health and physical education, physical activity and mental health. The district believes that all students should have the opportunity to achieve personal, academic, developmental, and social successes. The District intends to create positive, safe, and health-promoting learning environments at every level, in all settings, throughout the school year.

Research shows that components such as good nutrition, healthy mental and emotional behaviors and physical activity before, during and after the school day, are strongly correlated with positive student outcomes, lower absenteeism, as well as better performance on cognitive tasks, higher grades and test scores.

This policy outlines The District's approach to ensuring environments and opportunities for all students to practice healthy habits, physical activity behaviors and healthy mental and emotional wellness practices throughout the school day while minimizing unhealthy distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day and including after school activities - both through reimbursable school meals and other foods available throughout the school campus - in accordance with Federal and State nutrition standards.
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
- Students have opportunities to be physically active before, during and after school.
- The District encourages mental health support for students and staff.
- Schools engage in nutrition, physical activity promotion, mental

and emotional wellness practices and other activities that promote student wellness according to Colorado Department of Education School Law.

- School staff are encouraged and supported to practice healthy nutrition, physical activity and healthy mental-emotional wellness behaviors in and out of school.
- The parent community will be informed of healthy eating, physical activity and emotional wellness programs and policies creating continuity between school and other settings, ensuring families, students and staff are key partners in mental health and well being initiatives.
- 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.
- The District establishes a Wellness Committee (WISCAT) for management, oversight and evaluation, implementation, communication about and monitoring of the policy and its established goals and objectives.
- The District establishes a Safety Committee to provide a safe, welcoming and supportive environment for all students and staff.
- The District ensures all students meet the standards for Physical Education and Health Education as according to Colorado Department of Education School Law.

Summary

The Dolores RE-4A District is committed to students having access to healthy foods throughout the school day, provides quality nutrition education from a variety of sources, encourages students to be physically active before, during and after school, encourages mental-emotional wellness practices and school campus safety according to the Colorado Department of Education School Law. The District strives to incorporate national best practices for student health and mental wellness through a variety of programs as well as engagement and collaboration with parents and families, outside agencies, organizations, and the community at large.

This policy applies to all students, staff and schools in the district.

Adopted: July 20th, 2006

Revised: December 2011, December 2012, December 2013, April 2017

Reviewed: November 2022

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. 22-32-136.3 (*trans fat ban*)
C.R.S. 22-32-136.5(3)(a) and (b) (*physical activity requirement*)
C.R.S. 22-32-136.3 (*trans fat ban*)
1 CCR 301-79 (*State Board of Education – healthy beverages 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