



ADF-R - STUDENT AND EMPLOYEE WELLNESS / NUTRITIOUS FOOD CHOICES

Poudre School District shall promote student and employee wellness and nutritious food choices in accordance with these regulations.

- A. The District shall maintain a comprehensive learning environment for developing and practicing lifelong wellness behaviors. This shall be accomplished through programs and activities that include health education integrating wellness

4. Beverages offered for sale to students from any source, including but not limited to school cafeterias, vending machines, school stores and fundraising activities conducted on school property during the regular school day and extended school day, shall satisfy the nutritional standards for beverages established by the USDA and the Colorado State Board of Education. For purposes of these regulations, “extended school day” is defined as the regular school day plus time spent by students outside of the regular school day in extracurricular activities and childcare programs. Notwithstanding the immediately preceding sentence, “extended school day” does not include school-related events outside of the regular school day where parents and other adults are invited attendees, including but not limited to interscholastic sporting events, school plays and band concerts.
5. Schools shall encourage the availability of healthy food choice options, as defined by the U.S. Dietary Guidelines, at school functions including but not limited to celebrations, festivals, sporting events and other events held outside the regular school day. Schools shall support a healthy food environment by making District resources available to families on healthy eating habits for children. These resources shall be aligned with the nutrition-related Colorado health standards.
6. Only food and beverages that are in compliance with the USDA Smart Snacks in School regulation and the Colorado Department of Education nutrition guidelines may be marketed and/or advertised at schools during the regular school day and extended school day.
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9. Schools are encouraged to use non-food based incentives and rewards to recognize student achievements. Resources and ideas for non-food based incentives and rewards shall be made available to schools.
 10. Sustainable and local food options shall be utilized in the school meal program to the extent practicable, and are encouraged for school-sponsored activities at which food and/or beverages are made available.
 11. Schools are encouraged to offer events promoting physical activity as fundraising efforts.
 12. Students shall have access to functioning water fountains in accordance with governing law.
 13. Elementary schools are encouraged to schedule recess before lunch.
 14. Schools shall provide students with access to hand washing or sanitizing facilities prior to their consumption of food.
 15. School gardens and nutrition instruction are encouraged as part of the academic curriculum.
- C. Students shall be provided with various opportunities to engage in movement and exercise during the regular school day. Extended periods of student inactivity are discouraged.
1. Students shall have the opportunity to participate in physical education programs that comply with Colorado state standards.
 - a. Physical education teachers shall be properly endorsed and highly qualified to teach physical education in accordance with Colorado Department of Education standards.
 - b. Schools shall utilize developmentally appropriate District-recommended health and fitness assessments.
 2. Schools shall provide opportunities for student movement and exercise throughout the regular school day, supplemented if necessary by before and after-school programs.
 3. The withholding of physical activity as a consequence for student misconduct, and the use of physical activity as a punishment, are discouraged.
 4. Schools are encouraged to promote wellness activities and incentives for students and staff.

6. The District, and each of its schools, shall establish and maintain strong relationships with community support agencies to address students' mental health needs.
7. District mental