

Littleton Public Schools Policy

Policy Code	EFI
Policy Name	Wellness Policy
Adoption	May 2, 2006
Revised	June 18, 2009

The Board of Education is committed to student wellness through its health education curriculum, food and beverage offerings, and physical education programs. The goals related to student wellness include:

Developing and implementing nutrition education curricula that include lessons focusing on:

- The six nutrient groups
- The components and functions of the human digestive system
- The factors that contribute to obesity
- Why it is important to maintain healthy weight
- Interpretation and evaluation of nutrition labels and information

Ensuring that students have the opportunity to practice healthy nutrition habits whenever food and beverages are offered at school. Therefore:

Meals served will meet United States Department of Agriculture (USDA) nutrition requirements.

A la carte items sold at mealtime, snacks and beverages sold by school stores, vending machines, and fundraising activities conducted during school hours shall fall within Littleton Public Schools (LPS) established nutrition parameters.

Food vending machines to which students have access shall offer 50 percent nutritious items as set forth by Colorado Revised Statute.

When provided by school staff, refreshments shall fall within LPS established nutrition parameters.

Parents and other outside organizations who provide refreshments will be encouraged to provide foods that fall within LPS established nutrition parameters.

School staff shall be encouraged to avoid food or beverages to reward students, with an exception for unique circumstances involving individual students.

Achieving goals for physical education and activity including:

Implement and maintain a sequential physical education course of study consistent with research, national, and state standards.

Promote options for student participation in physical exercise including athlete and extramural programs, student activities (e.g., marching band), etc.

The Superintendent or his/her designee shall develop procedures, including nutrition parameters based on the USDA Dietary Guidelines for Americans, to implement, monitor, and ensure that the schools comply with the Wellness Policy.

A copy of the Wellness Policy and the current LPS nutrition parameters shall be provided to LPS parents/guardians and staff. Copies of these documents shall be available for inspection by the public during school hours at each school office. Copies shall be available for review by the public during regular business hours at the Food Services Office and Central Records both located at the Education Services Center at 5776 S. Crocker Street, Littleton, Colorado.

Legal Reference: C.R.S. 22-32-134
C.R.S. 22-32-134.5
Section 204 Public Law 108-265