



Book	District Policies - Weld County School District 6
Section	A: Foundations and Basic Commitments
Title	School Wellness
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Status	Active
Adopted	June 12, 2006
Last Revised	January 13, 2020

File: ADF

School Wellness

Pursuant to federal law, the following parties have jointly developed this Wellness Policy: Weld County School District 6 Nutrition Services staff members, Board of Education members, administrative staff members, support staff members, teaching staff members, community members and parents.

The Board promotes healthy schools by supporting student and staff wellness, including good nutrition and regular physical activity as part of the total learning environment. Schools contribute to the basic health status of students by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential and educational success, as children who eat well-balanced meals and are physically active are more likely to be engaged and learn in the classroom and less likely to be absent.

Goals

To further the Board's beliefs stated above, the Board adopts the following goals:

Goal #1. The district will provide a comprehensive learning environment to promote the development and practice of lifelong wellness behaviors.

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to comprehensive wellness, including good nutrition and regular physical activity. Such learning environment will teach students to use appropriate resources and tools to make informed and educated decisions about lifelong healthy eating habits and beneficial physical activity, in accordance with the district's academic standards for comprehensive health education and physical education.

Goal #2. The district will implement and promote nutrition education and proper dietary habits contributing to students' health status and academic performance.

Evidence-based nutrition education will be in accordance with the district's academic standards for comprehensive health education. All foods and beverages sold or provided to students on the school campus during the school day shall meet or exceed the district's nutrition standards. All schools participating in the National School Lunch and/or School Breakfast Programs shall comply with state and federal rules or regulations regarding school meals, competitive food service and the Smart Snacks in School nutrition and marketing standards.

Goal #3. The district will provide opportunities for students to engage in physical activity.

Physical activity will be included in a school's daily education program from grades pre-kindergarten through 12. Physical activity includes regular instructional physical education, in accordance with the district's academic standards for physical education, and

opportunities throughout the school day, such as exercise programs, fitness breaks, recess, field trips that include physical activity and classroom activities that include physical activity.

Goal #4. The district will support employees by promoting a healthy lifestyle.

Integrated and comprehensive well-being opportunities will be provided to staff through the district's Worksite Wellness Program.

Implementation and review

To help ensure each school's compliance with and implementation of this policy's goals, the Board designates the Nutrition Services Director as the district's school wellness policy coordinator.

The district will establish and maintain a district-wide student wellness advisory committee. The committee's purposes will be to monitor the implementation of this policy, evaluate the district's progress on this policy's goals, serve as a resource to schools (i.e. provide lists of healthy incentives, snacks, etc.) and periodically review and update this policy in accordance with federal law. The council will meet on a quarterly basis.

At least once every three years, the council shall assess this policy and its implementation, which shall include an assessment of each participating school's compliance and progress with this policy's goals. The council may recommend policy revisions for the Board's consideration after conducting its triennial assessment and/or as the council deems appropriate or necessary.

Reporting and recordkeeping

The results of the council's triennial assessments shall be made available to the public, along with a copy of this policy.

The district shall retain records to document compliance with this policy, including but not limited to documentation concerning the council's triennial assessments.

Adopted: June 12, 2006
 Revised: June 22, 2009
 Revised: October 10, 2011
 Revised: June 8, 2015
 Revised: September 28, 2015
 Revised: June 12, 2017
 Revised: January 13, 2020

LEGAL REFS.:

7 CFR 210 (National School Lunch Program)
 7 CFR 220 (National School Breakfast Program)
 Smart Snacks in Schools (Nutrition Standards for All Foods Sold in School)
 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. [22-32-136.5](#)(3)(a) and (b) (physical activity requirement)
 1 CCR [301-79](#) (State Board of Education – healthy beverages rules)
 HB 11-1069 (Concerning measures to increase physical activity in public schools)

CROSS REFS.:

ADF-R, School Wellness
 EF, School Nutrition Program
 EFC, Free and Reduced-Price Food Services
 EFEA*, Healthy Food Guidelines

Weld County School District 6, Greeley, Colorado