

School Wellness

Pursuant to federal law, the following parties have jointly developed this wellness policy: Weld County School District 6 (WCSD6) Nutrition Services staff members, Board of Education members, administrative staff members, support staff members, teaching staff members, community members and parents.

The district recognizes that students need to be physically active and eat nourishing food to grow, learn and maintain healthy physical and mental development. It further recognizes that a significant body of research indicates a positive correlation with optimal health, learning and academic success.

The district will establish and maintain a district-wide Wellness Policy Committee. The district will encourage students, parents, the Board of Education, Nutrition Services staff, administrators, teachers, school health professionals, Supplemental Nutrition Assistance Program Education (SNAP-ED) coordinators or educators and the public to participate in the committee. The committee and the district's Nutrition Services Director will be charged with the oversight of this policy. The committee will meet a minimum of four times per school year and report to the school board at least once a year.

The purposes of the committee shall be to:

- Serve as a resource to schools and families
- Develop an implementation plan for this policy
- Monitor the implementation of this policy
- Evaluate the district's progress on this policy's goals
- Make available to the public, at least triennially, an assessment/evaluation of the implementation of this policy, including the extent to which schools are in compliance with this policy, the extent to which this policy compares to model wellness policies, and to describe the progress made in attaining the goals of this policy
- Recommend revisions to this policy as the committee deems necessary and/or appropriate

Goals for Wellness and Nutrition

To further the district's beliefs stated above, the district subscribes to the following:

1. The district will encourage a comprehensive learning environment for developing and practicing 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 good nutrition and regular physical activity. Such learning environment should teach students to use appropriate resources and tools to make informed and educated decisions about lifelong healthy habits and beneficial physical activity.

2. The district will support and promote proper dietary habits contributing to students' health status and academic performance.

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

All foods and beverages sold or provided to students on the school campus during the school day should meet or exceed the district's nutrition standards. All schools participating in the School Breakfast and/or National Lunch Program shall comply with any state and federal rules or regulations regarding school meals, competitive food service, and the Smart Snacks in School nutrition standards.

3. The district will provide opportunities for students to engage in physical activity. A quality physical education program is an essential component for all students to participate in and learn about physical activity. Opportunities for physical activity should be included in a school's regular education program from grades pre-kindergarten through 12. Physical activity should include regular instructional physical education, in accordance with the district's content standards and graduation requirements, and opportunities throughout the school day, such as exercise programs, fitness breaks, recess, field trips and other classroom activities. Active participation-in co-curricular activities and recess should be encouraged.

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

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.:

File: ADF

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