

School Wellness
(Implementing Objectives)

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

The goal of providing a comprehensive learning environment will be accomplished by:

- Maintaining a focus on health equity and working to ensure that all students and staff across the district have equitable access to health and wellness efforts.
- Providing age-appropriate and culturally inclusive instruction to students that teaches them lifelong healthy eating habits and a healthy level of physical activity.
- Promoting healthy eating, physical activity and the school meal programs to students, parents, school staff and the community at school registrations, parent-teacher meetings, open houses, staff in-services, etc.
- Sharing nutrition education information with families and the broader community to positively impact students and the health of the community while encouraging families to teach their children about health and nutrition.
- Promoting the school cafeteria as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom and to reinforce nutrition education messages.
- Implementing district content standards for health and nutrition education, in accordance with The Colorado Department of Education’s Comprehensive Health Standards.
- Integrating nutrition education into other areas of the curriculum such as math, science, language arts and social studies.
- Providing research-based staff development opportunities to inform staff about nutrition and physical activity including how to integrate these topics into their core instruction. These educational opportunities may include, but are not limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional value and healthy lifestyles, health assessments, fitness activities and other appropriate nutrition and physical activity-related topics.
- Ensuring that staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned.
- Encouraging the use of school gardens as learning environments for education about nutrition, food and sustainability.
- Requiring nutrition education information be reviewed by a qualified, credential nutrition professional (e.g. Registered Dietitian).
- Requiring that all health education instructors meet the criteria of highly qualified.
- Requiring that marketing and advertising only include foods and beverages that meet the Smart Snacks in School nutrition standards, outlined in policy EFEA.

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

The goal of implementing and promoting nutrition education and proper dietary habits will be accomplished by:

- Requiring that students have access to healthful food choices in the school cafeteria with an adequate time to eat, striving toward national recommendations (from the National Association of State Boards of Education, the Centers for Disease Control and Prevention and others) which recommend that students be provided with at least 10 minutes for breakfast and 20 minutes for lunch from the time the student is seated.
- Assuring that the school cafeteria is a pleasant eating environment including displays of student art, plants, natural light, health education information and reduced noise, if practical.
- Providing school meals to all students, regardless of meal benefit status, protecting the confidentiality of each student.
- Students shall have access to healthful alternatives for all foods and beverages made available on campus (including vending, concession stands, a la carte venues, student stores).
- To the greatest extent practical, food and beverage products should be Colorado-produced products.
- Restrict students from bringing soda and sugar-sweetened beverages to the cafeterias in elementary and middle schools. These beverages include but are not limited to: soda, energy drinks, sugar-sweetened teas and sports drinks.
- All beverages provided at the high school level during school hours will meet requirements of the USDA Smart Snacks and Beverages guidelines.
- Requiring that students have access to free drinking water during meals.
- Encouraging staff to make water readily available to students throughout the day.
- Food providers will ensure that student access to foods and beverages meets federal, state and local laws and guidelines.
- Encouraging families, teachers, students and school officials to participate in choosing competitive food selections for their local schools and to provide input on the school meal program menu offerings.
- Making information accessible to students and their parents/guardians concerning the nutritional content of foods and beverages sold through school meal programs. Encouraging that nutrition information for products offered in snack bars, a la carte, vending and school stores be readily available near the point of purchase.
- Encouraging nonfood fundraisers such as flowers, gift-wrap, sporting events and family fun runs for all fundraisers that occur during the school day. Any food used in fundraisers outside of the school day should comply with the nutrition standards detailed in policy EFEA where practical. The district will encourage the use of physical activity-based fundraisers whenever possible.
- Requiring that food not be used as a reward or as disciplinary action for student behaviors.
- Encouraging parents and staff to contribute healthful food and beverage items to classroom celebrations to comply with the nutrition standards detailed in policy EFEA. The district will provide parents and teachers with an approved list of healthful, commercially prepared foods to contribute to classroom celebrations.
- Requiring that Nutrition Services employ a Director who is properly qualified and certified/credentialed according to current professional standards to administer the foodservice program and satisfy reporting requirements.

- Requiring that a registered dietitian in the Nutrition Services Department be employed in a supervisory role at all times.
- Encouraging that a Wellness Coordinator in the Nutrition Services Department be employed, as budget supports, to assist Nutrition Services Director with oversight of the district's Wellness Policy and the Student Wellness Policy Committee.
- To the greatest extent feasible, the marketing of food and beverage products on the exterior of vending machines and through posters, menu boards and other equipment on the school campus shall meet the Smart Snacks in School nutrition standards.
- Marketing shall encourage participation in school meal programs.
- Offering nutrition education that will provide the knowledge and skills necessary to promote health through interactive programs such as Culinary Classroom, Culinary Life Skills, Integrated Nutrition Education Program, Cooking Matters, EFNEP, and others.

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

The goal of providing daily opportunities for students to engage in physical activity will be accomplished by:

- Requiring that physical education be taught by trained physical educators, either by state-authorized physical educators or by a broader subset of teachers with formal training in physical education skills and concepts.
- Using district-approved curricular resources, including supplemental resources, for physical education, as approved by the District Curriculum Council (DCC).
- Encouraging all schools to administer the district's standard health-related fitness assessment to help students determine their own level of fitness and create their own fitness plans a minimum of once a year.
- Encouraging health-promotion activities for students, parents and staff that encourage regular physical activity, such as speakers, recreational demonstrations and walking clubs.
- Promoting walking or bicycling to and from school using programs such as Walking School Bus and Bike Train.
- Increasing opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics and physical activity clubs. After-school programs will encourage formation of healthy habits.
- Increasing physical activity opportunities during the school day through daily recess periods, elective physical education classes, walking programs and the integration of physical activity into the academic curriculum. The district will encourage staff to provide brain energizers throughout the day.
- The amount of physical activity provided will be consistent with all requirements of state law based on grade and age.
- Requiring that physical activity not be withheld from, nor required of, a student as a form of discipline, due to incomplete assignments, or for testing purposes during the school day. This includes recess, physical education class, activity breaks and all other opportunities for physical activity provided at school.
- Encouraging recess to be provided before lunch where practical.

- Encouraging supervised recess be provided to elementary students daily, preferably outdoors, during which moderate to vigorous physical activity is encouraged through the provision of appropriate space and equipment.
- Encouraging schools to provide community access to and encourage students and community members to use the school's physical activity facilities outside of the normal school day.
- Encouraging parents and guardians to support their children's participation in physical activity, to be physically active role models and to include physical activity in family events. The district will provide information to families to help them incorporate physical activity into their students' lives.

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

The goal of supporting employees by promoting a healthy lifestyle will be accomplished by:

- Designating Wellness Champions who serve as liaisons between the district wellness program and district sites.
- Providing opportunities for employees to access well-being resources that promote good nutrition, physical activity and mental health.
- In partnership with schools, create a culture of well-being by promoting and integrating the employee wellness program with the student wellness program.
- Providing health education and health-promoting activities that focus on skill development and lifestyle behavior changes.
- Providing programs for employees such as worksite screenings, disease prevention and Employee Assistance Program (EAP) that help employees balance work and family life and are linked to medical care.

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Weld County School District 6, Greeley, Colorado

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, School Wellness

EF, School Nutrition Program

EFC, Free and Reduced-Price Food Services

EFEA*, Healthy Food Guidelines