

Comparison of District 6 Wellness Policy to Model Wellness Policies
2012-13 School Year

Topic	Model Policy	District 6 Policy	Status in District 6	Plan for Policy Language Change
Goal #1. The district will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.				
Nutrition Education Curriculum for All Grades	The adoption of a district content standard for health and nutrition education that teaches students about the effects of nutrition and physical activity on their health. ¹	N/A	Needs improvement- Curriculum development for K-5 grades in progress. No standard curriculum otherwise.	Update policy to include- The adoption of a district content standard for health and nutrition education that teaches students about the effects of nutrition and physical activity on their health.
Nutrition Education Integrated into Other Subjects	Encouragement of teachers to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts, as applicable. ¹	Supporting staff educational opportunities to inform them about nutrition and physical activity, including how to integrate these topics into their core instruction.	Needs improvement- Some elementary schools integrating activity school-wide, but is not standard across district Some messaging related to this has been distributed to teachers and staff	Update policy to read- Encouragement of teachers to integrate nutrition education into core curriculum areas. Support staff educational opportunities to inform them about nutrition and physical activity, including how to integrate these topics into their core instruction.
Nutrition Education Teaches Behavior-Focused Skills	The provision of age-appropriate and culturally sensitive instruction to students that teaches them lifelong healthy eating habits and a healthy level of physical activity. ¹	Providing age-appropriate and culturally sensitive instruction to students that teaches them lifelong healthy eating habits and a healthy level of physical activity.	Needs improvement- Benefits of physical activity taught in P.E. classes, but nutrition education is not widely implemented.	N/A
Nutrition Education Training for Teachers	The availability of staff educational opportunities to inform them about nutrition and physical activity, including how to integrate these topics into their core instruction. These educational opportunities may include, but not be 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. ¹	Supporting staff educational opportunities to inform them 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.	Needs improvement- Provided a Wellness Workshop in fall of 2010. Providing messages to staff weekly in district-wide communications Stall Talks in bathroom with information related to health topics	N/A

Food Marketing, Promotion, and Advertising	Advertising messages are consistent with and reinforce the objectives of the education and nutrition environment goals of the school. ₂	Encouraging food providers and contractors to be sensitive with advertising messages to ensure that food and beverage advertising is consistent with and reinforces the goals of health education and nutrition standards.	Satisfactory- This is not an issue in most of our schools, with an exception of marketing related to food fundraisers.	N/A
Goal #2. The district will support and promote proper dietary habits contributing to students' health status and academic performance.				
Access to Competitive Foods	A prohibition or restriction on student access to vending machines, school stores, and other venues that contain foods of minimal nutritional value. Rules specifying the time and place at which competitive foods may be sold on school property to encourage the selection of healthful food choices by students. ₁	Restricting student access to vending machines, school stores, and other venues that contain foods of minimal nutritional value.	In progress- Nutrition Services will be working with student stores during the 2012-13 school year to ensure that the foods meet guidelines and that the hours of operation are not in conflict with any laws. Nutrition Services will oversee vending starting the 2012-13 school year.	N/A
Adequate Time to Eat Meals	A requirement that all students have access to healthful food choices in appropriate portion sizes throughout the school day, including healthful meals in the school cafeteria with an adequate time to eat... ₁ The National Association of State Boards of Education recommends that students should be provided adequate time to eat lunch, at least 20 minutes for breakfast and 20 minutes for lunch, from the time the student is seated. ₂	Requiring that students have access to healthful food choices in the school cafeteria with an adequate time to eat...	Needs improvement at elementary level- Students are not provided with recommended number of minutes. The last student in line may only have 5-7 minutes to eat lunch from the time he/she sits down.	Update policy to read- Requiring that students have access to healthful food choices in the school cafeteria with an adequate time to eat...Encourage district to adopt school schedule that provides at least 10 seated minutes for breakfast and 20 seated minutes for lunch.
Nutrition Information for School Meals	Accessible information to students and their parents/guardians concerning the nutritional content of foods and beverages sold by or available to students, as well as the nutritional content of competitive foods sold or available on school district property. ₁ Nutrition information for products offered in snack bars, a la carte,	Making information accessible to students and their parents/guardians concerning the nutritional content of foods and beverages sold through school meal programs.	Satisfactory- Nutrition Services is providing nutrition facts for non-fruit and non-vegetable items at the point of service beginning 10/12.	Update policy to read- Making information accessible to students and their parents/guardians concerning the nutritional content of foods and beverages sold through school meal programs. To the greatest extent possible, make nutrition information for products sold in a la carte and vending available near the point of purchase.

	vending and school stores is readily available near the point of purchase. ₂			
Goal #3. The district will provide opportunities for students to engage in physical activity.				
Physical Activity Opportunities	<p>Increased opportunities for physical activity through a range of afterschool programs including intramurals, interscholastic athletics, and physical activity clubs.₁</p> <p>Increased opportunities for physical activity during the school day through daily recess periods, elective physical education classes, walking programs, and the integration of physical activity into the academic instruction.₁</p> <p>Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of science, math, social studies and language arts.₂</p>	<p>Increased opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics and physical activity clubs.</p> <p>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.</p>	Needs more evaluation	N/A
Amount of Time Specified for Physical Activity	<p>A requirement or encouragement that periods of physical activity be at least 150 minutes per week for elementary students and at least 225 minutes per week for secondary students.₁</p> <p>Time allotted for physical activity will be consistent with research, national and state standards. For example, the National Association for Sport and Physical Education includes recommendations for at least 60 minutes and up to several hours of physical activity per day for children 5 to 12 years of age. Children should have several opportunities for physical activity lasting 15 minutes or more approximately every two hours, especially during the daytime hours.₂</p>	The amount of physical activity provided will be consistent with all requirements of state law.	Needs improvement- Half-day kindergarteners are not receiving minimum number of minutes	Update policy to include goal number of minutes
Prohibited use of or withholding physical activity	Provide a daily recess period, which is not used as a punishment or a reward. ₂	Requiring that physical activity not be withheld from, nor required of, a student as a form	Needs improvement- Several communications have been provided to school staff informing	Update policy to read- Requiring that physical activity not be withheld from, nor required of, a

as punishment		of discipline.	them of the policy, but compliancy is still an issue.	student due to incomplete assignments, or for testing purposes.
Recess Requirement for Elementary Schools	Provide a daily recess period, which is not used as a punishment or a reward. Consider planning recess before lunch since research indicate that physical activity prior to lunch can increase the nutrient intake and reduce food waste. ²	N/A	Needs improvement- More recess time would get students closer to the national recommendations for minimum number of physical activity minutes weekly.	Update policy to read- Provide a daily recess period at elementary schools. Provide recess before lunch whenever possible.
Community Use of Facilities	Schools are encouraged 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. ²	N/A	Needs Improvement- Working with Facilities and individual schools to identify where joint use agreements would be possible.	Update policy to read- 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.
Safe Active Routes to School	N/A	N/A	Needs Improvement- Not all schools have safe pathways to and from school. Safe Routes to School not prominent.	Update policy to read- Encouraging schools to develop Safe Routes to Schools program and encourage students to walk or bike to school.
Committee Oversight				
Plans for Implementation	Requirement that implementation plan be developed.	N/A	Implementation plan developed and monitored.	Update policy to read- The purpose of the Student Wellness Policy Committee is to: <ul style="list-style-type: none"> • Serve as a resource to schools and families • Develop an implementation plan for the policy • Evaluate and report to the public the district's progress on the policy's goals • Recommend revisions to the policy, as the committee deems necessary and/or appropriate
Plans for Evaluation	Requirement that evaluation efforts be conducted.	N/A	Annually evaluated at each site.	See above
Reporting on Policy Compliance	Requirement that compliance be reported to public.	N/A	Annual evaluation information available online	See above

¹ Colorado Association of School Boards (CASB) Model Wellness Policy

² School Nutrition Association (SNA) Model Wellness Policy