

D6 Wellness Policy Implementation Plan

Goal #1: The district will encourage a comprehensive learning environment for developing and practicing lifelong wellness behaviors

Objectives	Activities	Time Frame	Activity Status
1. Providing age-appropriate and culturally sensitive instruction to students that teaches them lifelong healthy eating habits and a healthy level of physical activity.	Create interactive displays or organized activities on wellness topics (ex: sugar cube displays).	By December 2018	IP
	Create and distribute quarterly, targeted and personalized e-mail messages to teachers at various grade levels featuring 1 wellness topic/resource suited to their grade.	By October 2018	IP
	Integration of physical activity by helping PE teachers create a “Be Active Your Way” bulletin board that allows children and staff to bring in pictures or other artifacts that show how they stay active. Board will include daily recommendations of physical activity (i.e., 60 min per day and 30 min during the school day)	By December 2018	NS
2. 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.	Work with school parent liaisons to promote and educate parents on various student wellness topics.	By December 2018	IP
	Contact PE teachers to discuss feasibility of hosting open gym during parent events. Encourage and support PE teachers on hosting an “open gym” during registration and open house events.	By December 2018	IP

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3. 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.	Share school success stories of those who indicated on Smart Source that the culture of wellness is widespread throughout the school environment. Create a 1-2 minute video to present to administrators.	By December 2018	NS
	Engage parents at events through wellness fairs, inviting PTOs to SWC meetings, showcasing funds (water bottle fillers in schools), hosting fundraisers for recess equipment, creating a parent-led checkout system for recess equipment, and using secondary PE assessments such as fitness gram.	By May 2019	NS
4. 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.	Connect nutrition education with the cafeteria by discussing content such as: Farm to School within D6, local foods used in D6 school lunches, and connecting nutrition education with NutriSlice	By December 2018	IP
5. Implementing district content standards for health and nutrition education, in accordance with The Colorado Department of Education’s Comprehensive Health Standards	Discuss current content standards and opportunities for improvement with appropriate administrators.	By December 2018	IP
	Increase nutrition education in 7 th and 8 th grade levels (indicated in Smart Source results).	By December 2018	NS
	Plan for content standard implementation.	By May 2019	NS

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6. Integrating nutrition education into other areas of the curriculum such as math, science, language arts, and social studies.	Provide nutrition education resources to be used during “block” time at secondary level (such as Spartan Time at Greeley West High School) on Schoology.	By October 2018	NS
	Provide health and wellness worksheets in Schoology that students can complete for extra credit.	By October 2018	IP
7. Providing research-based staff development 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.			
8. 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.	Investigate and promote podcasts about integrating wellness into curriculum (teachers who commute to work).	By December 2018	NS

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9. Encouraging the use of school gardens as learning environments for education about nutrition, food, and sustainability.	Work with key curriculum liaisons to develop subject specific ways to incorporate school gardens into classroom lessons.	By June 2019	IP
	Develop an online course to provide educators with resources to garden, including information on how to garden and curriculum resources. Work with instructional design team to make course interactive.	By September 2018	IP
	Offer the agricultural class at high school level volunteer hours or credit for maintaining gardens. Link class with Garden to Cafeteria program to increase understanding of program.	By August 2019	NS
	Develop garden resources for teachers. Place hard copy in Teacher's Closet. Develop marketing materials and promote to teachers.	By September 2018	IP
10. Requiring nutrition education information be reviewed by a qualified, credential nutrition professional (e.g. Registered Dietitian).			
11. Requiring that all health education instructors meet the criteria of highly qualified.	Discuss current district criteria with appropriate administrator for obtaining a health educator instructor position and identify areas for improvement.	By December 2018	IP

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<p>12. Requiring that marketing and advertising only include foods and beverages that meet the Smart Snacks in School nutrition standards, outlined in policy EFEA</p>			
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Goal #2: The district will support and promote proper dietary habits contributing to students' health status and academic performance.

Objectives	Activities	Time Frame	Activity Status
<p>1. 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.</p>	<p>Work with high performing K-5 schools to expand seated meal time at lunch to 20 minutes.</p>	<p>By May 2019</p>	<p>IP</p>

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<p>2. 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.</p>	<p>Work with Art teacher to have fruit/veggie poster contest and have the winner's poster put in the cafeteria; see if community artist or students could make a mural.</p>	<p>By May 2019</p>	<p>IP</p>
<p>3. 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).</p>	<p>Develop catalog for school stores and concession stands that provides information on the regulation and foods that meet the nutrition requirements.</p>	<p>By December 2018</p>	<p>NS</p>
<p>4. To the greatest extent practical, food and beverage products should be Colorado-produced products.</p>			
<p>5. 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.</p>	<p>Develop an educational campaign aimed at students, parents and staff to increase awareness of sugar content in popular beverages and harmful health outcomes. Survey student wellness teams to see if "Rethink Your Drink" campaign would be good for student stall talks.</p>	<p>By March 2019</p>	<p>IP</p>
<p>6. Requiring that students have access to free drinking water during meals.</p>			

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<p>7. Encouraging staff to make water readily available to students throughout the day.</p>			
<p>8. Food providers will ensure that student access to foods and beverages meets federal, state and local laws and guidelines.</p>	<p>Develop marketing plan for "healthy alternative" items to school stores and concession stands to purchase stock items from NS, rather than alternate outlets.</p>	<p>By May 2019</p>	<p>IP</p>
	<p>Develop catalog for school stores that provides information on the regulation and foods that meet the nutrition requirements.</p>	<p>By December 2018</p>	<p>NS</p>
<p>9. 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.</p>	<p>Promote Nutrislice for families, teachers, students, and school officials for purpose of providing feedback through a rating system.</p>	<p>By December 2018</p>	<p>IP</p>
<p>10. 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.</p>	<p>Create healthy visual display kits that are accessible to kids and parents at school events. Include nutritional content of foods offered through Nutrition Services.</p>	<p>By December 2018</p>	<p>IP</p>
	<p>Utilize latest technology to create interactive nutrition games for students, featuring foods offered through Nutrition Services.</p>	<p>By May 2019</p>	<p>NS</p>
	<p>Develop lesson plans related to evaluation of our menus within Nutrislice online tool. For example, building well</p>	<p>By October 2018</p>	<p>IP</p>

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	balanced meals and then calculating total calories, fats, carbs and protein.		
11. 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.	Update fundraising catalog and distribute to PTOs/PTAs.	By December 2018	IP
12. Requiring that food not be used as a reward or as disciplinary action for student behaviors.			
13. 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.	Provide resources to parents and staff for extra-curricular activities (classroom parties)	By May 2018	NS

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<p>14. 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.</p>			
<p>15. Requiring that a Registered Dietitian in the Nutrition Services Department be employed in a supervisory role at all times.</p>			
<p>16. 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.</p>			
<p>Goal #3: The district will provide opportunities for students to engage in physical activity.</p>			
<p>Objectives</p>	<p>Activities</p>	<p>Time Frame</p>	<p>Activity Status</p>
<p>1. 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.</p>	<p>Discuss current district criteria with appropriate administrator for obtaining a physical educator position and identify areas for improvement.</p>	<p>By October 2018</p>	<p>IP</p>

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<p>2. 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.</p>	<p>Utilize new version of Fitness Gram that allows kids and teachers to input their data and track it throughout their school career.</p>	<p>By December 2018</p>	<p>NS</p>
<p>3. Encouraging health-promotion activities for students, parents and staff that encourage regular physical activity, such as speakers, recreational demonstrations and walking clubs.</p>	<p>Work with the City of Greeley to implement fair, win-win facility agreements to provide students, families, staff, and the public after-hours physical activity facilities.</p>	<p>By May 2019</p>	<p>NS</p>
	<p>Train/inform teachers on why physical activity is important and provide resources such as physical activity kits.</p>	<p>By July 2019</p>	<p>NS</p>
<p>4. Promoting walking or bicycling to and from school using programs such as Walking School Bus and Bike Train.</p>	<p>Consider writing another Safe Routes to School grant to continue and expand the work accomplished through the first grant.</p>	<p>By November 2018</p>	<p>NS</p>
<p>5. 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.</p>	<p>Coordinate efforts with the city-wide government, especially during the summer to offer students practical healthy eating and physical activity opportunities.</p>	<p>By May 2019</p>	<p>IP</p>
	<p>Continue to work with the City of Greeley and City of Evans to expand intramurals at the middle school level. Determine intramurals currently offered at middle school through City of Greeley and City of Evans.</p>	<p>By May 2019</p>	<p>IP</p>

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	Assemble physical activity classroom kits for schools to check-out. Examples of activities could include Zumba, yoga, etc.	By December 2018	NS
	Research and partner with organizations (ex: Northern Colorado Health Alliance, the library, batting cages, gyms, recreations centers, or events such as “Movies in the Park”) to promote summer physical activity.	By May 2019	NS
	Promote running clubs through parent volunteers.	By March 2019	NS
6. 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.			
7. The amount of physical activity provided will be consistent with all requirements of state law.	Survey PE teachers to determine how much actual PE time students are receiving from the time they arrive in the gym to when they have to leave.	By October 2018	NS
	Consider having UNC conduct another Physical Activity Program Opportunity Index (PAPOI) study for all schools.	By July 2019	NS
	Develop plan to promote and implement all school movement in at least one K-5 district 6 school.	By July 2019	IP

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8. 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.	Provide resources to PE Teachers and coaches to ensure that physical activity is not used as a punishment.	By December 2018	IP
	Work with school administrators to ensure that recess is not withheld from students as a form of discipline.	By December 2018	IP
	Improve awareness of alternatives to taking away recess as punishment, including newsletters and other forms of communication.	By December 2018	IP
9. Encouraging recess to be provided before lunch where practical.	Improve awareness of why it is beneficial to provide recess before lunch. Increase the number of K-5 schools that offer recess before lunch for all grade levels.	By June 2019	IP
10. 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.			
11. 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.	Work with the City of Greeley to implement fair, win-win facility agreements to provide students, families, staff, and the public after-hours physical activity facilities (i.e., can staff members use city facilities?).	By July 2018	NS

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<p>12. 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.</p>	<p>Work with school parent liaisons to engage parents.</p>	<p>By December 2018</p>	<p>IP</p>
<p><i>To further improve the health and wellbeing of its students, the district establishes the following objectives:</i></p>			
<p>Objectives</p>	<p>Activities</p>	<p>Time Frame</p>	<p>Activity Status</p>
<p>1. Encourage schools to incorporate wellness into their Universal Improvement Plans (UIPs).</p>	<p>Research how other school districts have successfully accomplished this and compile into presentable data.</p>	<p>By November 2018</p>	<p>IP</p>
	<p>Present to principals about including wellness in the school UIPs.</p>	<p>By June 2018</p>	<p>NS</p>
<p>2. To the greatest extent possible, the district will provide support for mental health services to meet district-wide needs, including providing school sites with professional development opportunities that increase the understanding of students’ needs related to mental health and trauma.</p>	<p>Work schools to implement mindfulness activities during the school day.</p>	<p>By May 2019</p>	<p>IP</p>

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3. Support employees by promoting a healthy lifestyle.			
4. Encourage schools to organize wellness teams comprised of families, teachers, administrators, and students to plan, implement, manage, evaluate, and improve nutrition and physical activity in the school environment.	Develop a 'challenge' to recognize schools for their efforts in the area of student wellness.	By December 2018	IP
5. Encourage schools to assist in the assessment and evaluation of the wellness policy at least once per school year.			

Completed Activities

Goal	Objectives	Activities	Time Frame	Activity Status
Goal #1. The district will encourage a comprehensive learning environment for developing and practicing lifelong wellness behaviors.	Providing age-appropriate and culturally sensitive instruction to students that teaches them lifelong healthy eating habits and a healthy level of physical activity.	Implement a minimum of 10 nutrition and physical activity bulletin boards on NS webpage to provide teachers with education opportunities. Advertise to teachers.	By August 2012	C
		Develop a Nutrition Handbook that includes lesson plans and materials for nutrition lessons that are consistent with the Colorado Academic Standards.	By May 2013	C

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		Add student wellness piece to New "Certified" Employee Handbook, provided at orientation.	By August 2013	C
		Provide nutrition education regarding vending machine options at the point of service.	By February 2013	C
	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.	Work with webmaster to provide Student Wellness page link on each individual school web page.	By December 2015	C
	Implementing district content standards for health and nutrition education, in accordance with The Colorado Department of Education's Comprehensive Health Standards	Present Chef in the Classroom to the District Curriculum Council to gain feedback from secondary leaders.	By May 2018	C
	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.	Work with Kitchen Managers to ensure that posters and other promotional materials in the cafeteria are appropriate. Conduct cafeteria audits.	By August 2012	C
		Implement nutrition education posters in the cafeteria.	By March 2013	C
		Create Healthy Party posters for teachers and parents.	By December 2014	C

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	Requiring that marketing and advertising only include foods and beverages that meet the Smart Snacks in School nutrition standards, outlined in policy EFEA	Re-introduce the "Treat This, Not That" posters including foods that can be purchased through Nutrition Services and provide them to both classroom teachers and parents.	By January 2016	C
Goal #2. The district will support and promote proper dietary habits contributing to students' health status and academic performance.	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 other), 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.	Conduct research project to evaluate average seated meal time for breakfast and lunch for 2 nd - 4 th graders at each school in the district.	By May 2017	C
		Support NS in it overseeing all food vending in schools.	By August 2014	C
		Provide elementary school, middle school, and K-8 cafeterias with "soda-free zone" signs and information.	By February 2012	C
		Provide "soda-free" information to parents in the Nutrition Services newsletter.	By February 2012	C
		Develop a catering menu with all planned meals being compliant with nutrition standards and advertise to schools.	By September 2012	C
	To the greatest extent practical, food and beverage products should be Colorado-produced products.	Expand school garden purchasing to be used in salad bars through developing a standard	Ongoing	C

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		Garden-to-Cafeteria program and training plan.		
	Requiring that students have access to drinking water during meals.	Include on Cafeteria Audit.	By December 2015	C
	Encouraging staff to make water readily available to students throughout the day.	Add water availability question to annual wellness policy assessment.	By December 2015	C
		Increase awareness among student wellness teams of the benefits of proper hydration. See which schools do not have water bottle fillers and offer mini-grants to fund these along with agreement to spread hydration campaign.	By May 2018	C
	Restricting student access to vending machines, school stores and other venues that contain foods of minimal nutritional value. Food providers will take every practical measure to ensure that student access to foods and beverages meets federal, state, and local laws and guidelines.	Support NS in it overseeing all food vending in schools.	By August 2014	C
	Making information accessible to students and their parents/guardians concerning the nutritional content of foods and beverages sold through school meal programs. Encouraging that	Provide point-of-sale nutrition information for any non-fruit and non-vegetable offerings.	By August 2012	C

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	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 this regulatory document where practical. The district will encourage the use of physical activity-based fundraisers whenever possible.	Compile a non-food and healthy food fundraising catalog (written and online) for PTAs/PTOs, principals, and other groups that regularly participate in fundraising efforts.	By August 2012	C
		Work with Director of Finance to update Financial Policies Manual to reflect non-food fundraising options.	By September 2013	C
		Compile a non-food and healthy food fundraising catalog (written and online) for PTAs/PTOs, principals, and other groups that regularly participate in fundraising efforts.	By August 2012	C
	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.	Implement nutrition education posters in the cafeteria.	By March 2013	C

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	Encouraging parents and staff to contribute healthful food and beverage items to classroom celebrations to comply with the nutrition standards detailed in this regulatory document. The district will provide parents and teachers with an approved list of healthful, commercially prepared foods to contribute to classroom celebrations.	Revise the catering menu to include appropriate selections for classroom celebrations and offer online ordering options for parents.	By August 2012	C
		Provide parents with resources and requirements via parent-teacher conferences and back to school nights.	By December 2012	C
		Provide healthy party kits for teachers to 'rent' for free through the Science Distribution Center.	By September 2012	C
		Develop no fewer than 10 classroom party kits for teachers to "rent" from Nutrition Services.	By September 2012	C
		Re-introduce the "Treat This, Not That" posters including foods that can be purchased through Nutrition Services and provide them to both classroom teachers and parents.	By December 2016	C
Goal #3. The district will provide opportunities for students to engage in physical activity.	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.	Develop a Recess Toolkit and make available online.	By May 2013	C

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	Promoting walking or bicycling to and from school using programs such as Walking School Bus and Bike Train.	Collaborate with local health department to implement 2015-2016 sustainable Safe Routes to School grant initiatives.	By June 2016	C
	The amount of physical activity provided will be consistent with all requirements of state law.	Obtain training within SOFIT and/or SOPLAY in order to evaluate physical activity programming.	By October 2016	C
Activities to Assist with Overall Plan.		Provide wellness toolkits with resources to assist in implementing activities in the wellness policy.	By February 2013	C
		Apply for the HealthierUS School Challenge for all elementary and K-8 schools.	By May 2013	C
To further improve the health and wellbeing of its students, the district establishes the following objectives:	Encourage schools to incorporate wellness into their Universal Improvement Plans (UIPs).	Research if any schools are already including health and wellness in their UIP.	By November 2018	C
	To the greatest extent possible, the district will provide support for mental health services to meet district-wide needs, including providing school sites with professional development opportunities that increase the understanding of students' needs related to mental health and trauma.	Develop mental health resource page that will provide resources for teachers, staff, students, and parents.	By December 2018	C

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Ongoing Activities				
Goal	Objectives	Activities	Time Frame	Activity Status
Goal #1. The district will encourage a comprehensive learning environment for developing and practicing lifelong wellness behaviors.	Providing age-appropriate and culturally sensitive instruction to students that teaches them lifelong healthy eating habits and a healthy level of physical activity.	Offer "Chef in the Classroom" program to students.	Ongoing	O
		Offer "Know Your Body" curriculum to all K-5 students.	Ongoing	O
		Support Healthy Kids Club's kindergarten and 4th grade curriculums- "Healthy Kids, Healthy Start" and "Healthy Kids, Healthy Heart"	Ongoing	O
		Work with key curriculum liaisons to develop subject specific ways to incorporate nutrition education into classroom lessons.	By December 2015	C/O
		Promote the Integrated Nutrition Education Program (INEP) at all eligible schools.	By November 2017	C/O
	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.	Increase awareness of wellness policy requirements by meeting with PTAs/PTOs, principals, and other groups that regularly provide food at such events.	Ongoing	O

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		Distribute written materials in elementary school parent packets.	Ongoing	C/O
		Have Nutrition Services represented at registrations and open houses.	Ongoing	O
		Meet with 21st Century School Parent Groups.	Ongoing	C/O
		Expand wellness resources on the NS webpage related to nutrition and physical activity.	By August 2012	C/O
		Develop master calendar at the beginning of the year with all school registrations, parent-teacher meetings, open houses, staff in-services, etc.	By end of July 2017	C/O
	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.	Create quarterly nutrition education posters to hang in schools and recipe cards to send home.	By December 2018	C/O
		Integrate wellness activities into events such as open houses, parent teacher conference, back to school nights, registration days, etc.	By May 2018	C/O
		Develop a calendar with the content of targeted student wellness messages for the entire school year	By Sept 2018	C/O

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		based on monthly themes. Committee members will share established content in their organizations' newsletters as well to obtain a more broad community reach. Content will be sent to office managers to place in their school newsletters.		
	Integrating nutrition education into other areas of the curriculum such as math, science, language arts, and social studies.	Work with curriculum liaisons to develop (or find) nutrition education worksheets, books, and content that also meet state standards.	By January 2016	C/O
		Create groups within Schoology to provide and promote wellness resources that can be incorporated into curriculum.	By mid-September 2018	C/O
	Providing research-based staff development 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	Expand wellness resources on the NS webpage related to nutrition and physical activity.	By August 2012	C/O
		Meet with school staffs to provide information regarding the wellness policy and implementation resources.	By end of October 2015	C/O
		Offer Wellness Workshop to D6 staff annually.	First October 2011	C/O

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	appropriate nutrition and physical activity-related topics.	Implement a regular health and wellness newsletter to staff.	By January 2013	C/O
		Provide staff development days and continuing education opportunities that focus on healthy eating and physical activity annually.	First by December 2013	C/O
		Support the D6 Worksite Wellness Committee's efforts and events.	Ongoing	O
		Provide presentation or educational materials for beginning of the year faculty "kick-off" meetings.	Ongoing	C/O
		Develop and implement summer professional development course for staff to educate them on incorporating brain energizers throughout the day.	By August 2012	C/O
		Develop and implement summer professional development course for staff to educate them on building a wellness classroom.	First by July 2015	C/O
		Survey teachers on what they need and want in terms of student wellness resources. Administer through student wellness	By March 2017	C/O

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		teams. This will act as a needs assessment survey for teachers. Consider consensus training as needs assessment for professional development opportunities.		
		Utilize latest technology (such as text messaging) to communicate and provide education to staff.	By February 2018	C/O
	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.	Support fundraisers that are healthy and that have healthy messaging for students and families.	Ongoing	O
		Implement MyPlate educational materials in the cafeteria.	By February 2012	C/O
	Requiring nutrition education information be reviewed by a qualified, credential nutrition professional (e.g. Registered Dietitian).	Ensure a Registered Dietitian is on staff.		C/O

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Goal #2. The district will support and promote proper dietary habits contributing to students' health status and academic performance.	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 other), 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.	Employ an Administrative Dietitian to oversee D6 menus and to ensure the nutrition quality.	Ongoing	O
	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).	Survey SW teams about what items are sold in their school stores to determine current practices.	By October 2016	C/O
	To the greatest extent practical, food and beverage products should be Colorado-produced products.	Continue to expand farm-to-school purchasing efforts.	Ongoing	O
		Celebrate Colorado Proud School Meal Day annually.	Ongoing	O
		Expand farm-to-school products provided in the Fresh Fruit and Vegetable Program.	Ongoing	O
	Restrict students from bringing soda and sugar-sweetened beverages to the cafeterias in elementary and middle schools. These beverages include but are	Utilize sugar models at school events, such as wellness fairs, National School Lunch/Breakfast week, etc.	By May 2018	C/O

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	not limited to: soda, energy drinks, sugar-sweetened teas and sports drinks.			
	Restricting student access to vending machines, school stores and other venues that contain foods of minimal nutritional value. Food providers will take every practical measure to ensure that student access to foods and beverages meets federal, state, and local laws and guidelines.	Meet with student councils and other student groups to explain the wellness policy and offer resources.	Ongoing	O
		Develop and Implement "Pizza Party" Program to encourage student groups to order pizzas from NS, rather than outside companies.	By February 2013	O
	Food providers will ensure that student access to foods and beverages meets federal, state and local laws and guidelines.	Update fundraising catalog and distribute to PTOs/PTAs.	By December 2018	C/O
	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.	Provide nutrition information on the NS webpage each month.	Ongoing	O

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	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 this regulatory document where practical. The district will encourage the use of physical activity-based fundraisers whenever possible.	Meet with PTAs/PTOs, principals and other groups that regularly participate in fundraising efforts to ensure that fundraisers are compliant with the policy.	Ongoing	O
		Provide Healthy Kids Club resources about fun runs to principals and other fundraising stakeholders. Provide administrative support to these fun runs.	Ongoing	O
		Continue to provide student groups with non-food fundraising opportunities for their assistance with large-scale projects (i.e. Breakfast in the Classroom, Worksite Wellness, Farm-to-School).	Ongoing	O
	Requiring that food not be used as a reward or as disciplinary action for student behaviors.	Provide staff with information why rewarding with food should not occur.	By January 2012	C/O
		Implement a non-food reward request program. Support NS in providing teachers with non-food rewards to use in place of food items.	By January 2012	C/O
		Support fundraisers such as "Principal for the Day."	Ongoing	O
		Offer free non-food rewards program.		C/O
		Implement a non-food reward request program.	Ongoing	C/O

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		Support NS in providing teachers with non-food rewards to use in place of food items.		
	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.	Work with Kitchen Managers to ensure that eating environment is pleasant.	All by August 2012	C/O
		Support nutrition- and physical activity- related art contests and projects to be hung in the cafeteria.	By May 2013	O
		Implement MyPlate educational materials in the cafeteria.	By February 2012	C/O
	Encouraging parents and staff to contribute healthful food and beverage items to classroom celebrations to comply with the nutrition standards detailed in this regulatory document. The district will provide parents and teachers with an approved list of healthful, commercially prepared foods to contribute to classroom celebrations.	Provide parents with resources and requirements via the NS newsletter and webpage.	Ongoing	O
		Implement "Healthy Holidays" contest for teachers and students to support good nutrition and physical activity during their classroom celebrations.	First by November-December 2011	C/O
		Increase awareness of wellness policy requirements by meeting with PTAs/PTOs and other parent groups to ensure their understanding of healthy classroom celebrations.	Ongoing	O

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	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.	Administer annual surveys to give both students and parents an opportunity to provide feedback and ideas for school meals and other food offerings.	Ongoing	C/O
Goal #3. The district will provide opportunities for students to engage in physical activity.	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.	Utilize Fitness Gram each spring and fall at the elementary level.	Ongoing	O
		Utilize Fitness Gram every fall at the middle and high school levels.	Ongoing	O
	Encouraging health-promotion activities for students, parents and staff that encourage regular physical activity, such as speakers, recreational demonstrations and walking clubs.	Support Healthy Kids Club events such as the "Schools on the Move Challenge."	Ongoing	O
		Support Worksite Wellness events, such as TRIM and the spring 5K.	Ongoing	O
		Provide information in the monthly menus.	Ongoing	O
	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.	Support grant-funding efforts to get equipment and stipends for after-school programming.	Ongoing	O
		Provide Minds in Motion Fit Sticks to teachers by request.	Ongoing	O
		Celebrate Walk to School Day annually.	First By October 2013	C/O
		Celebrate Bike to School Day annually.	First by May 2014	C/O

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		Expand Safe Routes to Schools efforts.		C/O
		Partner with community liaisons (University of Northern Colorado, Northern Colorado Health Alliance, and UHealth) to provide structured and unstructured supervised physical activity at summer lunch programming sites.	By June 2018	C/O
	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.	Assist with and encourage development and expansion of Playworks initiative in schools.	By December 2017	C/O
		Assist with and encourage development and expansion of the Walking Classroom initiative in schools.	By December 2017	C/O
	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.	Research if/how many schools have recess before lunch. Obtain sample schedules from other school districts with all	By December 2017	C/O

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		students having recess before lunch.		
	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.	Assist with and encourage development and expansion of Playworks initiative in schools.	By December 2017	C/O
		Develop online resources to improve indoor recess, such as fitness videos and other activities to increase moderate to vigorous physical activity.	By December 2016	C/O
	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.	Ensure playgrounds are accessible to the community after school hours and during the summer.		C/O
	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.	Develop and implement a district-wide student wellness fair for students, parents and staff of the district to obtain information and resources related to student wellness.	By May 2017	C/O
Activities to assist with overall plan	Require schools to assist in the assessment and evaluation of the wellness policy as least once per school year.		Ongoing	C/O

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	Provide wellness liaisons at elementary and K-8 schools to provide updates, assistance, and resources to those schools.		By August 2014	C/O
	Encourage schools to organize wellness teams comprised of families, teachers, administrators, and students to plan, implement, manage, evaluate, and improve nutrition and physical activity in the school environment.	Ensure every district elementary, K-8 and middle school has a student wellness team comprised of 2 or more onsite staff members.	By December 2015	C/O
		Develop a district-wide Student Wellness Council for students. Consider providing school credit and/or stipend for participation.	By December 2018	C/O
	Encourage schools to assist in the assessment and evaluation of the wellness policy at least once per school year.	Require participation in Smart Source data collection through Colorado Healthy Schools.	By December 2017	C/O
<i>To further improve the health and wellbeing of its students, the district establishes the following objectives:</i>	To the greatest extent possible, the district will provide support for mental health services to meet district-wide needs, including providing school sites with professional development opportunities that increase the understanding of students' needs related to mental health and trauma.	Provide QPR and other mental health-based trainings during professional development days	By August 2018	C/O
		Work with and support school mental health professionals on getting staff trained in youth mental health first aid.	By August 2019	C/O