

So What is a Wellness Policy, Anyway?

In 2004, the federal government mandated that any district participating in the National School Lunch Program or School Breakfast Program adopt and implement a wellness policy. Wellness policies provide the framework for how schools will ensure that they are offering the healthiest environments possible for students. School wellness policies focus mostly on goals related to nutrition and physical activity. While there are minimum requirements for what must be in a wellness policy, the majority of the policy language is up to the individual school districts (3).

The District 6 Wellness Policy was first approved by the School Board in 2006 and has been revised several times to align with best practices and new guidelines. The district's Wellness Policy has three overarching goals that include a number of focus areas:

1. **Goal:** The district will provide a **comprehensive learning environment** for developing and practicing lifelong wellness behaviors.
2. **Goal:** The district will support and promote proper **dietary habits** contributing to students' health status and academic performance.
3. **Goal:** The district will provide opportunities for students to engage in **physical activity**.

The policy and helpful resources are located online at:

www.greeleyschools.org/studentwellness

Student Wellness Policy Committee

The Student Wellness Policy Committee (SWPC), formed in 2005, oversees the District 6 Wellness Policy and wellness initiatives for the district. The committee meets quarterly to receive updates on wellness efforts in the schools and to do strategic planning. As a result of the SWPC's efforts, a number of great things are happening in District 6 schools. Some of these efforts include the development of a healthy catering menu, additional physical activity opportunities for students, nonfood rewards being available to teachers, and much more!