

School Wellness

The following recommendations support the goals for Wellness and Nutrition stated in policy ADF.

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

- Providing age-appropriate and culturally sensitive 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.
- 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 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.
- 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.
- 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.

2. The district will support and promote proper dietary habits contributing to students' health status and academic performance 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.
- 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.
- Restricting soda and sugar-sweetened beverages from the cafeterias in elementary and middle schools. These beverages include but are not limited to: soda, energy drinks, sugar-sweetened teas and sports drinks.
- Requiring that students have access to drinking water during meals.
- Encouraging staff to make water readily available to students throughout the day.
- 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.
- 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 this document 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 this

document. 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.

3. The district will provide opportunities for students to engage in physical activity 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.
- 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.
- 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.

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).
- 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.
- Require schools to assist in the assessment and evaluation of the wellness policy at least once per school year.

Approved: June 12, 2006
Revised: June 22, 2009
Revised: October 10, 2011
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LEGAL REFS.:

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.:

EFEA*, Healthy Food Guidelines

Weld County School District 6, Greeley, Colorado