

## School Wellness

*NOTE: Federal law requires all school districts receiving federal funding for child nutrition programs to have adopted a policy on "school wellness." The district must involve parents, students, representatives of the school food authority, school health professionals, teachers (at minimum, must include physical education teachers), board members, school administrators and the public in the development, implementation, and periodic review and update of this policy. The district is also "encouraged" to include Supplemental Nutrition Assistance Program Education (SNAP-ED) coordinators. Accordingly, THIS SAMPLE POLICY IS A TEMPLATE FOR DISCUSSION PURPOSES ONLY. The district's Board of Education should review the parties' recommendations and revise the policy as appropriate to meet the district's needs and circumstances. In accordance with this policy, the district's Wellness Advisory Council is assigned to implement, review and recommend policy revisions to the Board.*

*This policy was substantially revised in April 2017 to reflect the new federal rules on school wellness policies. Due to the extensive revisions, this policy is presented as all-new language. Districts must fully comply with these federal rules by June 30, 2017.*

The Board promotes healthy schools by supporting student wellness, including good nutrition, and regular physical activity as part of the total learning environment. Schools contribute to the basic health status of students by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential and educational success, as children who eat well-balanced meals and are physically active are more likely to be engaged and learn in the classroom and less likely to be absent.

### Goals

To further the Board's beliefs stated above, the Board adopts the following goals

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

The entire school environment, not just the classroom, will be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to comprehensive wellness, including good nutrition and regular physical activity. Such learning environments will teach students to use appropriate resources and tools to make informed and educated decisions about lifelong healthy eating habits and beneficial physical activity in accordance with the district's academic standards for comprehensive health education and physical education.

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

Nutrition education will be in accordance with the district's academic standards for comprehensive health education. All foods and beverages sold or provided to students on the school campus during the school day shall meet or exceed the district's nutrition standards. All schools participating in the National Lunch Program and/or School Breakfast Programs shall comply with any state and federal rules or regulations

regarding school meals, competitive food service and the Smart Snacks in School nutrition standards.

**Goal #3. The district will promote healthy nutrition choices to create and encourage a healthy learning environment.**

In accordance with applicable federal law, schools participating in the National School Lunch and/or Breakfast Programs shall comply with the Smart Snacks in School nutrition standards in the marketing of any foods or beverages sold to students during the school day.

**Goal #4. The district will provide daily opportunities for students to engage in physical activity.**

Physical activity will be included in a school's daily education program from grades pre-kindergarten through 12. Physical activity includes regular instructional physical education, in accordance with the district's academic standards for physical education, and opportunities throughout the school day, such as exercise programs, fitness breaks, recess, field trips that include physical activity and classroom activities that include physical activity.

**Implementation and review**

*NOTE: Federal law requires the Board to identify one or more district or school officials responsible for the implementation and oversight of this policy to ensure each school's compliance. 7 C.F.R. 210.30(c)(4). The following paragraph meets this legal requirement.*

To help ensure each school's compliance with and implementation of this policy's goals, the Board designates the Superintendent, Principals, Food Service Director, LPN, and Physical Education teacher as the district's school wellness policy coordinators.

*NOTE: Districts must assess participating schools' compliance with this policy at least once every three years and make the assessment results available to the public. 7 C.F.R. 210.30(e)(2). "Participating" schools are those schools that participate in the National School Lunch and/or Breakfast Programs. Districts must then make appropriate updates or modifications to this policy based on the triennial assessment. 7 C.F.R. 210.30(e)(3).*

*As mentioned in the headnote on page 1 of this sample policy, the required periodic review and updating must involve parents, students, representatives of the school food authority, school health professionals, teachers (at minimum, must include physical education teachers), board members, school administrators and the public. The district is also "encouraged" to include Supplemental Nutrition Assistance Program Education (SNAP-ED) coordinators. Further, the local wellness policy must describe how these individuals will be involved in the implementation and periodic review and update of the policy. 7 C.F.R. 201.12(e), 210.30(c)(5). The following paragraph creates a "wellness advisory council" to meet these requirements. This specific council is not legally required, however. Accordingly, the Board may instead choose to designate the district's accountability committee or other committee that meets the membership requirements listed above to implement, review and update this policy.*

The district will establish and maintain a district-wide wellness advisory council. The council's purposes will be to monitor the implementation of this policy, evaluate the

district's progress on this policy's goals, serve as a resource to schools (i.e. provide lists of healthy incentives, snacks, etc.) and periodically review and update this policy in accordance with federal law. The council will meet on an annual basis.

At least once every three years, the council shall assess this policy and its implementation, which shall include an assessment of each participating school's compliance and progress with this policy's goals. The council may recommend policy revisions for the Board's consideration after conducting its triennial assessment and/or as the council deems appropriate or necessary.

*NOTE: The Colorado Healthy Schools Smart Source provides a helpful inventory to collect data on the district's implementation of its wellness policy and practices, available on The Colorado Education Initiative's website. To assess the district's wellness policy, WellSAT 2.0 or a similar tool may be used. WellSAT 2.0 is available on the USDA's website.*

### **Reporting and recordkeeping**

The results of the council's triennial assessments shall be made available to the public, along with a copy of this policy.

The district shall retain records to document compliance with this policy, including but not limited to documentation concerning the council's triennial assessments.

*NOTE: The USDA recommends that districts keep the following records: (1) documentation demonstrating that the local school wellness policy has been made available to the public; (2) documentation of the district's efforts to review and update the local school wellness policy, including who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate; (3) a copy of the district's most recent assessment on the implementation of the local school wellness policy; and (4) documentation demonstrating that the district's most recent assessment on the implementation of the local school wellness policy has been made available to the public.*

ADOPTED 2005

REVISED: April 2012

REVISED: June 2017

REVISED: August 2017

REVISED: February 2019

REVISED: February 2020

REVISED: May 2024

LEGAL REFS.:      Section 204 of P.L. 111-296 (Healthy, Hunger-Free Kids Act of 2010)  
                           7 C.F.R. Parts 201, 210 and 220 (local school wellness policy requirements)  
                           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. 22-32-136.3 (trans fat ban)  
                           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)

CROSS REFS.: EF, School Nutrition Program  
EFC Free and Reduced-Price Food Services  
EFEA\*, Nutritious Food Choices  
IHAM and IHAM-R, Health and Family Life/Sex Education  
IHAMA, Teaching About Drugs, Alcohol and Tobacco  
JLJ\*, Physical Activity

*NOTE: Boards of Education are "encouraged" to expand their local wellness policies to include goals for: (1) increasing the availability of physical education courses; (2) for those districts enrolling more than 1,500 students, ensuring all persons teaching physical education courses are licensed and endorsed to teach physical education; (3) increasing classes in health education; (4) providing health services; (5) providing nutrition services; (6) providing increased access to mental health counseling and services; (7) developing and maintaining a healthy school environment in the district's schools; and (8) increasing the level of family and community involvement in developing and maintaining an emphasis on healthy lifestyles and choices. C.R.S. 22-32-136 (5.5).*