



DISTRICT 49 REGULATION

Title	Wellness Policy Guidelines
Designation	ADF-R
Office/Custodian	Education/Coordinator of Health and Wellness

The Wellness Policy Guidelines ADF-R provide resources for implementing the School Wellness Policy ADF. The policy and guidelines incorporate federal, state and local regulations. This document is in conjunction with the District 49 School Wellness Policy ADF located at www.d49.org/wellnesspolicy.

Wellness education is defined as the framework to organize school health efforts around 10 components. The following 10 components comprise the Whole School, Whole Community, Whole Child (WSCC) model: *Health Education, Physical Education & Physical Activity, Nutrition Environment & Services, Health Services, Counseling, Psychological & Social Services, Social & Emotional Climate, Physical Environment, Employee Wellness, Family Engagement, and Community Involvement.*

The following School Wellness Policy Guidelines provide resources for implementing the WSCC model within a school. The guidelines are created to be user-friendly and based on best practices and experience by WSCC leaders in the state of Colorado.

Whole School, Whole Community, Whole Child (WSCC) Model

Below are the steps to implement the WSCC model in your school. The complete and more in-depth guidelines can be found in the “Destination: Healthy Schools Successful Students” at <http://www.rmc.org/destination>

- 1 – Get Your Administrators on Board
- 2 – Identify Leaders for the School Health Team
- 3 – Assemble a School Health Team
- 4 – Conduct an Assessment of Your Current School Health Efforts
- 5 – Identify a Priority for the School Health Improvement Plan
- 6 – Write a School Health Improvement Plan
- 7 – Implement the School Health Improvement Plan

Part 1. – Nutrition Goal: The District will support and promote nutrition education, healthy nutrition choices, proper dietary habits contributing to student’s health status and academic performance to include the federal government guidelines.

Items sent from home for student’s personal consumption are exempt from the District guidelines except in the case of classroom/school allergies.

Nutrition Category	Federal Law	State Law	Board Policy	Best Practice
<p>School Meals and Ala Carte Operated by D49 Nutrition Services Department</p>	<p>Must comply with all laws that govern the National School Lunch and Breakfast Programs.</p>	<p>Must comply with all laws that govern the National School Lunch and Breakfast Programs.</p> <p>SB12-068* prohibits public schools from making foods with industrial trans-fats available to students. This includes all food and beverages made available to a student on school grounds during each school day and extended school day, including:</p> <ul style="list-style-type: none"> • School cafeteria a la carte items • School stores • Vending machines • Other food service entity existing upon school grounds • Food or candy handed out by teachers in the classroom 		<p>Schools will aspire to:</p> <ul style="list-style-type: none"> • Give adequate time for students to sit and eat for breakfast (10 min) and lunch (15 min) • Provide a dining area that is clean, orderly and inviting. • Provide seating to accommodate all students served during each meal period. • Provide supervision in the dining area. • Allow students converse in a reasonable manner with one another while they eat their meals. Entire silent lunch periods are not allowed, however brief no-talking

				periods are allowed for safety and to accommodate students through the lunchroom procedure.
Vending Machines accessible to students during the school day (midnight to 30 minutes after last bell)	All vended foods and beverages sold in schools must comply with HHFKA Smart Snack Regulations.	All vended foods and beverages sold in schools must comply with the Colorado SB12-068*.	All vended beverages and foods must meet Board Policy EFEA.	
Fundraisers After School Day	All fundraisers after the school day (30 minutes after the bell until midnight) are exempt from competitive food standards and Smart Snack requirements (see resources)			<ul style="list-style-type: none"> • Notification of fundraisers occurring after the school day is allowable on school campus to students through posters, social media, website and emails.
Fundraisers During School Day	All fundraisers during the school day (midnight to 30 minutes after the bell)	Schools are allowed 3 fundraisers that are exempt from the Smart Snack regulation in the 17-18 school year. The school must maintain documentation of the fundraiser along with all nutritional labels. See the Nutrition Services web page for CDE exemption tracker. Exempt fundraisers are to be determined by School		<ul style="list-style-type: none"> • Plan ahead with school administrators for the 3 school-wide food exempt

	available to sale to students for immediate consumption must meet the Smart Snack Regulation under the HHFKA.	Administration. Learn more at www.cde.state.co.us/nutrition/smartsnackscolopolicyexemptfundraisers The sale of all food or beverages outside of the Nutrition Department will not take place from 30 minutes before through 30 minutes after the last meal period to follow the Colorado State Competitive Food Service Policy 2202-R-20300. SB12-068*		fundraisers to get the best ROI.
Marketing of Food & Beverages	Marketing of food and beverage on district property during the school day to students (midnight to 30 minutes after the last bell) must meet competitive food standards and be Smart Snack compliant (see resources)			<ul style="list-style-type: none"> • Food and beverages may be marketed 30 minutes after the bell. Examples: banners that are placed 30 minutes after the bell and removed after a game or vendors who provide food at games 30 minutes after the bell.
Classroom Parties, Celebrations, Classroom Rewards		SB12-068*		<ul style="list-style-type: none"> • Foods offered during the school day will be store bought items of 100 calories or less, 0 grams of trans fat with recommendations of

			<p>less than 4 grams fat and less than 9 grams sugar with the exception of fresh fruit.</p> <ul style="list-style-type: none">• No candy or sodas will be allowed.• Items are to be store bought with Nutritional Information visible.• Food prepared in a private home may not be served at school to students because knowledge of ingredients, sanitation, preparation, and temperature of food in storage or transit is not available. In addition, quality and sanitation standards cannot be controlled.• Exceptions can be made by the principal for grade-level/school-wide curriculum related events. A sample form can be found at www.d49.org/wellness. Administrators
--	--	--	--

			<p>will keep on file.</p> <ul style="list-style-type: none">• One day per quarter will be allowed for school-wide celebrations. These days are exempt from the district wellness policy nutritional values but food needs to be store bought for food safety.• Birthday celebrations with treats will follow Wellness Policy Guidelines and school level policies.• Parents, teachers, and organizations are informed about the guidelines and encouraged to follow them during the school day.• School administrators may allow teachers to set their own guidelines for students' personal snacks in classrooms.• Reward and incentive programs that provide coupon
--	--	--	---

				cards for food not available for immediate consumption is allowable. Examples: coupon card.
--	--	--	--	---

After School Programs	<ul style="list-style-type: none"> Snacks served under the USDA after School Care Snack Program must comply with all applicable federal regulations and state policies if they are receiving funding from federal sources. 	<ul style="list-style-type: none"> Snacks served under the USDA after School Care Snack Program must comply with all applicable federal regulations and state policies. 		
------------------------------	---	--	--	--

Part 2. – Wellness Education Goal: The District will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors including nutrition, physical activity and mental health for staff and students.

All students in grades PreK-12, including students with disabilities, special health-care needs and in alternative education settings, have the opportunity to participate in a variety of learning experiences that support development of healthful habits to encourage total body wellness.

Wellness Education Category	Federal Law	State Law	Board Policy	Best Practice
Comprehensive Health Education and Physical Education		SB 08-212 created comprehensive health education and updated		<ul style="list-style-type: none"> Teachers are encouraged to secure recommended wellness education resources.

		<p>physical education standards. SB 09-163 requires reporting of all non-tested content areas, including school health and wellness indicators as a measurement of school performance.</p>		<ul style="list-style-type: none"> • Teachers are encouraged to incorporate wellness topics in lesson plans throughout the school year. • School administrators inform teachers about opportunities to attend training on wellness and the importance of role modeling healthful habits for students. • Staff development will be offered inside and outside the district to support staff and student wellness. District will support the use of buildings for staff development opportunities by not charging facilities usage fees for staff and school wellness activities during regular building hours. If a school needs to utilize the facilities for wellness staff/student activities on the weekend or any days the district is closed, the school will incur the expense of any custodial staff needed on site. • Instruction encourages hands-on activities that engage students in developmentally appropriate, culturally sensitive, participatory activities.
<p>Family and Community</p>				<ul style="list-style-type: none"> • Parents are invited to join students for school meals.

				<ul style="list-style-type: none"> • Schools are encouraged to provide families with information that encourages them to teach their children about health and nutrition. • Family and community members are encouraged to become actively involved in programs that provide wellness education. • Opportunities are available for the WSCC team and for individuals to share their healthful practices with the school and community.
Staff Wellness				<ul style="list-style-type: none"> • The school encourages each member of the staff to serve as a healthy role model for students. • The WSCC team will support/encourage at least one school-wide activity each year that promotes staff wellness.

Part 3. – Physical Activity Goal: The District will provide opportunities for staff and students to engage in physical activity.

Physical Activity Category	Federal Law	State Law/Practice	Board Policy/District Practice	Best Practice
Physical Education Class		<ul style="list-style-type: none"> • HB 11-1069 requires all public elementary schools to provide students with a minimum of 600 minutes of physical activity per month (30 minutes per school day). • The physical education curriculum is sequential and consistent with Colorado Board of 	<ul style="list-style-type: none"> • IFK Graduation Requirements require high school students demonstrate mastery in health and physical education to graduate. • All District 49 PE teachers must hold an endorsement in PE. 	<ul style="list-style-type: none"> • Middle schools students are encouraged to take more than one semester of physical education. • High school students are encouraged to take more than two semesters of physical education. • The school provides a physical and social environment that encourages safe and enjoyable

		<p>Education approved physical education teaching standards for pre-kindergarten through grade 12.</p> <ul style="list-style-type: none"> Physical education teachers are licensed by the Colorado Department of Education. 		<p>physical activity for all students, including those who are not athletically gifted. Students have the opportunity to participate in lifetime physical activities (e.g. walking, Pilates, swimming, golf, tennis, etc.).</p> <ul style="list-style-type: none"> Adequate age-appropriate equipment is available for all students to participate in physical activity. Physical activity facilities on school grounds are safe.
Throughout the Day				<ul style="list-style-type: none"> Classroom health education reinforces the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television. When circumstances make it necessary for students to remain indoors and inactive for two or more hours, the students are given periodic breaks during which they stand and be moderately active. Physical activity breaks and brain boosters should be provided in all courses.
Punishment				<ul style="list-style-type: none"> Strenuous physical activity is not used (e.g. running laps, pushups) as punishment. Students should not be required to “sit out” any part of recess as

				<p>punishment. A student’s recess time can be replaced with a focused physical activity or community service. This guideline does not apply to extracurricular sports teams or office referrals.</p>
Recess		<ul style="list-style-type: none"> • HB 11-1069 requires all public elementary schools to provide students with a minimum of 600 minutes of physical activity per month (30 minutes per school day). 		<ul style="list-style-type: none"> • Elementary school students will have a minimum of 30-minutes daily supervised. Recess for ½ day Kindergarten will be determined by each individual building.
Before and After School				<ul style="list-style-type: none"> • All elementary, middle and high schools offer extracurricular physical activity programs, such as physical activity clubs or intramural programs.

Resources:

Nutrition:

- www.cde.state.co.us/nutrition
- www.actionforhealthykids.org
- www.schoolnutrition.org
- www.sneb.org
- rdp.healthiergeneration.org/calc/calculator/
- <https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>

Wellness Education:

- www.cde.state.co.us/cohealthpe/statestandards
- www.healthteacher.com
- <http://www.heart.org/HEARTORG/>

Physical Activity:

<http://www.cde.state.co.us/cohealthpe/statestandards>

<http://www.shapeamerica.org>

- Adopted: March 30, 2006
- Revised: April 25, 2006
- Revised: February 7, 2007
- Revised: June 15, 2007
- Revised: September 11, 2008
- Revised: September 30, 2008
- Revised: September 17, 2012
- Revised: February 13, 2013
- Revised: December 12, 2013
- Revised: October 30, 2014
- Revised: December 9, 2015
- Revised: May 11, 2017
- Revised: December 14, 2017