

## WELLNESS POLICY

- 1.0 Adams 12 Five Star Schools is committed to providing a coordinated Whole Child approach to wellness that promotes proper nutrition, regular physical activity, and the development of social, emotional and mental health skills as part of the total learning environment. To achieve this, the District shall strive to create an environment that supports the whole child by meeting the goals outlined in this policy. Clarification and guidance to help support the implementation of each goal can be found in the Wellness Policy Guidelines on the District website.
  - 1.1 **Goal Number 1.** The District will provide a learning environment for developing and practicing lifelong healthy behaviors.
    - 1.1.1 The school environment shall be designed to positively influence a student's understanding, beliefs and habits as they relate to health, nutrition, physical activity, and mental health. This includes providing support for mental health services and health services related to other District policies and procedures.
    - 1.1.2 The District wellness team will work to provide wellness resources that support students and staff participation in health promotion programs and support implementation of strategies to promote healthy eating, nutrition education, nutrition promotion, physical activity, social/emotional learning, and positive mental health behaviors.
  - 1.2 **Goal Number 2.** The District will support and promote proper dietary habits contributing to students' health status and academic performance.
    - 1.2.1 The District's Nutrition Services department and District schools will operate in accordance with District Policy 3700.
    - 1.2.2 **Smart Snack Rule.** Schools participating in the National School Lunch and Breakfast Program shall adhere to the United States Department of Agriculture Smart Snack rule effective July 1, 2014.
      - 1.2.2.1 Food and beverage items sold during the school day (including school cafeterias, vending machines, school stores, and fundraising activities) must meet the requirements of the Smart Snack Rule. Snacks which do not meet the Rule's requirements may not be sold to students at any time during the school day. The school day is defined as midnight to 30 minutes following the end of the official school day.
        - 1.2.2.1.1 The Colorado Department of Education allows up to three exempt fundraisers per school building each year. Nutrition Services must maintain records documenting compliance with the Smart Snack rule. Schools are to submit fundraisers for exemption to Nutrition Services for approval.
        - 1.2.2.2 Food and beverages that are made available at no cost to students during the school day, for example incentives, rewards and celebrations are recommended to include a variety of foods, with an emphasis on fruits, vegetables, low-fat dairy and whole grains.
          - 1.2.2.2.1 Schools shall operate in accordance with District Policy 5415 in considering students with food allergies.

- 1.2.2.3 All food and beverage items marketed during the school day, on the school campus, must meet requirements of the Smart Snack Rule. This does not apply to materials used for educational purposes, incentive programs (for example, restaurant nights or coupon cards), brand name only marketing, or marketing for an exempt fundraiser.
      - 1.2.3 All schools shall attempt to provide students with a minimum of 10 minutes to eat breakfast and 15 minutes to eat lunch.
      - 1.2.4 Meals shall not be denied to a student as a disciplinary action.
      - 1.2.5 Non-food rewards and incentives are recommended as the first choice to encourage positive behavior.
    - 1.3 **Goal Number 3.** The District will provide opportunities for students to engage in physical activity.
      - 1.3.1 Physical activity may include, but is not limited to, physical education, recess, classroom fitness breaks, field trips that include physical activity, exercise programs, or classroom activities that include physical activity. Schools shall include not less than the minimum required amount of physical activity in the schedules of students attending elementary schools, as such minimums are set forth in state law. Middle and high school students shall be afforded opportunities for physical activity that are age appropriate.
      - 1.3.2 It is recommended that physical activity shall not be imposed or denied as disciplinary action.
  - 2.0 Each school is encouraged to establish an ongoing School Wellness team that convenes to develop and implement school-level wellness plans. This representative team may also gather and disseminate wellness-related information and opportunities to students, staff members, and the community as they see appropriate.
  - 3.0 The District will convene a representative Committee to provide collaborative, strategic direction that promotes a healthy foundation for the school community through the Whole Child Model. Stakeholders are invited to participate via a wide variety of media that may include, but not be limited to, the district website, social media, newsletters, etc.
    - 3.1 The representative committee shall monitor the implementation of this policy at the District level, evaluate the District's progress on this policy's goals, serve as a resource to schools, and recommend revisions to this policy.
      - 3.1.1 Once every three (3) years, the representative committee, in coordination with the District-level designee, will evaluate compliance with the Wellness Policy. Results of this evaluation will be made available to the public via a wide variety of media that may include, but not be limited to, the district website, social media, newsletters, etc.

LEGAL REFERENCES:

C.R.S. 22-32-136

C.R.S. 22-32-136.5(3)(a) and (b)

Section 204 of P.L. 111-296

U.S.D.A. Memo SP 24-2017

CROSS REFERENCES:

Code: 3700

Code: 5415

Wellness Policy Guidelines

Adams 12 Five Star Schools

Most Recent Adoption: November 1, 2017