

Adams 12 Five Star Schools

Wellness Policy

2014-2015 School-Level Data

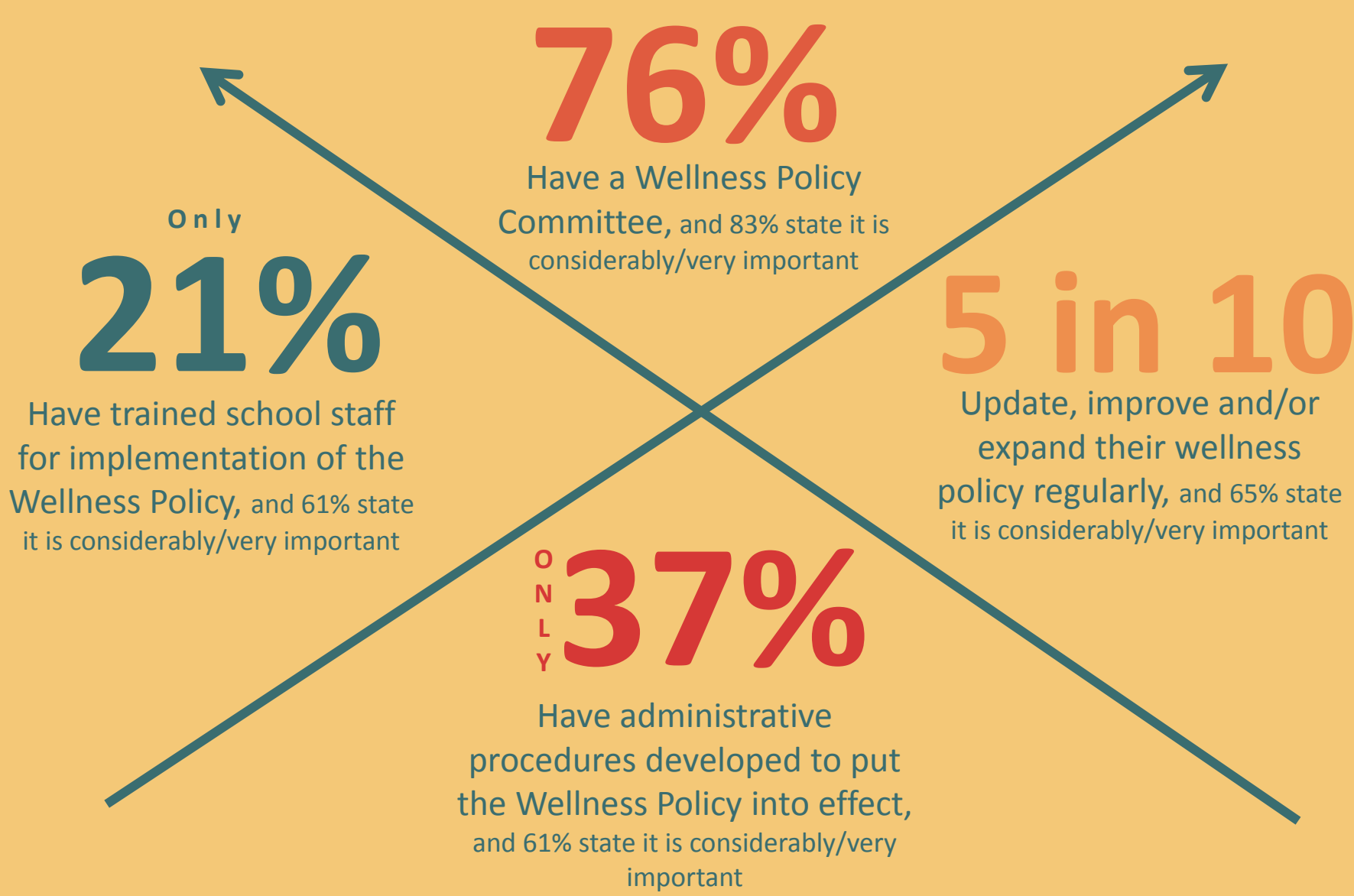
A look at existing Wellness Policy Knowledge • Barriers • Challenges • Support • Systems to inform on areas of strength, areas of progress, and areas for further growth.

Source: Healthy Schools Successful Students Database – Wellness Team Co-Leader Survey (25 Five Star District Schools), May 2015

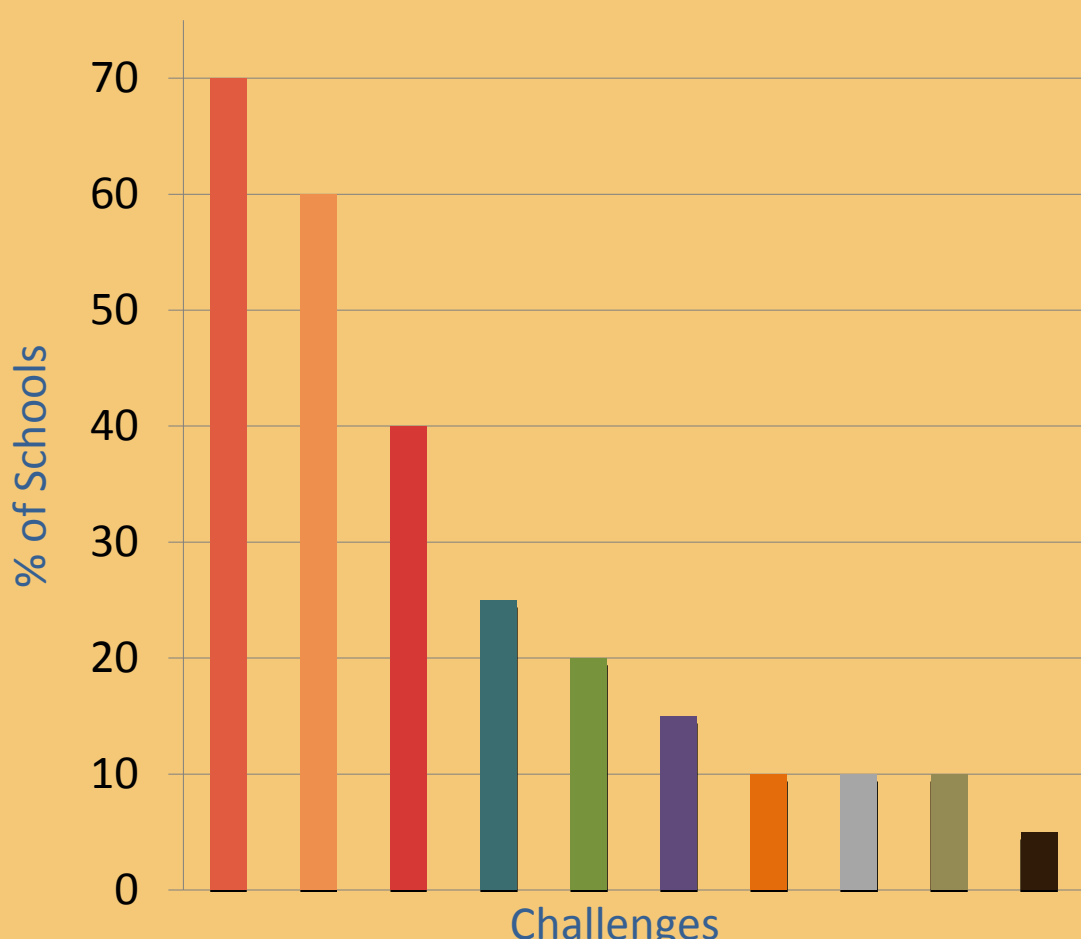
To what extent have the following components of the Adams 12 Five Star Schools District Wellness Policy been implemented in your school?



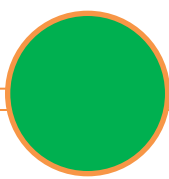
To what extent does your school have the following in place to a considerable extent or great extent?



Challenges with Wellness Policy Implementation



By focusing on providing resources, support and training around the most important and feasible challenges, the Five Star District can better implement the Wellness Policy.



Health & Wellness in Adams 12 Five Star Schools

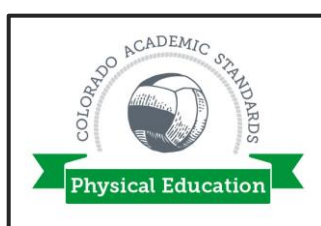
Nutrition & P.A.: 2014-2105

SOURCE Nutrition and physical activity data was collected from 25 Adams 12 Five Star District School Wellness Teams during the 2014-2015 school year through the Health Schools Successful Students Survey to provide greater insight into **areas of strength (in green)**, **areas of progress (yellow)**, and **areas for growth (red)** for Adams 12 Five Star District schools.

NUTRITION

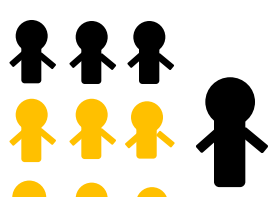
ONLY 42 % OF SCHOOLS ARE IMPLEMENTING CO Comprehensive Health Education Standards related to nutrition
(vs. 53% for all CO districts)

PHYSICAL ACTIVITY



94% OF SCHOOLS ARE IMPLEMENTING SEQUENTIAL CO Comprehensive P.E. Standards
(vs. 93% for all CO districts)

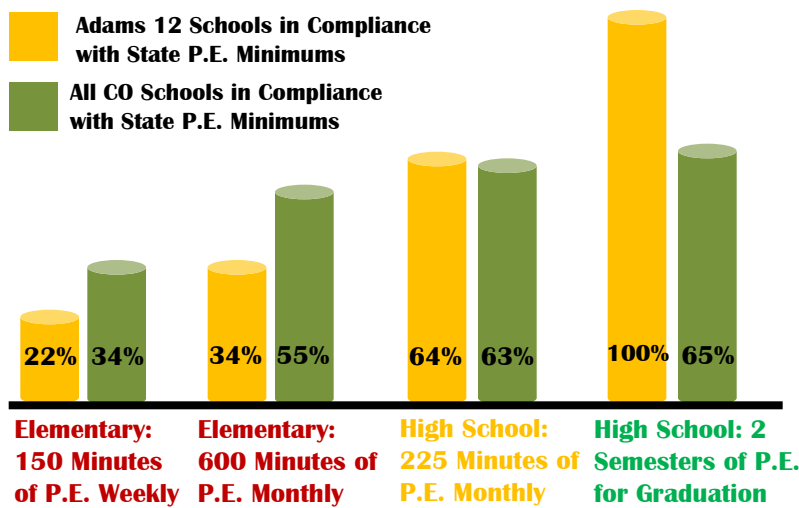
5.5 OUT OF 10 CLASSROOMS OFFER NON-FOOD & NUTRITIOUS OPTIONS FOR CLASS CELEBRATIONS
(also 5.5 of 10 for all CO districts)



5 IN 10 SCHOOLS PROHIBIT WITHHOLDING RECESS &/OR P.E. CLASS FOR DISCIPLINE, TESTING, ETC.
(vs. 44% for all CO districts)



ONLY 50 % of fundraisers OFFER NON-FOOD & NUTRITIOUS OPTIONS
(59% for all CO districts)
In alignment with CO Senate Bill 05-081



71% OF CLASSROOMS OFFER NON-FOOD REWARDS (66% for all CO districts)

ONLY 44 % OF SCHOOLS OFFER RECESS BEFORE LUNCH
(47% for all CO districts)



ONLY 1/3 OF HIGH SCHOOLS AVOID WAIVERS FOR P.E. CLASS
(44% for all CO districts)



(92% for all CO districts)

96% OF P.E. STUDENTS ARE MODERATELY OR VIGEROUSLY ACTIVE AT LEAST 50% OF THE CLASS TIME



87%

of schools provide organized physical activity (e.g., intramural sports, competitive or interscholastic sports, sports clubs, community activities or sports, safe routes to school, walking school bus, or classes) before and/or after the school day
(82% for all CO districts)

83% SCHOOLS

provide resources to enable teachers to integrate brain-based learning for all students



(77% for all CO districts)

The Adams 12 five Star Schools Health & Wellness Team exists to integrate health and wellness programs, policy and practice more deeply into the day-to-day life of schools and students in order to encourage development of the whole child — one who is academically successful, healthy, motivated and engaged.

