





# Adams 12 Five Star Schools Wellness Policy Guidelines



This document provides clarification and guidance to help support implementation of District Policy 3720 (Wellness Policy). It will also separate required policy components from recommended components.

## Healthy Learning Environment Wellness Policy Goal #1

Component	Details	Required	Recommended
Designed Environment	Provide a learning environment that enhances lifelong healthy behaviors and positively influences understanding, beliefs, and habits relating to: <ul style="list-style-type: none"> <li>• Health</li> <li>• Nutrition</li> <li>• Physical Activity</li> <li>• Mental Health</li> </ul> This includes supporting Mental Health Services and Health Services policies and procedures (District Policies listed in 5400 and 5500s).		
Provision and Use of Resources	The District Wellness Team will provide resources and best practices to support the learning environment of district schools. These best practices are not required to be implemented by Wellness Policy.		

# Nutrition

## Wellness Policy Goal #2


Component	Details	Required	Recommended
Foods and Beverages Sold in School	<p>The USDA Smart Snacks in School requirements apply to all schools participating in the National School Lunch Program.</p> <ul style="list-style-type: none"> <li>• Specific food and beverage standards are located on the <a href="https://www.usda.gov/food-education-and-promotion/smart-snacks">USDA Smart Snacks in School</a> webpage.</li> <li>• The nutrition standards address any food or beverage that is sold on campus during the extended school day (midnight until one half hour after the last class period), whether by staff, parents, or an outside organization, such as fundraising activities, items in school stores, vending machines, etc.</li> <li>• If a specific food or beverage item is in question, the following link contains a calculator which determines if a product meets the guidelines: <a href="https://schools.healthiergeneration.org/focus_areas/snacks_and_beverages/smart_snacks/alliance_product_calculator/">https://schools.healthiergeneration.org/focus_areas/snacks_and_beverages/smart_snacks/alliance_product_calculator/</a></li> </ul>	✓	
Fundraisers	<p>The Colorado Department of Education allows up to three exempt fundraisers per school building each year.</p> <ul style="list-style-type: none"> <li>• For any non-compliant food fundraiser, the <a href="#">Adams 12 Fundraiser Exemption Form</a> must be submitted for approval to Nutrition Services.</li> <li>• Approved exempt fundraisers must not exceed 7 consecutive days nor be sold within 30 minutes of any meal service time.</li> <li>• Foods not intended for immediate consumption (cookie dough, butter braids, etc.) or only sold to adults are exempt and do not require approval.</li> </ul>	✓	
Incentives, Rewards, Celebrations	<p>Foods and beverages made available at no cost to students including incentives, rewards, and celebrations (holiday, birthday, etc.) should include options of:</p> <ul style="list-style-type: none"> <li>• Fruits/Vegetables, Whole Grains, Low Fat Dairy</li> </ul> <p>These items should also be selected while being mindful of students with food allergies.</p>		✓
Foods and Beverages Marketed in School	<p>All food and beverage items marketed during the school day, on the school campus, must meet requirements of the Smart Snack Rule. <b>Exemptions include:</b></p> <ul style="list-style-type: none"> <li>• Health/nutrition education materials used in the classroom</li> <li>• Any event that takes place 30 minutes after the official end of the school day (sporting events, etc.)</li> <li>• The marketing of an exempt fundraiser that has been approved through Nutrition Services</li> <li>• The marketing of a food fundraiser with the intention of the food being consumed outside of the school day (cookie dough, butter braids, etc.)</li> <li>• Incentive programs such as restaurant nights or the sale of coupon cards</li> <li>• Brand name marketing (the use of product logos rather than a depiction of a specific product)</li> </ul>	✓	

# Physical Activity

## Wellness Policy Goal #3

Component	Details	Required	Recommended
Physical Activity Minutes	<ul style="list-style-type: none"> <li>▪ <b>Colorado State Law requirements for Physical Activity:</b> <ul style="list-style-type: none"> <li>▪ Elementary schools must provide the opportunity for students to engage in a minimum of 600 minutes of physical activity each month.</li> <li>▪ If a school currently provides more than 600 minutes they shall not decrease the amount of physical activity as a result of this law.</li> <li>▪ Although non-instructional physical activity can contribute to a portion of the 600 minutes, non-instructional physical activity shall not be substituted for standards-based physical education instruction</li> </ul> </li> </ul> <p>Middle and high school students shall be afforded opportunities for physical activity that are age appropriate.</p>	✓	
Physical Activity and Discipline	Physical activity should not be imposed nor taken away as a disciplinary action.		✓

## Implementation and Review

Component	Details	Required	Recommended
<p style="text-align: center;">District Health Advisory Committee</p>	<p>The District will convene a representative group of stakeholders invited through various media types. The committee is charged with the following:</p> <ul style="list-style-type: none"> <li>• Provide collaborative, strategic direction that promotes a healthy foundation for the school community through the whole child</li> <li>• Monitor the District’s progress on wellness policy goals</li> <li>• Serve as a resource to schools</li> <li>• Recommend revisions to the wellness policy</li> <li>• Evaluate compliance with the wellness policy a minimum of once every three years</li> <li>• Post evaluation results to the public through various media types</li> </ul>		
<p style="text-align: center;">School Wellness Teams</p>	<p>District schools are encouraged to form ongoing school wellness teams which convene to develop and implement school specific wellness plans or school health improvement plans (SHIPs). The wellness teams may also act as wellness champions within their school community and disseminate wellness related information to students, staff, and the community.</p> <p>Suggested school wellness committee member expectations can be found in the <a href="#">Whole Child Basics</a> document.</p>		