



Book	Board of Education Policies
Section	A Foundations and Basic Commitments
Title	School Wellness
Code	ADF
Status	Active
Legal	<p>Healthy Hunger-Free Kids Act of 2010</p> <p>Child Nutrition and WIC Reauthorization Act of 2004</p> <p>C.R.S. § 22-32-124 (nutritious choices in vending machines)</p> <p>C.R.S. § 22-32-134.5 (healthy beverages requirement)</p> <p>C.R.S. § 22-32-136 (policies to improve children’s nutrition and wellness)</p> <p>C.R.S. § 22-32-136.5(3)(a) and (b) (physical activity requirement)</p> <p>1 CCR 301-79 (healthy beverages rules)</p>
Adopted	June 1, 2006
Last Revised	June 14, 2016

The District recognizes:

1. The important connection between a healthy diet, physical activity, and a student’s ability to learn effectively and achieve high standards in school.
2. The school’s role as part of the larger community, to promote family health, physical activity, and nutrition education.
3. The sharing of food and physical activity are fundamental experiences for all people; are primary ways to nurture and celebrate our cultural diversity; and are excellent bridges for building friendships, and intergenerational bonds.

The District is committed to providing a school environment that enhances learning and the development of lifelong wellness practices.

Mission

To improve the health of the entire community by educating staff, students, and families on ways to establish and maintain life-long healthy eating and physical activity habits. The mission shall be accomplished through nutrition education, physical education, classroom academic content, and the food served in schools.

Goals

The District will create a District Wellness Committee to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The Wellness Committee also will serve as a resource to school sites for implementing those policies. The District Wellness Committee shall consist of individuals representing the school and community, and should include parents, students, and representatives of the school food authority, members of the Board, school administrators, teachers, health professionals, and members of the public. Any individual school that has a School Health or Wellness Team may appoint a representative to the District Wellness Committee.

The District Wellness Committee will develop guidelines and procedures that ensure:

1. No student attending Westminster Public Schools is hungry.
2. An economically sustainable meal program is in place that provides healthy and nutritious breakfast, lunch and after school snacks to every student so that students are prepared to learn to their fullest potential.
3. All foods and beverages available to students at school adhere to the most recent USDA regulations, the State of Colorado regulations, and District policy.
4. Maximum participation in the school meal program is encouraged through a coordinated plan that ensures adequate time is provided for students to sit down and eat meals (at least 20 minutes for lunch and 10 minutes for breakfast, not including time spent walking to and from class or waiting in the serving line).
5. In all schools, no food sales of any type, other than through Nutrition Services program, may take place 30 minutes before meals, during meal service, or 30 minutes after meal. These vended services are regulated by the Nutrition Services Department and shall meet current state regulations. High school level food sales outside regular Nutrition Service meal periods shall meet the most recent, USDA regulations, State of Colorado regulations and District policy.
 - Vending services are regulated by the Nutrition Services Department and shall meet current state regulations. All food sales, including school stores, outside regular Nutrition Service meal periods shall meet the most recent USDA regulations, State of Colorado regulations and District policy.
 - Foods and beverages offered or sold at school-sponsored events outside the school day will include foods that meet the nutrition standards for meals or for foods and beverages sold individually.
6. Elementary and middle level class parties at which food and snacks is/are provided to students, shall be held after that class's lunch period, unless that class does not meet after lunch. Schools should ensure that foods served meet the most recent USDA regulations, State of Colorado regulations and District policy. The District Wellness Committee shall develop guidelines for healthy or non-food parties and celebrations and will provide notice of its guidelines at least once per year to parents, teachers and staff.
 - Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually. Schools will not serve food that does not meet the most recent USDA regulations, State of Colorado regulations and District policy. The District will disseminate a list of healthy party ideas to parents and teachers.
7. Any snack food provided to students during any daily snack period shall conform to the USDA Dietary Guidelines. If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through District nutritional services and the National School Lunch Program.
 - Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The District will disseminate a list of healthy snack items to teachers, after-school program personnel, and parents.
8. Alternatives to using food or beverages are encouraged as rewards. If food or beverages are used as classroom rewards to motivate students, they must comply with most recent USDA regulations, State of Colorado regulations and District policy. The District Wellness Committee shall develop guidelines for non-food rewards in the classroom and will notify teachers, staff and parents at least once per year.
 - Schools shall not use foods or beverages that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.
9. To support children's health and school nutrition-education efforts, schools are encouraged to select fundraising activities that do not involve food or use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. The District will make available a list of ideas for acceptable fundraising activities.
10. Recognition that physical education is a crucial and integral part of a child's education, ensure that the students engage in healthful levels of vigorous physical activity and develop physical, mental, emotional and social well-being as directed by District curricula and state education code.
 - Daily Physical Education (P.E.) K-12 District Curriculum. All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 600 minutes/month for elementary school and middle and high school students) for the entire school year.

- Daily Recess. All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity through the provision of space and equipment.
 - School staff are encouraged to incorporate physical activity into all class periods and between lessons, and could include 1 -2 minute physical activity breaks or stretch breaks.
 - Extended periods of inactivity should be discouraged (i.e., periods of ninety minutes or more). When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.
 - All elementary, middle, and high schools will be encouraged to offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.
 - After-school child care and enrichment programs will provide and encourage daily periods of moderate to vigorous physical activity for all participants, by verbal instruction and through the provision of space, equipment, and activities.
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- Teachers and other school and community personnel shall not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.
 - Students shall not be restricted regularly from participating in physical education for the following reasons: discipline, incomplete assignments, to attend other classes, or for testing purposes, exclusive of suspension or District standardized testing.

11. District employees are aware of the importance of lifestyle behaviors that promote good health and provide employees information and resources on how to make changes that reduce their risk for chronic diseases.

12. This policy shall be distributed and publicized to the entire school community including classrooms, PTA/PTO, teachers, principals, administrators and community partners. Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the District will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The District, and individual schools within the District, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.