

WELLNESS REGULATIONS

The following regulations support the District Wellness Policy. It is the responsibility of the Chief Operations Office (COO) to ensure that the intentions of the board policy and regulations relating to wellness are met.

This policy does not apply to medically authorized special needs diets pursuant to 7 CFR Part 210, school health office staff using FMNV's during the course of providing health care to individual students or special needs students whose Individualized Education Plan (IEP) indicates their use for behavior modification.

All reimbursable meals shall meet federal nutrient standards as required by the U.S. Department of Agriculture Child Nutrition Program regulations.

Nutrition Education

The primary goal of nutrition education is for students to develop positive attitudes, behaviors, and the appropriate skills associated with lifelong healthful and enjoyable eating patterns.

- When possible, nutrition education will be incorporated within the school day in the classroom, cafeteria and elsewhere on school campuses.
- The District will provide training and information for nutrition services staff in the area of nutrition that will promote healthy eating patterns.
- Teaching staff is encouraged to involve nutrition services when meal choices offered at school would support and enhance academic achievement.
- State and district health and nutrition education curriculum standards and guidelines will be met or exceeded.
- The District will encourage parents, teachers, and school personnel to serve as role models in practicing healthy eating and being physically active.
- When possible, the district will provide information to families that encourages them to teach their children about health and nutrition and to provide nutritious meals for their families.

Physical Activity

The primary goal for the district's physical activity component is to provide opportunities for every student from K-12 to regularly participate in physical activity.

- State and district physical education curriculum standards and guidelines are met or exceeded.
- The district will provide physical activity opportunities to students with a suggested goal of 60 minutes per day including all recesses.
- Schools will be encouraged to hold fundraisers that are supportive of healthy eating and physical activity. Such activities could involve sale of healthful foods (as defined below), non-food items, or physical activity (i.e. students would earn money for how many steps they take, or for how many times they rode their bike for ½ hour) in place of the sale of less healthful food items. Schools shall be encouraged to have no more than 50% of their fundraising activities involve the sale of food or beverages and to restrict food-related fundraising activities until after the end of the last lunch period of the day.
- Teachers will be encouraged to integrate physical activity into classroom curricula.
- Whenever possible, each school will provide adequate space and age-appropriate equipment to encourage physical activity.

Nutrition Standards

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available. Schools will ensure that reimbursable meals are easily accessible to all students, and that foods sold or served to students outside of the school meal program will be considered healthful as defined by Colorado statute (see below for further definition).

Vending machines shall not be placed in areas easily accessible to students in grades PK – 6. Grades 7 – 12 may have access to food in vending machines as long as compliance to the federal and state competitive foods rules is adhered to. Vending machines placed in student areas shall not contain soda/carbonated beverages. Sixty percent of food and beverages offered in a vending machine shall meet the criteria for healthy food choices as defined in Colorado State statute. The Colorado statute defines healthful food and beverages as:

Healthful beverage means:

- Plain, unflavored, noncarbonated water;
- Milk, as that term is defined in section 25-5.5-101, C.R.S. and shall include but not necessarily be limited to chocolate milk, soy milk, rice milk, and other similar dairy or nondairy milk;
- One hundred percent fruit juices or fruit-based drinks composed of no less than fifty percent juice, without additional sweeteners; and

- An electrolyte replacement beverage that contains forty-two grams or fewer of additional sweeteners per twenty-ounce serving.

Healthful food means:

- Nuts, seeds, dairy products, fresh fruits or vegetables, dried fruits or vegetables, and packaged fruits in their own juice; and
- Any other food item containing:
 - ✓ Not more than thirty-five percent of total calories from fat and not more than ten percent of those calories from saturated fat; and
 - ✓ Not more than thirty-five percent of its total weight in sugar.

Schools and parents providing classroom snacks shall be encouraged to feature healthy choices.

Other School-Based Activities

Schools and facilities are encouraged to support the creation of an entire school environment, not just the classroom or cafeteria that is aligned with healthy school goals, providing consistent wellness messages.

The district is encouraged to:

- Schedule recess before lunch for grades K-5 when possible so children will come to lunch less distracted and ready to eat, encouraging them to consume more of their meal.
- Schedule lunch periods as near the middle of the day as possible.
- Provide enough space and serving areas to ensure student access to school meals with a minimum of wait time.
- Provide a minimum of 10 minutes for eating breakfast (not including recess time) and 15 minutes for eating lunch (not including recess time).
- Prohibit the use of food and/or physical activity as a reward or punishment in order to support healthy connections between the students and food/physical activity, as well as to help address the childhood obesity issue.
- At after-school concession stands, ensure that 25% of foods/beverages available are healthy as defined by Colorado statute.
- Support the maintenance of a clean, safe, enjoyable meal environment for students.

- Provide positive, motivating messages, both verbal and non-verbal, about healthy eating and physical activity throughout the entire school setting. All school personnel will help to reinforce these positive messages.

Measurement of Implementation and Monitoring Compliance

The Superintendent's designee will monitor the implementation of this policy by reporting the facility's progress and level of compliance each school year to the Chief Operations Officer (COO) using the district provided form.

Adopted: June 1, 2007

Revised: March 5, 2008

Revised: June 14, 2011