

School District 27J Wellness Policy

The Superintendent recognizes the strong link between health and academic success and that a healthy student is better prepared to learn. Therefore, School District 27J supports student well-being and academic achievement by supporting quality nutrition and regular physical activity as part of the total learning environment.

The district will maintain a district-wide District Health Advisory Committee to monitor the implementation of this policy, evaluate the district's progress on policy goals, recommend revisions to this policy as the council deems necessary and/or needed, and serve as a resource to schools.

To further these beliefs, the district adopts the following goals:

1. School District 27J will provide a comprehensive learning environment for developing and practicing lifelong healthy habits and behaviors.

The whole school environment shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits related to good nutrition, regular physical activity, and other school-based activities designed to promote lifelong health and wellness.

The goal of providing a comprehensive learning environment shall be accomplished by nutrition promotion, increased opportunities for physical activity during the school day, and supporting employee wellness initiatives.

In addition, any foods or beverages provided but not sold to students during the school day for celebrations, parties, rewards or incentives shall meet nutrition standards.

See Exhibits: 1, 2, 3, 4, 5

2. School District 27J will implement nutrition education and promote healthy dietary choices contributing to students' health status and academic performance.

Foods and beverages provided during the school day shall promote an environment that encourages and models nutritious eating habits and meets the USDA's Smart Snacks in Schools regulation.

All foods and beverages available on school grounds and at school-sponsored activities shall comply with a "50% healthy" rule. All schools shall comply with any state and federal rules regarding competitive food and beverages. Schools participating in the School Breakfast and/or National Lunch Program shall comply with related state and federal guidelines as defined by the United States Department of Agriculture (USDA) for all foods and beverages sold to students during the school day on school campus.

The goal of supporting and promoting proper dietary habits will be accomplished by defining healthy foods; monitoring that 50% of offerings meet the definition of healthy; employing a Food Service Director/Supervisor (properly qualified, certified/credentialed,

and a registered dietitian) to administer the food service program; ensuring that students have access to healthy foods and beverages; ensuring any food and beverages marketed and promoted to students on the school campus during the school day will meet or exceed

the USDA Smart Snacks in School nutrition standards and encouraging families, teachers, students, and school officials to participate in choosing healthy options at their schools.

See Exhibits: 2, 3, 5

3. School District 27J will provide opportunities for students to engage in daily physical activity.

A quality K-12 physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program from grades PK-12.

Physical activity should include regular instruction in physical education, in accordance with the district's content standards, as well as co-curricular activities and recess.

The goal of providing more opportunities for students to engage in physical activity shall be accomplished through high-quality, state- and federally-guided physical education programs, recess, extra-curricular activities, and integrated physical activity in the classroom.

See Exhibits: 4

Implementation and Policy Review

To help ensure each school's compliance with and implementation of this policy's goals, School District 27J Superintendent has been named as the school wellness policy coordinator who will be responsible for the district's wellness policy.

The district will maintain a District Health Advisory Council (DHAC). The council's purpose will be to monitor the implementation of this policy, evaluate the district's progress on the policy's goals, and provide the district wellness policy guidelines to schools for policy implementation. The council will serve as a resource for schools and periodically review and update the policy in accordance with federal law. The district will permit participation by the general public and school community including parents and students in the development and implementation of the wellness policy. DHAC meeting schedules as well as wellness policy progress reports will be made available to the public on the district Student Wellness website.

Reporting and Assessment of School's Progress Toward Goals

In conjunction with the Superintendent, The District Healthy Schools Coordinator will convene and facilitate development of any updates to the wellness policy and will monitor

and report to the community progress toward meeting health goals at least once every three years.

The council will assess this policy and its implementation, which will include an assessment at least every two to three years of each participating school's compliance and progress made in attaining the goals of this wellness policy.

The results of the council's assessments will be made available to the public, along with a copy of this policy.

The district shall retain records to document compliance with this policy, including but not limited to documentation concerning the council's triennial assessments, documentation of public involvement, and the district's efforts to review and update the local wellness policy, including who was involved in the process and how stakeholders were made aware of their ability to participate.

****Non-school personnel are not subject to these regulations (i.e., those renting 27J facilities for purposes other than student education).**

Adopted: August 08, 2006

Revised: August, 21 2014

Revised: June, 23 2017

LEGAL REFS: Section 204 of P.L. 108-265 (Child Nutrition and WIC Reauthorization Act of 2004)
Section 204 of P.L. 11-296 (Healthy Hunger-Free Kids Act)
C.R.S. 22-32-124 (nutritious choices in vending machines)
C.R.S. 22-32-134.5 (healthy beverages requirement)
C.R.S. 22-32-136 (policies to improve children's nutrition and wellness)
C.R.S. 22-32-1363.3 (trans fat ban)
C.R.S. 22-32-136.5 (physical activity requirement)

CROSS REFS: EF, Food Services
EFC and EFC-R, Free and Reduced-Price Food Services
EFEA*, Nutritious Food Choices
EFEA*-E, Guidelines for Nutritious Choices in Vending Machines
IA, Instructional Goals for Learning Objectives
IHAE, Physical Education
IHAM, and IHAM-R, Health Education
IHAMA, Teaching About Drugs, Alcohol and Tobacco
IHAMB and IHAMB-R, Family Life/Sex Education

District Health Advisory Committee

The District Health Advisory Committee (DHAC) will abide by the by-laws of all advisory teams in School District 27J (see policy AE-R-1). This is an advisement group meant for discussion, review, development, and integration of wellness activities and policies.

Mission/Purpose:

To create a culture of health and wellness as part of the total learning environment through good nutrition, regular physical activity, and implementing a coordinated approach to healthy schools.

Function:

- To implement and monitor the District Wellness Policy.
- To evaluate each schools progress on policy goals and recommend revisions to the policy as necessary.
- To advocate and advise district and school administrators, faculty and staff, parents, students, and community members about health and wellness activities and policies.
- To report to the Board, at a minimum once per school year, regarding wellness policy implementation and related goals and activities.

DHAC Members:

Council members may include representation from faculty, staff, students, parents, community members, district and school administrators, Board members, and wellness stakeholders in School District 27J.

Membership Commitments:

Members will be invited to join the council or join through an application process.

Members will be committed to serve on the council for one school year.

Members who cannot attend must be sure someone can fill their role so meetings are representative of stakeholders.

Leadership:

In conjunction with the Superintendent, The District Healthy Schools Coordinator will convene and facilitate development of any updates to the wellness policy and will monitor and report to the community progress toward meeting health goals at least every three years.

Each school principal will designate a School Wellness Champion, who will lead a Healthy Schools Team and measure and report to the DHAC on progress in meeting school level health goals and compliance with the policy annually.

Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement:

Recordkeeping:

The District will retain records to document compliance of the wellness policy.

Documentation will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating community involvement and communication requirements;
- Documentation of the triennial assessment of the policy for each school;

Annual Notification:

At the beginning of each school year, the District will notify parents, staff, and the community about the following:

- That the District has a wellness policy and where to access a copy of it;
- The name and contact information for the District Healthy Schools Coordinator and the Co-leaders responsible for the wellness policy at each site;
- Information on how individuals and the public can get involved with a review and updating the wellness policy and joining the DHAC or a Healthy Schools Team.

Three Year Progress Assessments:

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which the schools under the jurisdiction of the District are in compliance with the wellness policy;
- A description of the progress made in attaining the goals of the District's wellness policy.

The District Healthy Schools Coordinator is responsible for managing the three year assessment and will ensure that the Districts actively notifies parents, staff, and the community of the availability of the progress report.

Revisions and Updating the Policy:

The DHAC will update or modify the wellness policy based on the results of the three year assessments and/or as the District or community needs changes; wellness goals are met; and new federal or state guidance or requirements emerge.

Community Involvement, Outreach, and Communications:

The District will actively communicate how the community can participate in the development, implementation, and review/update of the wellness policy through a variety of means including:

- Electronic mechanisms, such as emails or notices on the District's website or social media, non-electronic mechanisms, such as newsletters, flyers/letters, presentations to parents,

Competitive Food Sold & Foods Available to Students on Campus

Competitive Food Sold/ Non-National School Meals Program

Per state guidelines for students in grades PK-12 ([1CCR 301-3](#)):

No food or beverage sales outside of the district's non-profit federally reimbursed food service program are allowed one half hour before the first meal period (breakfast and lunch) until one half hour after the end of the last meal period anywhere on campus.

Smart Snacks in Schools, per the Healthy Hunger Free Kids Act (Section 204 of [Public Law 111-296](#)):

The Healthy, Hunger-Free Kids Act requires schools participating in the USDA's School Meal Programs to implement nutrition standards for all snack foods and beverages sold to children at school during the school days; including:

- A la carte in the cafeteria
- In school stores
- Snack bar
- Vending machines
- Other venues

The school day is defined as the period from the midnight before, to 30 minutes after the end of the official school day. School campus is defined as all areas of the school property that are accessible to students during the school day.

Note- accompaniments must be included in nutrient profile as part of the item served; such as salad dressing, cream cheese, jelly, butter, garnishes, etc.

A snack food item must meet all of the competitive nutrient standards (defined as healthy foods below) *and* one of the following general standards:

1. Be a whole grain rich product; OR
2. Have as the first ingredient a fruit, vegetable, dairy product or protein food (meat, beans, poultry, etc.); OR
3. Be a "combination food" with at least $\frac{1}{4}$ cup fruit and/or vegetable; OR

"Healthy" foods are defined as meeting or exceeding the following nutrient standards:

Fats

- $\leq 35\%$ of total calories from Total Fat per item as packaged/served. Exemptions include:
 - Reduced fat cheese;
 - Nuts and seeds and nut/seed butters;
 - Dried fruit with nuts and/or seeds with no added sweeteners or fat;
 - Seafood with no added fat; and
 - Part-skim mozzarella
- $<10\%$ of total calories from Saturated Fat per item as packaged/served. Exemptions include:
 - Reduced fat cheese;

- Nuts and seeds and nut/seed butters;
- Dried fruit with nuts and/or seeds with no added sweeteners or fat;
- Part-skim mozzarella
- Zero grams (<0.5g) of Trans Fat per portion as packaged/served

Sugars

- ≤ 35% of weight from total sugars per item.
 - To calculate the percentage of sugar by weight: take the grams of sugar on the nutrition facts panel and divide by the total weight of the food in grams, then multiply by 100. The result will provide you with the percentage of sugar by weight. Do not round the result.

Sodium

- ≤ 480 mg sodium per entrée item
- ≤ 200 mg per snack/side dish item

Calories

- ≤ 350 calories per entrée item
- ≤ 200 calories per snack/side dish item

The following are **exempt** from meeting all nutrient standards:

- Fresh, frozen and canned fruit pack in water, 100% juice, light syrup or extra light syrup
- Fresh, frozen and canned vegetables with no added ingredients, except water
- Canned vegetables with small amount of sugar for processing

Healthy beverages are defined by the Colorado Healthy Beverages Policy ([1 CCR 301-79](#)) as:

The sale of beverages to students from any source includes, but is not limited to: school cafeterias, vending machines, school stores, and fund-raising activities conducted on school campuses.					
	Bottled Water	Fat free or low fat milk	100% Juice	No/ Low- Cal Bevs*	Other
Elementary	✓	≤ 8 oz. <150 cal/8 oz.	≤ 8 oz. <120 cal/8 oz.	X	X
Middle	✓	≤ 10 oz. <150 cal/8 oz.	≤ 10 oz. <120 cal/8 oz.	X	X
High School	✓	≤ 12 oz. <150 cal/8 oz.	≤ 12 oz. <120 cal/8 oz.	< 10 cal/ 8 oz. Diet soda not allowed	≤ 66 cal/8oz.
<ul style="list-style-type: none"> • Beverage standards apply to the extended school day, including but not limited to, before and after-school activities such as clubs, year book, band, student government, drama, and childcare programs • At least 50% of non-milk options must be water and or no/ low- calorie options at the high school level <ul style="list-style-type: none"> * No/ low- calorie beverages include unsweetened or diet teas, low calorie sport drinks, fitness waters, flavored waters, seltzers (plain carbonated water) • Milk includes nutritionally equivalent milk alternatives (per USDA) • A requirement that all students have access to a school facility with a sufficient number of functioning water fountains in accordance with local building codes, or other means to provide students with 					

sufficient water.

- Other beverages in High Schools only, per HHFKA:
 - Calorie-free beverages, maximum serving size of 20 fl. oz.
 - Other calorie-free and lower-calorie beverages
 - Up to 60 calories per 12 fl. oz. or up to 40 calories per 8 fl. oz. (low calorie sports drinks, low calorie tea, etc.)

Foods Available to Students

Fundraising	<ul style="list-style-type: none">• All food-based fundraisers sold during the school day on the school campus, must meet the Smart Snacks in Schools nutrition standards (Public Law 111-296)<ul style="list-style-type: none">○ Up to three exemptions to the standards will be allowed per school year; exempt fundraisers are determined by each school○ Only allowed for “infrequent” (three or fewer times per year) school-sponsored fundraisers○ The duration of an exempt fundraiser will be 10 days or less○ No more than two exempt fundraisers will be allowed at the same time○ Schools must maintain records for all foods and beverages sold outside of the school nutrition program for monitoring and audit purposes• All beverages sold to students for fund-raising activities on school campus prohibit all sugar-based sodas and other drinks and diet soda (Senate Bill 08-129, C.R.S. 22-32-134.5)• Every student has access to healthful items for fundraisers (access to healthful food choices, C.R.S. 22-32-136)• All fundraisers are encouraged to be healthy foods or beverages, non-food based, or health-related; such as: flowers, gift-wrap, sporting events, and family fun• 50% of all school fundraisers must be health focused.
Vending	<ul style="list-style-type: none">• At least 50% of all items offered in vending machines shall be healthful foods or healthful beverages (Senate Bill 04-103)• All beverages sold in vending machines prohibit all sugar-based sodas and other drinks and diet soda in public schools (Senate Bill 08-129, C.R.S. 22-32-134.5)• No foods with industrial trans-fats will be made to students during the school day and extended school day (Senate Bill 12-068)• Vending Machines must be turned off during cafeteria serving times (1CCR 301-3)• Contractors are required to slot healthy items in highly visible, desirable locations within machines.
School Stores and	<ul style="list-style-type: none">• No foods with industrial trans-fats will be made to students during the school day and extended school day (Senate Bill 12-068)

Concessions	<ul style="list-style-type: none"> • 50% of all foods sold at student stores must be healthy items (access to healthful food choices, C.R.S. 22-32-136) • All beverages sold in school stores prohibit all sugar-based sodas and other drinks and diet soda in public schools (Senate Bill 08-129, C.R.S. 22-32-134.5) • 50% of all foods available at after-school concession stands must be healthy items (access to healthful food choices, C.R.S. 22-32-136)
Celebrations	<ul style="list-style-type: none"> • Any school functions, such as: parties, celebrations, receptions, festivals, sporting events, etc. must have healthy food choice options available to students (access to healthful food choices, C.R.S. 22-32-136) • 50% of all foods and beverages available during school parties / celebrations must be healthy items • See suggested Party Food Ideas resource page
Rewards	<ul style="list-style-type: none"> • 50% of all rewards must be non-food items or a reward of physical activity (access to healthful food choices, C.R.S. 22-32-136) • Students must have access to healthful items for rewards in schools (access to healthful food choices, C.R.S. 22-32-136) • Food-based rewards must meet the Smart Snacks in School standards • Schools are encouraged to restrict using food as a discipline or reward for students • School staff will not use time allotted for physical activity as a discipline for students • See suggested Reward Ideas resource page
TCAP	<ul style="list-style-type: none"> • 100% of all snacks/beverages provided by the school available during TCAP testing must be healthy items, refer to pages 7 and 8 of policy.

Make sure the foods and beverages you're selling at school meet these requirements.

Access the Smart Snacks calculator at

https://schools.healthiergeneration.org/focus_areas/snacks_and_beverages/smart_snacks/product_calculator

Cafeteria/National School Meals Program

The 27J Nutrition Services Department will take every measure to ensure that student access to school meals and a la carte items meet federal, state, and local laws and guidelines. Food provided will offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools, and high schools.

School Lunches	<ul style="list-style-type: none">• School cafeterias are as pleasant an eating environment as possible, may include but are not limited to displays of student art, plants, natural light, small tables, and reduced noise• District nutrition standards will meet or exceed USDA and State of Colorado regulations, including offering fresh fruits and vegetables daily based on market and seasonal availability (SFSP, CFR 210 and 220)• All students have access to healthful food choices in appropriate portion sizes throughout the school day, including healthful meals in the school cafeteria with an adequate time to eat (access to healthful food choices, C.R.S. 22-32-136)• If recess is after lunch, it is recommended that there be 20 minutes after lunch is served of seat time to ensure that all children have adequate time to eat their meal
A la Carte	<ul style="list-style-type: none">• All foods/beverages sold in a la carte venues must meet or exceed the Smart Snacks in School nutrition standards (Section 204 of Pub. L. 111-296)
Cafeteria as a classroom	<ul style="list-style-type: none">• The availability of nutrition education in the school cafeteria as well as the classroom• The participation of schools in USDA nutrition programs such as “Team Nutrition” or “US Healthy Schools Challenge” and other nutrition education activities and promotions that involve students, parents and the community
Beverages	<ul style="list-style-type: none">• All schools participating in the National School Meals Program (National School Lunch and National School Breakfast Program) will meet or exceed USDA and State requirements for beverages sold in school cafeterias, vending machines, school stores, and fund-raising activities on school campus (see Exhibit 2)• All students have access to a school facility with a sufficient number of functioning water fountains in accordance with local building codes, or other means to provide students with sufficient water (access to healthful food choices, C.R.S. 22-32-136)

Physical Activity

School District 27J promotes increased opportunities for physical activity during the school day through daily recess periods, elective physical education classes, walking and biking programs, and the integration of physical activity into the academic curriculum.

Physical Activity is defined as:

- Physical Education classes
- Exercise programs
- Fitness breaks
- Recess
- Field trips that include physical activity
- Classroom activities that include physical activity

The Centers for Disease Control and Prevention (CDC) recommends **60 minutes** of physical activity daily for children and adolescents.

Physical Activity	<ul style="list-style-type: none">• Every student has access to age-appropriate daily physical activity (C.R.S. 22-32-136)• All public elementary schools are required to provide students with a minimum of 600 minutes of physical activity per month (30 minutes per school day) (House Bill 11-1069, Colorado's Physical Activity Law)• School staff and faculty will not use time allotted for physical activity as a discipline for students• Ensuring that all physical education classes offered by the school district are taught by persons who are licensed and endorsed to teach physical education (C.R.S. 22-32-136)• 27J encourages schools to follow recommendations of the National Association of Sport and Physical Education (NASPE).<ul style="list-style-type: none">➤ Recommendation is for schools to provide:<ul style="list-style-type: none">○ at least 150 minutes per week (30 min./day) for elementary students (H.B. 11-1069), and○ at least 225 minutes per week (45 min./day) for secondary students• 27J will implement and maintain a sequential physical education course of study consistent with the Comprehensive Health and Physical Education state standards• It is recommended that 60% of physical education class time be spent participating in moderate to vigorous physical activity (MVPA)• It is recommended that secondary schools administer a health-related fitness assessment to students to determine and create fitness goals and plans• Beginning at an early age, 27J recommends the introduction of developmentally appropriate components of a health-related fitness
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Recess	<ul style="list-style-type: none"> • 27J recommends that schools offer recess before lunch • If recess is after lunch, 27J recommends 20 minutes after lunch is served of seat time to ensure that all children have adequate time to eat their meals • If physical education class is not available daily, schools are recommended to have at least two 15-minute recesses to meet the required 30 minutes/day of physical activity for full-day elementary students (House Bill 11-1069) • 27J follows the National Parent Teacher recommendation of at least 20 min./day for recess for elementary students
Extra-curricular	<ul style="list-style-type: none"> • Increased opportunities for physical activity will be available through a range of before and after-school programs, including intramurals, interscholastic athletics, and physical activity clubs
Classroom Physical Activity	<ul style="list-style-type: none"> • Classroom faculty and staff for PK- 12 are encouraged to incorporate physical activity and movement (often referred to as “brain breaks” or physical activity interventions) into their classrooms with a minimum duration of one minute at least two times per hour. <ul style="list-style-type: none"> ○ Examples include standing, stretching, and doing energizers, such as: Fit Sticks, Just a Minute” (JAM) activities, Instant Recess, GoNoodle, Just Dance, etc. ○ See Ways to Increase Physical Activity in School resource page

Nutrition Education and Promotion

School District 27J recognizes that nutrition education and promotion provides students the tools, skills, and information needed to help them and their families make healthy choices every day.

In its broadest sense, nutrition education is *any combination of educational strategies designed to facilitate voluntary adoption of food choices and other food- and nutrition related behaviors conducive to health and well-being; . . . it is delivered through multiple venues and involves activities at the individual, community, and policy levels*" (Nutrition Education and Promotion, A Report to Congress, 2010).

Successful nutrition education uses a systematic approach and strategies that include a variety of activities to help the make positive behavior changes.

Nutrition Education	<ul style="list-style-type: none">• Nutrition education, such as posters, charts, and other signage promoting healthy eating, will be available in the school cafeteria as well as the classroom• Health and nutrition education, teaching students about the effects of nutrition and physical activity on their health in health class, physical education, and/or science classes at all levels• Staff will be given educational opportunities to inform them about nutrition and physical activity, including how to integrate these topics into their curriculum. These educational opportunities may include, but not be limited to:<ul style="list-style-type: none">○ The distribution of educational and informational materials;○ The arrangement of presentations and workshops that focus on nutrition and healthy lifestyles;○ Health assessments, fitness activities, and other nutrition and health-related topics• School District 27J encourages teachers to integrate health education, which includes nutrition content and curricula into core content areas, such as: math, science, social studies, and language arts, as applicable• Parents will be given educational opportunities to inform them about nutrition and physical activity, including information about healthful foods and beverages to provide to their child and to bring to school activities and events. These educational opportunities may include, but not be limited to:<ul style="list-style-type: none">○ Handouts, postings on the district website, articles, and other information provided in district or school newsletters;○ Presentations that focus on nutritional value and healthy lifestyles, and through any available channels to reach parents
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Nutrition Promotion	<ul style="list-style-type: none"> • School District 27J will promote healthy eating and physical activity to students, parents, school staff and faculty, and the community at school functions, such as: school registration, parent-teacher meetings, open houses, staff in-services, etc. • Provide healthy-eating tips and healthy living information for school and/or district newsletter or website, along with updates on school wellness team activities • School District 27J encourages school personnel to participate in employee wellness initiatives and act as role models for healthy eating • School District 27J encourages schools to become a Team Nutrition School to help them focus attention on nutrition education and promoting a healthy school environment • School District 27J promotes student and staff involvement in the 27J Community Garden and encourages the development of school-based “container” gardens to gain hands-on experience learning about healthy food
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