



BOARD-APPROVED POLICY OF DISTRICT 49

Title	School Wellness
Designation	ADF
Office/Custodian	Education/Coordinator of Health and Wellness

The District 49 (“the District”) Board of Education (“the Board”) recognizes that students need to be physically active and eat nourishing food to grow, learn and maintain healthy development. It further recognizes that a significant body of research indicates a positive correlation with optimal health, learning, and academic success.

The District will maintain a District-wide Wellness Advisory Council. The purposes of the council shall be to monitor the implementation of this policy, evaluate the District’s progress of the policy’s goals, serve as a resource to schools (i.e., provide lists of healthy incentives, snacks, etc.) and recommend revisions to this policy as the council deems necessary and/or appropriate. Representatives of the following groups but not limited to will sit on this committee: Physical Education, Teachers, Board of Education, School Administrators, Communications, School Health Professionals, Nutrition Services, Parent(s), and Student(s). The Wellness Advisory Council will meet a minimum of two times per school year and report to the school board through the Chief Education Officer at least once a year.

To further the Board’s beliefs stated above, the Board adopts the following goals:

Goal #1: Nutrition – The District will support and promote nutrition education, healthy nutrition choices, proper dietary habits contributing to student’s health status and academic performance to include the federal government guidelines.

Goal #2: Wellness Education – The District will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors including nutrition, physical activity and mental health for staff and students.

Goal #3: Physical Activity – The District will provide opportunities for staff and students to engage in physical activity.

The Wellness Advisory Council shall provide guidelines for building leaders on best practices for supporting school wellness.

These guidelines will be reviewed and revised as needed at a minimum of every three years. Since 2006, the district has maintained a wellness policy and has followed a model of continuous improvement for guidelines.

All schools have adopted the Whole School Whole Community Whole Child (WSCC) model and each site will maintain a WSCC team that will assist in the implementation of the Wellness Guidelines and the components of WSCC through their School Health Improvement Plans (SHIPs). The school WSCC team will submit their completed SHIPs to the wellness council annually.

WSCC is a health model that consists of ten interactive components. The ten components include: Family Engagement, Community Involvement, Health Education, Physical Education and Physical Activity, Health Services, Nutrition Environment and Services, Counseling, Psychological and Social Services, Physical Environment, Social and Emotional Climate, and Health Promotion for Staff. Each component strengthens the others and the overall goal is to LIVE HEALTHY!

- Adopted: May 17, 2006

- Revised: July 8, 2010
- Revised: May 12, 2011
- Revised: March 8, 2012
- Revised: July 19, 2012
- Revised: September 11, 2014
- Revised: May 11, 2017

LEGAL REFS:

- Section 204 of P.L. 111-296 (*Healthy, Hunger-Free Kids Act*)
- C.R.S. 22-32-136 (*policies to improve children's nutrition and wellness*)
- C.R.S. 22-32-136.3 (*trans fat ban*)
- C.R.S. 22-32-136.5(3)(a) and (b) (*physical activity requirement*)

CROSS REFS:

- ADF-R, Wellness Policy Guidelines
- EF, Food Services
- EFC, EFC-R, Free and Reduced-Price Food Services
- EFEA, Nutritious Food Choices
- GBGA, Staff Health
- IHAM, IHAM-R, Health Education
- IHAMA, Teaching About Drugs, Alcohol and Tobacco
- JLJ, Physical Activity