

Goal #1: The district will support a comprehensive school environment for teaching and learning by supporting a variety of activities/programs, enhancing the ability of our students, staff, families, and community to develop and practice lifelong wellness behaviors.

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence staff and student understanding, beliefs and habits as they relate to good physical and mental health. Such learning environments will teach students and staff to use appropriate resources and tools to make informed and educated decisions about lifelong wellness choices.

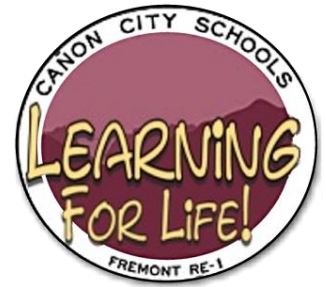
Goal # 2: In compliance with federal and state regulations, the school district will maintain standards to support and to promote healthy eating habits and nutritional education programs that contribute to an increase in student wellness and academic performance. These standards will include foods and beverages sold and/or served outside the USDA meal programs, during regular and extended school day hours.

A quality school environment includes providing sound nutrition that promotes student health, prevents and reduces childhood obesity, and provides assurance that all foods offered on a school campus meet the required standards. A wellness policy that supports quality food and nutrition programs helps assure our schools become a place where kids learn to lead healthier lives, eat nutritious foods and are prepared to learn.

Goal #3: The district will support opportunities before, during, and after school for students, staff, and the community in a variety of comprehensive physical activities that will enhance the ability to maintain physical fitness.

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity shall be included in a school's daily education program from grades K-12. Physical activity should include regular instructional physical education, in accordance with the district's and state's content standards, and may include, but need not be limited to, exercise programs, fitness/brain boosters, recess, field trips that include physical activity, and classroom activities that include physical activity.

Wellness Policy File 721



In November 2015, the Cañon City Schools Board of Education passed an updated wellness policy that had been in the works for more than a year. The policy better represents the needs of the Whole School, Whole Community, Whole Child (WSCC) model. To coordinate community efforts with a common goal to improve learning and health, the district has aligned policy, process and best practices into a local wellness policy to comply with federal and state laws and regulations.

Children who practice healthy wellness choices are more likely to benefit from improved health and an increase in learning and performance potential.

The CCSD's Board of Education (BOE) promotes student wellness and healthy schools by supporting student wellness education, as well as promoting good nutrition and regular physical activity as part of the total learning environment. Schools facilitate learning and contribute to the basic health status of students with the support and promotion of healthy eating habits, physical activity, and other student wellness education.

The Regional Wellness Advisory Team (RWAT) will support wellness in our schools by representing the interests of the WSCC constituents in the district and community. The purposes of the team shall be to monitor the implementation of this policy, evaluate the district's progress on this policy's goals, serve as a resource to schools (i.e. provide lists of healthy incentives, snacks), and recommend revisions to this policy as the team deems necessary and/or appropriate.

The policy is reviewed and evaluated annually in the spring, using the WellSAT 2.0 (Wellness School Assessment Tool) or other designated tool, and will be formally updated at a minimum of every 5 years. The WellSAT 2.0 results of the current policy are available at ccsnutrition.org.

To get involved with RWAT, please contact Kristi Elliott, District Wellness Coordinator at elliottk@ccsre1.org or (719) 276-5932. For more information and resources on how to help meet the goals, please visit fremontwellness.org and ccsnutrition.org.

Please see the wellness policy for specific components of the three goals.

Goal #1: The district will support a comprehensive school environment for teaching and learning by supporting a variety of activities/programs, enhancing the ability of our students, staff, families, and community to develop lifelong wellness behaviors.

- ❖ Promote staff wellness during work and professional learning days (see 1A)
- ❖ Integrate health/wellness education into all curriculum areas (see 1B)
- ❖ Advocate positive physical, mental, and social health choices, habits, and initiatives at any given opportunity throughout the year (see 1C)
- ❖ A suicide prevention/intervention program will be implemented (see 1D)
- ❖ School safety and violence prevention education and procedures will be established and required (see 1E)
- ❖ Playground equipment will be purchased that provides a high level of physical activity (see 1F)
- ❖ Health-promotion activities and incentives will be offered to students, staff, parents, and community to encourage positive wellness (see 1G)

Goal #2: In compliance with federal and state regulations, the school district will maintain standards to support and promote healthy eating habits and nutritional education programs that contribute to an increase in student wellness and academic performance. These standards will include foods and beverages sold and/or served outside the USDA meal programs, during regular and extended school day hours.

- ❖ Participate in the school Breakfast and/or National Lunch Program (NSLP) and comply with USDA and CDE rules and regulations (see 2A)
- ❖ All foods/beverages sold on campus during school hours (defined as midnight to 30 minutes after dismissal bell each day) shall meet or exceed the USDA and CDE requirements (see 2B)
- ❖ Nutrition info for all NSBL-served food is easily, readily accessible (see 2C)
- ❖ Create cafeteria environments conducive to a positive dining experience (e.g. socialization, proper conduct, displays of student art) (see 2D)
- ❖ Students will be allowed to remain in the cafeteria for at least 20 minutes of seated time to eat their lunch meal and 10 minutes of seated time to eat their breakfast meal (see 2E)
- ❖ Adults model healthy eating habits (see 2F)
- ❖ Free, safe, unflavored drinking water will be available to all students throughout the school day, including meal periods (see 2G)
- ❖ Students will be allowed to bring and carry (approved) water bottles, filled with water only, throughout the school day (see 2G)
- ❖ Healthy snack ideas will be available on ccsnutrition.org and any foods or beverages sold to students on campus during school (e.g. fundraising) will follow Smart Snacks and Competitive Food Rules (see 2H)
- ❖ Recess before lunch will be supported at all grade levels with appropriate hand washing facilities and/or hand-sanitizing mechanisms utilized prior to eating (see 2I)
- ❖ Locally grown produce sources will be provided whenever possible and affordable (see 2J)
- ❖ The use of non-food rewards, incentives, celebrations, and fundraisers will be strongly supported (see 2K)
- ❖ Foods and beverages may not be withheld, forced, or modified as a form of punishment in any classroom, on school district property, or in school-sponsored activities (see 2K)

Goal #3: The district will support opportunities before, during, and after school for students, staff, and the community in a variety of comprehensive physical activities that will enhance the ability to maintain physical fitness.

- ❖ Elementary schools are required to provide students with a minimum of 600 minutes of physical activity per month (30 minutes per day) (see 3A1)
- ❖ All 6-12 grade teachers should to take at least a 5-minute brain booster or incorporate active movement within each lesson, each period (see 3A1a)
- ❖ All K-5 classroom teachers will be encouraged to incorporate physical activity (e.g. brain boosters, active movement) in each lesson (see 3A1a)
- ❖ Teachers should not use recess or Physical Education (PE) time for other non-active clubs or activities (see 3A1b)
- ❖ Teachers are asked to not withhold opportunities for physical activity (i.e. recess, PE) as punishment or make-up time for other classes (see 3A1b)
- ❖ Teachers will not use physical activity as a form of discipline or punishment (see 3A1c)
- ❖ Opportunities for play or physical activity should be offered as often as possible, even as a reward in place of food (see 3A1d)
- ❖ Each school will have a plan for inside recess during inclement weather that promotes physical activity for students (see 3A1e)
- ❖ Field trips will include physical activity as much as possible at all grade levels (see 3A1f)
- ❖ PE for grades K-12 is required to be taught by a certified/licensed teacher who is endorsed to teach PE (see 3A2)
- ❖ Within each class, students will be moderately to vigorously physically active (MVPA) a minimum of 50% of the time (see 3A2a)
- ❖ Student-teacher ratios in PE classes will be the same as others (see 3A2b)
- ❖ All PE classes will model the Colorado State Standards-based PE curriculum and the SPARK and Five for Life curricular-enhancing materials (see 3A2c)
- ❖ PE curriculum revision will follow a formally established periodic review cycle congruent to other academic subjects (see 3A2c)
- ❖ Elementary students will receive PE for 60 minutes or more per week throughout the school year (see 3A2d)
- ❖ Middle school students will receive at least 1 semester of PE class each year (see 3A2d)
- ❖ All high school students will receive at least 1.0 credit of PE classes to meet graduation requirements (see 3A2d)
- ❖ All schools are required to administer a series of health-related fitness assessments annually to students at various grade levels including a cognitive assessment, student perception survey, and behavior log. All assessments and data will be utilized and recorded in WELNET (see 3A2e)
- ❖ The district shall provide K-12 physical educators with annual professional development opportunities that are focused on PE/physical activity topics and competencies specifically for PE teachers (see 3A2f)
- ❖ Student involvement in other activities involving physical activity (interscholastic or intramural sports and activities) will not be substituted for meeting the PE requirement (see 3A2g)
- ❖ Students are encouraged to use alternative modes of transportation (e.g. walking, biking) (see 3B1)
- ❖ K-12 clubs/activities should incorporate a minimum of a 10-minute physical activity break per meeting or gathering (see 3B2)
- ❖ The CCSD will partner with the community for the use of its facilities to public interest groups for the purpose of physical activity within and outside the school day (see 3B3)

Please see the wellness policy for specific components of the three goals.