



Canon City School District Wellness Policy

Updated, September, 2015

Pursuant to federal law, the following parties have jointly developed this school wellness policy:

The Cañon City School District (CCSD) has created the Regional Wellness Advisory Team (RWAT) to support wellness in our schools by representing the interests of the Whole School, Whole Community, Whole Child (WSCC) constituents in the district and community. It is comprised of community and civic leaders, parents, students, administrators, and district employees. The RWAT helps develop the wellness plans, facilitates its execution, and assures monitoring is completed. The RWAT meets quarterly throughout the school year to review and monitor the action plans associated with this policy as well as local and state-wide Healthy Kids Colorado Survey data, when available, typically completed fall semester of each odd year. 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, etc.), 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 minimum every 5 years. The RWAT met monthly during the 2014-15 school year to revise the policy to be in accordance with the federal reauthorization of the nutrition act (2010) now called **Healthy, Hunger-Free Kids Act** (Public Law 111-296); House Bills 11-1069 (Physical Activity law) and 07-1292 (Healthy Youth Act).

There are also 2 designated co-leaders at each school who oversee their building-level School Health Team. Together with their team, they help ensure sustainability through implementation of the district policy components. They also implement best and most-promising wellness practices outlined and communicated with staff, students, and parents in the form of standards, policies, goals and objectives included in their School Health Improvement Plans (SHIPs). The work identified in the SHIPs will be designed after recorded results and change over time from the annual Smart Source evaluation tool, or the district-level recommended assessment tool that best aligns with the 10 components of the WSCC model, identifying strengths and weaknesses of health and safety policies and programs at the school.

It is the responsibility of the CCSD Superintendent to ensure this policy and its accompanying Regulations and/or Exhibits are monitored annually. To get involved, please contact Kristi Elliott, District Wellness Coordinator at elliottk@ccsrel.org or (719) 276-5932. For more information on our programs and the progress reports for our district and schools, please visit our website at www.fremontwellness.org.

School Wellness

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

To further the CCSD's beliefs stated above, the district adopts the following 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 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.

This goal shall be accomplished with the following guidelines:

- A) The CCSD will actively promote educational opportunities focusing on staff wellness during staff work or professional learning days.
- B) The CCSD will support teachers in integrating wellness education into core curriculum areas such as math, science, social studies, and English language arts.
- C) The CCSD will actively promote positive physical and mental health choices, habits, and initiatives to students, parents, staff, and community members throughout the school year including, but not limited to, school registrations, open houses, parent-teacher meetings, and through CCSD wellness and nutrition websites.
- D) A district level suicide prevention liason will be designated by the superintendent. The district coordinator will coordinate the implementation of a suicide prevention and intervention program (and supporting SOP) to prevent, assess the risk of, intervene in, and respond to suicide.
- E) Because students cannot learn if they do not feel safe, CCSD will establish clear and specific procedures that focus on school safety and violence prevention. There will be clear and specific procedures required to examine school threats and truancy. A model will be created for consistent use across CCSD multidisciplinary teams.
- F) When considering new playground equipment, it is recommended to select equipment that provides a high level of physical activity for students and community enjoyment (i.e. open spaces, balls, hula-hoops, organized games.)
- G) The CCSD will continually enhance the availability of health-promotion activities and incentives (i.e. guest speakers, recreational demonstrations, and walking/fitness clubs) for students, parents, staff, and the community that encourage positive wellness behaviors including, but not limited to, regular physical activity and proper nutrition.

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.

This goal shall be accomplished with the following guidelines:

- A) All schools will participate in the School Breakfast and/or National Lunch Program and will comply with USDA and Colorado Department of Education rules and regulations for the administration of Healthy Foods and Beverages Policies. These standards are available at <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals> and <http://www.cde.state.co.us/nutrition> .
- B) All foods and beverages sold on campus during school hours (defined as midnight to 30 minutes after dismissal bell each day) shall meet or exceed the Standards of Healthy Foods and Beverages as defined by the USDA and the Colorado Department of Education.
- C) The CCSD shall make nutritional information accessible to students, parents, staff, and the community concerning the nutritional content of all foods and beverages served as part of the USDA National School Breakfast and Lunch Programs.
- D) The CCSD will support a cafeteria environment that is conducive to a positive dining experience. This may include, but not be limited to, promoting socialization among students and adults with supervision by adults who model proper conduct, displays of student art.
- E) 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.
- F) Staff and parents will be encouraged to model healthy eating habits as a valuable part of daily life.
- G) To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. The district will make drinking water available during meal periods. In addition, students will be allowed to bring and carry (approved) water bottles, filled with water only, with them throughout the school day.
- H) The CCSD will provide students, parents, and staff healthy snack ideas and other nutrition education resources on the district nutrition services website at www.ccsnutrition.org . It will be encouraged that snacks and beverages for school parties and functions before, during, and after school be purchased from the district Nutrition Services Department and meet the Smart Snacks and The Standards of Healthy Foods and Beverages as defined by the USDA and the Colorado Department of Education. Any foods or beverages sold to students on the school campus during the school day, separate and apart from the school meal program **to include fundraising**, shall follow Smart Snacks and Competitive Food Rules. These standards are available at <http://healthymeals.nal.usda.gov/smartsnacks> .
- I) Recess before lunch will be encouraged at all grade levels. If recess is offered before lunch, schools will have appropriate handwashing facilities and/or hand sanitizing

mechanisms located just inside/outside the cafeteria and students are required to use mechanisms before eating.

- J) The CCSD shall support the Nutrition Services Manager's discretion with providing fresh produce daily for school lunch and choosing "locally grown" produce sources, whenever possible and affordable.
- K) The CCSD shall support the use of non-food items by staff as rewards for student accomplishments. If foods or beverages are used as rewards for student accomplishments, they will meet the Standards of Healthy Foods and Beverages <http://healthymeals.nal.usda.gov/smartsnacks> . The district will provide teachers and other relevant school staff a list of alternative ways to reward children. 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.
- L) All Nutrition Services staff is trained in accordance with the USDA Professional Standards. These standards are available at <http://www.fns.usda.gov/sites/default/CN2014-0130.pdf> .

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.

This goal will be further accomplished with the following guidelines:

- A) Meet requirements for physical activity at all levels within school day.
 - 1. A requirement that periods of physical activity be provided for elementary students in accordance with policy File 724: Physical Activity and consistent with requirements of state law (HB 11-1069). In accordance with HB 11-1069 Section 3(a)(I) all public elementary schools are required to provide students with a minimum of 600 minutes of physical activity per month (30 minutes per day), during the school day.
 - a. All K-12 teachers will be encouraged to incorporate physical activity (brain boosters or active movement) within each lesson. Secondary teachers are encouraged to take at least a 5-minute brain booster or incorporate active movement within each lesson throughout each class period. These physical activity breaks will complement, not substitute for, physical education class, recess, and class transition periods.

- b. Teachers will be encouraged to not use recess or PE time for other non-active clubs or activities. Also, teachers are asked to not withhold opportunities for physical activity (e.g. recess, physical education) as punishment or make-up time for other classes.
 - c. Teachers will not use physical activity as a form of discipline (punishment).
 - d. Opportunities for play or physical activity should be offered as often as possible, even as a reward in place of food.
 - e. Each school will have a plan for “inside recess” during inclement weather that promotes physical activity for students, to the extent possible.
 - f. It will be encouraged to provide field trips that include physical activity as much as possible at all grade levels.
2. Physical education for grades K-12 is required to be taught by a certified/licensed teacher who is endorsed to teach physical education.
- a. Within each physical education class, students will be involved in moderate to vigorous physical activity (MVPA) a minimum of 50% of the time.
 - b. Student to teacher ratios in physical education classes will remain the same as other classes.
 - c. The district’s comprehensive Colorado State Standards-based physical education curriculum along with the SPARK and Five for Life curricular-enhancing materials, identify the progression of skill development in grades K-12. Physical education curriculum revision will follow a formally established periodic review cycle congruent to other academic subjects.
 - d. All CCSD elementary students will receive physical education for 60 or more minutes per week throughout the school year. At the middle school level, all students will receive at least one semester of physical education class each school year. Finally, at the high school level, all students will receive at least 1.0 credit of physical education classes to meet graduation requirements.
 - e. A requirement that schools administer a health-related fitness assessment annually to students at various grade levels to help students determine their own level of fitness and create their own fitness goals and plans. This also includes a cognitive assessment, a student perception survey, and a behavior log. All assessments and data will be utilized and recorded in WELNET, the district-approved physical educators tool to enhance learning.
 - f. The district shall provide K-12 physical educators with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers.

- g. Student involvement in other activities involving physical activity (interscholastic or intramural sports and activities) will NOT be substituted for meeting the physical education requirement.

B) Increase opportunities for physical activity outside of school time.

1. The school district will encourage students to use alternative modes of transportation, such as walking and biking.
2. It will be encouraged that all K-12 clubs/activities (especially non-active ones) incorporate a 10-minute physical activity break per meeting or group/team gathering.
3. 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. (i.e. Cañon City Area Recreation & Park District)

LEGAL REFS.: Section 204 of P.L. 111-296 (Healthy, Hunger-Free Kids Act)

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. [22-32-136.5](#)(3)(a) and (b) (physical activity requirement)

1 CCR [301-79](#) (State Board of Education - healthy beverages rules)

CROSS REFS.: [EF](#), Food Services

[EFC](#), Free and Reduced-Price Food Services

[EFEA*](#), Nutritious Food Choices

[IA](#), Instructional Goals and 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

[JLJ*](#), Physical Activity

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