WELLNESS

CSI is committed to ensuring CSI schools and schools participating in the CSI School Food Authority (SFA) are supporting wellness through good nutrition, regular physical activity, and an environment that supports the health and wellness of students and staff. To this end, the CSI SFA has established and maintains a Wellness Committee responsible for monitoring the implementation of this policy, evaluating progress on policy goals, serving as a resource to schools, and recommending revisions to this policy as deemed necessary and/or appropriate.

Each CSI school and schools participating in the CSI School Food Authority is required to comply with this policy and designate a nutrition contact to coordinate and monitor the implementation of this policy, as applicable. Furthermore, each participating school shall strive to create a healthful school environment by pursuing the following goals.

# Goal 1- Nutrition Education

Schools will provide a learning environment for developing and practicing lifelong wellness behaviors. Goal 1 shall be accomplished by the following objectives:

* The school environment shall promote students’ understanding of quality nutrition, increase knowledge of food choices, and establish habits as they relate to optimal nutrition. This environment will provide students with appropriate resources and tools to make informed and educated decisions about lifelong healthy eating habits.
* Schools shall incorporate a component of nutrition education curriculum into the school day across all grade levels throughout the year. Schools will also provide healthful messages in school communications.
* Schools will have resources available to the public for obtaining community food resources.

# Goal 2- Nutrition Promotion and Student Wellness

Schools will support and promote proper dietary habits contributing to students’ health status and academic performance. Goal 2 shall be accomplished by the following objectives:

* Schools participating in the federal School Breakfast and/or National School Lunch Program will comply with USDA regulations and state policies as they may be amended and in accordance with [CRS 22-32-136.](https://codes.findlaw.com/co/title-22-education/co-rev-st-sect-22-32-136/)
* Schools that participate in the federal National School Breakfast and Lunch Programs will adhere to the USDA Smart Snacks Rule.
  + Food and beverages sold during the school day (including school cafeterias, school stores, fundraising activities and vending machines) must meet the requirement of the Smart Snack Rule. The school day is defined as midnight to 30 minutes after the final dismissal bell.
  + Colorado Department of Education Office of School Nutrition allows up to three exempt fundraisers per school building each year. Exemptions for fundraisers must be requested and the school’s nutrition services department must approve prior to the fundraiser occurring.
  + Each Schools Nutrition Services team must maintain records documenting compliance with fundraising exemptions.
* All food and beverage items marketed during the school day must meet Smart Snack Rule Requirements. Exemptions include:
  + Nutrition Education materials used in the classrooms.
  + Any event that takes place 30 minutes after the school day such as sporting events
  + Marketing of an exempt fundraiser that has been approved by the schools Nutrition Team.
  + Marketing of food fundraisers where the product will be consumed outside the school day, for example butter braids, cookie dough.
  + Brand name only marketing.
  + Displays of art and health education information, including nutrition promotion, in the school setting are encouraged.
* Schools are encouraged to provide access to healthful food choices outside of Child Nutrition Program operation on the school campus in accordance with the most current Dietary Guidelines for Americans. Schools should consider alternative options for students with food allergies. Schools shall ensure that students will be provided with a minimum of 10 minutes of seated time to eat breakfast and 15 minutes of seated time to eat lunch in settings that comply with local public health and safety regulations or as prescribed by state requirements. Schools must not deny meals as a disciplinary action. Staff are encouraged to use non-food items as rewards as a first choice to encourage positive behavior. When offered, incentives, rewards and celebrations that include food should include healthy varieties, with an emphasis on fruits, vegetables, low-fat dairy and whole grains. School Cafeteria’s must ensure that all students, regardless of socioeconomic status (Free, Reduced, or Paid status), cultural identification, and special dietary needs are treated equally. Schools will protect the privacy of all students Free, Reduced, or Paid status. Schools will ensure that free drinking water (plain and quality water) will be available in the cafeteria for all students. If a water fountain is in the cafeteria, cups will be provided free of charge.
* All school nutrition program directors, managers and staff will meet USDA Professional Standards for Child Nutrition Professionals hiring and annual continuing education/training requirements.
* Faculty and staff are encouraged to model healthful eating behaviors to students. Students are less likely to adhere to nutrition policies if faculty and staff are consuming food and beverages that do not align with the school policy.

# Goal 3- Physical Activity

Schools will provide opportunities for students to engage in physical activity as described in [CRS 22-32-](https://codes.findlaw.com/co/title-22-education/co-rev-st-sect-22-32-136-5/)

[136.5](https://codes.findlaw.com/co/title-22-education/co-rev-st-sect-22-32-136-5/) Goal 3 shall be accomplished by the following objectives:

* All students in elementary schools will have the opportunity, support, and encouragement to be physically active during the school day. Examples may include, but are not limited to, recess periods, physical education classes, and the integration of physical activity into the academic curriculum. Physical activity shall be age appropriate, and the amount of physical activity will be consistent with all requirements of state law.
* Middle and high schools are encouraged to offer age-appropriate opportunities for students to be physically active during the school day.
* Schools are highly discouraged from withholding recess or requiring physical activity as a form of discipline.
* The school environment shall positively influence a student’s understanding, beliefs, and habits as they relate to regular physical activity. This environment will provide students with appropriate resources and tools to make informed and educated decisions about beneficial physical activity.

Legal References:

42 U.S.C.1751, *et seq* - Healthy Hunger-Free Kids Act 42 U.S.C. 1771 *et seq* - Child Nutrition Act

C.R.S. 22-32-134.5 - beverage limitations

C.R.S. 22-32-136 *et seq* - healthy alternatives

C.R.S. 22-82.8-101 *et seq* - Breakfast After the Bell Nutrition Program

1 CCR 302-2 - Rules for the Administration of the Healthy Beverages Policy 1 CCR 301-79 - State Board of Education – Healthy Beverages Rules