



**SCHOOL HEALTH AND SAFETY  
ADVISORY  
COUNCIL VISION**

The SHSAC envisions a standardized, consistent health system throughout the 9-R School District. This system promotes home, school and community involvement to educate and ensure life-long health habits for our youth.

**Healthy students are better learners!**

**DURANGO SCHOOL DISTRICT 9-R  
WELLNESS POLICY ACTION PLAN**  
<http://health.durangoschools.org/health-wellness>

**JUNE 2006 (REVISED 2010, 2012, 2013)**  
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This action plan is a dynamic document that refers to Board Policy School Wellness  
The District will incorporate regulations reflecting the eight components of coordinated school health.

# Durango School District 9-R Wellness Policy Action Plan

## What is Durango doing to help schools meet the requirement?

Members of the School Health and Safety Advisory Council (SHSAC) and the District Health and Safety Team (DHST) began working in April of 2004 to develop a district action plan model that:

- Builds upon the best wellness policies from across our state and the nation;
- Reflects input from experts in the fields of food service, nutrition education, physical education and health;
- Considers feedback from the many groups impacted by the wellness policy action plan; and
- Provides for consensus, flexibility and local control.

### Next steps are as follows:

- Jan-May, 2005.....DHST and partners will provide educational information and seek input on the Durango wellness policy action plan from school personnel, students, parents and the community.
- Ongoing.....DHST and partners will provide technical assistance to district personnel to support their efforts to adopt and/or adapt the Durango School District 9-R wellness action plan to their school level needs.
- July 2006.....All schools will have a wellness action plan in place using the **basic level of this document as a minimum requirement**. This action plan will be incorporated into each school's 2006-2007 school program.
- 2006-2007.....The DHST will review, revise and expand the wellness policy to include additional components of wellness including but not limited to mental health, physical health, family and community health and staff health.
- 2006-2007.....The DHST will establish a plan for measuring the impact and implementation of the wellness policy.
- 2007 – present .....Implementation and monitoring of wellness policy

The entire approach is designed to support schools' efforts to create a healthier environment for students and staff based on highly credible action guidelines, flexibility and local school needs.

# Durango School District 9-R Wellness Policy Action Plan

Why is there a school wellness policy ?  
How is the 9-R wellness policy  
action plan structured?

The 2004 Federal Child Nutrition and WIC Reauthorization Act <http://www.fns.usda.gov/tn/healthy/108-265.pdf> included a requirement that school districts establish a local wellness policy as a condition of receiving federal meal reimbursement. This policy must address the following 3 areas:

1. Nutrition
2. Nutrition Education
3. Physical Activity

Understanding the 9-R wellness policy action plan is the first step to using it. The expectation is that all Durango schools will meet the basic level and are encouraged to work toward advanced level.

- The **BASIC** level meets all requirements of current federal and state laws.
- The **ADVANCED** level incorporates all laws for the basic level plus best practices.

How do schools implement and  
monitor the action plan?

The action plan serves as the foundation for establishing a flexible school plan to meet federal and state laws and best practices. The 2010 Healthy, Hunger Free Kids Act [http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2011/SP42-2011\\_os.pdf](http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2011/SP42-2011_os.pdf) requires schools to strengthen local wellness policies by adding systems for public input, transparency and implementation.

There are several steps involved.

- Organize a school wellness team with representation from all eight components of the Coordinated School Health model.
- Review the Durango 9-R Wellness Policy Action Plan.
- Assess implementation of the wellness policy action plan using the district **Wellness Policy Monitoring Tool**.
- Develop a school specific action plan to meet the basic level and best practices.
- Evaluate and report success of action plan.
- For further information go to [www.durangoschools.org](http://www.durangoschools.org) or <http://www.actionforhealthykids.org/> or <http://www.cdphe.state.co.us/pp/COPAN/COPAN.html>.

# Durango School District 9-R Wellness Policy Action Plan – Part 1. Nutrition

CATEGORY:	BASIC State and Federal Laws	PERSON RESPONSIBLE:	ADVANCED - All Schools are Encouraged to Adopt these Best Practices
<p><b>SCHOOL MEALS</b> National School Lunch Program (NSLP) School Breakfast Program (SBP)</p> <p><b>A LA CARTE</b> All other food and beverage items sold by nutrition services in the school.</p> <p>DEFINITION: <b><u>Foods of Minimal Nutritional Value (FMNV)</u></b> are those foods as defined in federal regulations for the National School Lunch Program (7CFR Part 210) and the School Breakfast Program (7CFR Part 220). FMNV includes all soda water, water ices, chewing gum, certain candies, hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy and candy coated popcorn; except for individual items in these categories that have been specifically exempted by the U.S. Department of Agriculture.</p>	<p>All menus meet the state and federal requirements for NSLP and SBP under the <b>Healthy, Hunger Free Kids Act, Section 210</b>. This section refers to the outlines for breakfast and lunch meal patterns including required nutrition components per grade level.</p> <p>Drinking water is available during meal service.</p> <p><b>UDSA Regulation:</b> The sale of Foods of Minimal Nutritional Value or FMNV is prohibited (see definition in left column).</p> <p><b>SB 12-068 Trans Fat law.</b> Processed foods and beverages made available to students by public schools on school grounds throughout the extended school day contain 0 grams of trans fat per serving.</p> <p><b>SB 08-129 The Healthy Beverage Law.</b> Beverages sold are limited to water, 100% fruit juice and low fat /nonfat milk.</p>	<p>Student Nutrition Supervisor</p>	<p><b>SB 05-81</b> This law encourages schools districts to adopt best practices around healthful eating.</p> <p><b>Competitive Foods and Beverages Sold in Schools, Section 208</b> – pending. Will be in place 2014-15. Restricts calories to 200 and sodium to 230mg per portion plus requirements for food groups and/or nutrients of public health concern,</p> <p>Students have <math>\geq 10</math> minutes to eat breakfast and <math>\geq 15</math> minutes to eat lunch. This does NOT include time spent walking to/from class or waiting in line or washing hands.</p> <p>Recess is scheduled before lunch.</p> <p>District staff works with local farmers to provide local produce and other locally produced foods at the school sites.</p> <p>Adequate certified supervision is provided during lunch periods.</p> <p><math>\geq 40\%</math> of foods offered shall be non- preprocessed.</p> <p><b>BREAKFAST</b></p> <ul style="list-style-type: none"> <li>• At least <b>50%</b> of pre-packaged cereals offered contain: not more than 35% of weight from total sugar (or less than 9g. per 100 calories).</li> <li>• All fruits and vegetables are fresh or frozen.</li> <li>• Non-flavored low-fat (1%)-and/or skim (nonfat) is/are offered daily.</li> </ul> <p><b>LUNCH</b></p> <ul style="list-style-type: none"> <li>• At least 3 choices of fruits and/or vegetables are offered daily.</li> <li>• Fresh fruit or vegetables are offered at least 3 days a week.</li> <li>• Non-flavored low-fat (1%) and/or skim (nonfat) are offered daily.</li> <li>• Low fat condiments are offered.</li> <li>• Desserts with more than 5g. of fat per serving are offered no more than twice a week.</li> </ul>

## Durango School District 9-R Wellness Policy Action Plan – Part 1. Nutrition

<b>CATEGORY:</b>	<b>BASIC</b> State and Federal Laws	<b>PERSON</b> <b>RESPONSIBLE</b>	<b>ADVANCED - All Schools are</b> Encouraged to Adopt these Best Practices
<p><b>VENDING</b></p> <p><b>Machines, School Stores and Concessions</b></p>	<p><b>SB 12-068 Trans Fat law .</b> . Processed foods and beverages made available to students by public schools on school grounds throughout the extended school day contain 0 grams of trans fat per serving.</p> <p><b>SB 08-129 The Healthy Beverage Law.</b> Beverages sold are limited to water, 100% fruit juice and low fat /nonfat milk. School related events where parents and other adults are a significant part of an audience are exempt from this rule.</p> <p><b>2202-R-203.00 Colorado Competitive Foodservice Policy:</b> No food or beverages may be made available to students outside of the district's food service program 30 minutes before the first scheduled breakfast/lunch period until 30 minutes after the last breakfast/lunch period anywhere on the school campus.</p>	<p>School Administration</p>	<p><b>Competitive Foods and Beverages Sold in Schools Policy Section 208</b> – pending , will be in place 2014-15 Restricts calories to 200 and sodium to 230mg per portion plus additional requirements for food groups and/or nutrients of public health concern,</p> <p><b>SB 08-103</b>– encourages at least <b>50%</b> of items offered in vending machines meet all of the following criteria per selling unit:</p> <ul style="list-style-type: none"> <li>• fat – except for nuts, seeds and nut butters, not more than 35% of total calories from fat (or less than 4g per 100 calories)</li> <li>• sugar – except for fruit without added sugar, not more than 35% of weight from total sugar (or less than 9g per 100 calories)</li> <li>• calories – not more than 200 calories per selling unit</li> </ul> <p>The time of day that that competitive foods are sold on school property in areas accessible to students is limited to:</p> <ul style="list-style-type: none"> <li>• in elementary and middle schools until after the end of the school day</li> <li>• in high schools until one hour after the end of the last lunch period</li> </ul> <p>The vending contract shall include the acceptable standards for food and beverage as listed under basic.</p>

## Durango School District 9-R Wellness Policy Action Plan – Part 1. Nutrition

<b>CATEGORY:</b>	<b>BASIC</b> State and Federal Laws	<b>Person Responsible</b>	<b>ADVANCED – All Schools are Encouraged to Adopt these Best Practices</b>
<p><b>DURING THE SCHOOL DAY</b> Classroom Parties &amp; Celebrations Classroom Rewards Fundraisers Intramural Events</p>	<p><b>2202-R-203.00 Colorado Competitive Foodservice Policy:</b> Classroom parties, celebrations, fund raising activities and other special events involving food/beverages will not be held 30 minutes before the first scheduled lunch /breakfast period, during the lunch/breakfast periods OR until at least 30 minutes after the end of the last breakfast /lunch period.</p> <p><b>SB 12-068 Trans Fat law . .</b> Processed foods and beverages made available to students by public schools on school grounds throughout the extended school day contain 0 grams of trans fat per serving. Foods and beverages brought in by parents are exempt from this rule.</p>	<p>School Administration</p> <p>Classroom Teachers</p>	<p>All foods and beverages offered at classroom parties, celebrations and other special events are in compliance with; the <b>Healthy, Hunger Free Kids Act, Section 210, SB 08-129 The Healthy Beverage Law and SB 12-068 The Trans Fat Law,</b></p> <p>Students are allowed to have individual water bottles in the classroom.</p> <p>Rewards will be non-food related.</p> <p>Fundraising activities involve the sale of non-food items or foods/beverages of nutritional value as defined by the <b>Healthy Hunger Free Kids Act, Section 210.</b></p> <p>Parents, teachers and organizations are informed about the guidelines and are encouraged to follow them.</p> <p>It is strongly encouraged that district staff works with local farmers to provide local produce and other locally produced foods at the school sites</p>
<p><b>AFTER SCHOOL PROGRAMS</b></p>	<p>Snacks served under the USDA After School Care Snack Program comply with all applicable federal regulations and state policies.</p> <p><b>SB 12-068 Trans Fat law . .</b> Processed foods and beverages made available to students by public schools on school grounds throughout the extended school day contain 0 grams of trans fat per serving</p>	<p>School Administration</p> <p>Afterschool Enrichment Supervisor</p>	<p>It is strongly encouraged that district staff works with local farmers to provide local produce and other locally produced foods at the school sites.</p> <p>A Healthy Snack is defined as two or more items from different food groups that are served as a unit. On all days of the week, snacks meet the following standards: fat – except for nuts, seeds and nut butters, not more than 35% of total calories from fat (or less than 4g per 100 calories) sugar – except for fruit (without added sugar) and milk, not more than 35% of weight from total sugar (or less than 9g per 100 calories).</p>

## Durango School District 9-R Wellness Policy Action Plan - Part 2. Nutrition Education

<b>CATEGORY:</b>	<b>BASIC</b> State and Federal Laws	<b>Person Responsible</b>	<b>ADVANCED – All Schools are Encouraged to Adopt these Best Practices</b>
<b>CLASSROOM</b>	<b>CDE Comprehensive Health and Physical Education Standards</b> – the nutrition education curriculum is sequential and consistent with the CAS health education standards.	District Administration  School Administration  Classroom Teachers	Nutrition education involves hands-on activities (in gardens and kitchen classrooms; at farm field tours, farmer’s market or community garden visits) that engage students in enjoyable, developmentally appropriate, culturally relevant activities.  School administrators inform teachers about opportunities and encourage them to attend training on nutrition and the importance of role modeling healthful habits for students.
<b>CAFETERIA</b>	<b>Healthy, Hunger Free Kids Act, Section 210.</b> Students learn about the nutrition requirements for school meals.	Student Nutrition Supervisor	Attractive, current nutrition education materials are prominently displayed in dining areas and are changed periodically.  Teachers discuss with students the nutrition education materials displayed in the dining room.  School staff encourages students to start each day with a healthful breakfast and to choose nutritious foods throughout the day.  Students participate in taste tests and/or surveys to obtain their input on foods offered in the cafeteria.  Student nutrition department involves students in planning menus.
<b>EVENTS DURING THE SCHOOL DAY</b>	No laws apply to this category	NA	Individual classrooms participate in one or more events that are either centered on nutrition or include nutrition as a main component. Classroom teachers are encouraged to collaborate with community partners.  Examples of events: Traveling health exhibits, guest speakers, health expos, farm/food production field trips, school gardens.  Both before and after the event, related lessons are used to reinforce learning of the information presented at the event.

## Durango School District 9-R Wellness Policy Action Plan - Part 2. Nutrition Education

<b>CATEGORY:</b>	<b>BASIC</b> State and Federal Laws	<b>Person</b> <b>Responsible</b>	<b>ADVANCED - All Schools are</b> <b>Encouraged to Adopt these Best Practices</b>
<b>AFTER SCHOOL PROGRAMS</b>	No laws apply to this category	NA	<p>At least twice a week, the after school educator explains why the snack served is a healthful choice.</p> <p>After school programs reinforce classroom learning by providing interactive nutrition education activities such as making healthful snacks, measuring serving sizes, etc.</p>
<b>FAMILY &amp; COMMUNITY</b>	No laws apply to this category	NA	<p>Parents are invited to join students for school meals</p> <p>Families are provided with information that encourages them to teach their children about health and nutrition, and to provide nutritious meals for their families</p> <p>Family and Community members are encouraged to become actively involved in programs that provide nutrition education.</p>
<b>STAFF WELLNESS</b>	No laws apply to this category	NA	<p>The school encourages each member of the staff (both certified and non-certified) to serve as a health role model for students.</p> <p>The school wellness committee plans and implements ongoing activities for staff encouraging healthful eating, physical activity and other elements of a healthful lifestyle.</p>



## Durango School District 9-R Wellness Policy Action Plan – Part 3. Physical Activity

<b>CATEGORY:</b>	<b>BASIC</b> State and Federal Laws	<b>Person Responsible</b>	<b>ADVANCED - All Schools are Encouraged to Adopt these Best Practices</b>
<b>PHYSICAL EDUCATION CLASSES</b>	<p><b>CDE Comprehensive Health and Physical Education Standards.</b> The physical education curriculum is sequential and consistent with the CAS physical education standards.</p> <p>Physical education teachers hold a license issued by the State of Colorado with an endorsement in Physical Education.</p> <p><b>Colorado HB 11-1069</b> requires that elementary age students have the opportunity to engage in a minimum of 600 minutes of physical activity per month. This can be a combination of PE plus recess plus other physical activity breaks.</p>	<p>District Administration</p> <p>School Administration</p> <p>PE teachers</p>	<p>Students K-grade 5 receive <b>150 minutes</b> of physical education <b>per week</b>. Students grades 6-12 receive <b>225 minutes</b> of physical education <b>per week</b>. <b>Recommendation of NASPE.</b></p> <p>During physical education classes, students engage in moderate to vigorous physical activity at least 50% of the class time. <b>Healthy People 2020.</b></p> <p>The school provides a physical and social environment that encourages safe and enjoyable lifetime physical activities for all students.</p> <p>Physical education classes have a student/teacher ratio that is the same as other classes in the school.</p> <p>Adequate age-appropriate equipment is available for all students to participate in physical activity.</p>
<b>PHYSICAL ACTIVITY THROUGHOUT THE DAY</b>	<p><b>Colorado HB 11-1069</b> requires that elementary age students have the opportunity to engage in a minimum of 600 minutes of physical activity per month. This can be a combination of PE plus recess plus other physical activity breaks.</p> <p>Physical activity facilities on school grounds are safe. <b>Colorado District School Self Insurance Pool Common Policy</b></p>	<p>District Administration</p> <p>School Administration</p> <p>Director of Facilities</p>	<p>The 2010 Dietary Guidelines for Americans, The American Academy of Pediatrics and The 2008 Physical Activity Guidelines for Americans recommend that children and adolescents engage in at least 60 minutes of moderate to vigorous physical activity on most, and preferably all, days of the week.</p> <p>Opportunities for physical activity are regularly incorporated into other subject areas (i.e. math, language arts, social studies, etc.).</p> <p>Classroom teachers provide short physical activity breaks between lessons or classes, as appropriate.</p> <p>When circumstances make it necessary for students to remain indoors and inactive for two or more hours, the students are given periodic breaks during which they are encouraged to be moderately active.</p>

## Durango School District 9-R Wellness Policy Action Plan – Part 3. Physical Activity

<b>CATEGORY:</b>	<b>BASIC</b> State and Federal Laws	<b>Person Responsible</b>	<b>ADVANCED - All Schools are Encouraged to Adopt these Best Practices</b>
<b>DISCIPLINE</b>	No laws apply to this category	NA	Physical activity is not used (e.g. running laps, pushups) or withheld (e.g. recess, physical education) as discipline. This guideline does not apply to extracurricular sports teams.
<b>RECESS</b>	<b>Colorado House Bill 11-1069</b> requires that elementary age students have the opportunity to engage in a minimum of 600 minutes of physical activity per month. This can be a combination of PE plus recess plus other physical activity breaks.	School Administration	Elementary school students have two 15-minute supervised recess periods daily.  Moderate to vigorous physical activity is encouraged verbally and through the provision of adequate space and age-appropriate equipment.  Recess is scheduled before lunchtime.
<b>BEFORE AND AFTER SCHOOL</b>	No laws apply to this category	NA	Daily periods of moderate to vigorous physical activity for all students are encouraged by providing adequate space, equipment and opportunities  Elementary, middle and high schools offer extracurricular physical activity programs, such as physical activity clubs or intramural programs and students participate in them.  The school district will assess and make needed improvements to make it safer and easier for students to walk and wheel to school. The district will work with local public works, public safety and/or police departments in those efforts.

## Durango School District 9-R Wellness Policy Action Plan – Part 3. Physical Activity

<b>CATEGORY:</b>	<b>BASIC</b> State and Federal Laws	<b>Person</b> <b>Responsible</b>	<b>ADVANCED - All Schools are</b> <b>Encouraged to Adopt these Best</b> <b>Practices</b>
<b>FAMILY AND COMMUNITY</b>	No laws apply to this category	NA	<p>Information is provided to help families incorporate physical activity into the lives of all household members.</p> <p>Participate in walk/wheel at school/to school events such as assemblies, safety town, rodeos, etc at least two times per school year.</p> <p>Access is provided to community members to use the school's physical activity facilities outside the normal school day.</p>
<b>STAFF AND SCHOOL COMMUNITY</b>	No laws apply to this category	NA	<p>Staff is encouraged to participate in and model physical activity as a valuable part of daily life.</p>

## Durango School District 9-R Wellness Policy Action Plan – Part 4. References

### **Trans Fat Law : Senate Bill 12-068**

This law prohibits public schools from making foods with industrial **trans-fats** available to students. This includes all food and beverages made available to a student on school grounds during each school day and extended school day, including:

- In a school cafeteria
- School store
- Vending machine
- Other food service entity existing upon school grounds

The law excludes the school meal program that is part of the US Department of Agriculture and school fundraisers.

[http://www.state.co.us/gov\\_dir/leg\\_dir/olls/sl2012a/sl\\_256.pdf](http://www.state.co.us/gov_dir/leg_dir/olls/sl2012a/sl_256.pdf)

### **Healthy Beverage Law : SB 08-129**

This law requires specific beverage standards for vending machines, a la carte purchases and school stores. The new standards prohibited all sugar based sodas and other drinks and diet soda in public schools. Drinks are limited to water low-fat milk or 100% fruit juice.

[http://www.leg.state.co.us/clics/clics2008a/csl.nsf/fsbillcont3/921B1DCE9AA73C76872573C9007A23C8?open&file=129\\_enr.pdf](http://www.leg.state.co.us/clics/clics2008a/csl.nsf/fsbillcont3/921B1DCE9AA73C76872573C9007A23C8?open&file=129_enr.pdf)

### **Healthy Hungry Free Kids Act, Section 210 Meal Patterns**

The new standards align school meals with the latest nutrition science and the real world circumstances of America's schools.

<http://www.cde.state.co.us/cdenutritran/nutriResources.htm>

### **Physical Activity Law : House Bill 11-1069**

This law requires all public elementary schools to provide students with a minimum of 600 minutes of physical activity a month (30 minutes per school day). Each school district board of education and institute charter school must **adopt a physical activity policy** that ensures each elementary student's schedule satisfies the law's requirements for a minimum amount of opportunity to engage in physical activity.

[http://www.leg.state.co.us/clics/clics2011a/csl.nsf/fsbillcont3/9CF56533FEFE87598725780800800FBF?open&file=1069\\_enr.pdf](http://www.leg.state.co.us/clics/clics2011a/csl.nsf/fsbillcont3/9CF56533FEFE87598725780800800FBF?open&file=1069_enr.pdf)

### **Colorado Competitive Foodservice Policy 2202-R-203.00**

This policy prohibits the availability of competitive foods and beverages apart from the district's foodservice program, to students on campus 30 minutes before the first scheduled lunch /breakfast period, during the lunch/breakfast periods OR until at least 30 minutes after the end of the last breakfast /lunch period..

<http://www.cde.state.co.us/sites/default/files/Colorado%20Competitive%20Foodservice%20Policy.pdf>