

D6 Wellness Policy Implementation Plan

Goal #1: The district will encourage a comprehensive learning environment for developing and practicing lifelong wellness behaviors			
Objectives	Activities	Time Frame	Activity Status
Providing age-appropriate and culturally sensitive instruction to students that teaches them lifelong healthy eating habits and a healthy level of physical activity.	Create interactive displays or organized activities on wellness topics (ex: sugar cube displays).	By December 2016	IP
	Work with curriculum liaisons to develop nutrition/health education during transition period from classroom to lunch-time.	By March 2017	NS
	Create and distribute quarterly, targeted and personalized e-mail messages to teachers at various grade levels featuring 1 wellness topic/resource suited to their grade.	By October 2016	NS
	Promote the Integrated Nutrition Education Program (INEP) at all eligible schools.	By November 2016	NS
Promoting healthy eating, physical activity, and the school meal programs to students, parents, school staff and the community at school registrations, parent-teacher meetings, open houses, staff in-services, etc.	Work with Summit afterschool program parent liaison to promote and educate parents on various student wellness topics.	By December 2016	NS
	Develop master calendar at the beginning of the year with all school registrations, parent-teacher meetings, open houses, staff in-services, etc.	By end of Sept 2016	NS
Sharing nutrition education information with families and the broader community to positively impact students and the health of the community, while encouraging families to teach their children about health and nutrition.	Develop a calendar with the content of targeted student wellness messages for the entire school year based on monthly themes. Committee members will share established content in their organizations' newsletters as well to obtain a more broad community reach. Content will be sent to office managers to place in their school newsletters.	By end of Sept 2016	NS

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Promoting the school cafeteria as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom and to reinforce nutrition education messages.	Consider cafeteria signage with “Learning Laboratory” language.	By December 2016	NS
Implementing district content standards for health and nutrition education.	Discuss current content standards and opportunities for improvement with appropriate administrators.	By December 2016	IP
	Plan for content standard implementation.	By May 2017	NS
Integrating nutrition education into other areas of the curriculum such as math, science, language arts, and social studies.	Create groups within Schoology to provide and promote wellness resources that can be incorporated into curriculum.	By mid-September 2016	IP
	Provide health and wellness worksheets in Schoology that kids can complete for extra credit.	By mid-September 2016	NS
Providing research-based staff development opportunities to inform them about nutrition and physical activity, including how to integrate these topics into their core instruction. These educational opportunities may include, but are not limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional value and healthy lifestyles, health assessments, fitness activities and other appropriate nutrition and physical activity-related topics.	Utilize latest technology (such as text messaging) to communicate and provide education to staff.	By February 2016	NS
	Survey teachers on what they need and want in terms of student wellness resources. Administer through student wellness teams. This will act as a needs assessment survey for teachers. Consider consensus training as needs assessment for professional development opportunities.	By March 2017	IP

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	Provide Wellness Track option on district-wide professional development days.	By May 2017	IP
	Investigate and promote podcasts about integrating wellness into curriculum (teachers who commute to work).	By May 2017	NS
Ensuring that staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned.	Consider participation-based points system to encourage professional development.	By December 2016	NS
	Investigate a system that designates schools as gold, silver, or bronze level wellness schools based on specific criteria, including staff development.	By August 2017	NS
Encouraging the use of school gardens as learning environments for education about nutrition, food, and sustainability.	Work with key curriculum liaisons to develop subject specific ways to incorporate school gardens into classroom lessons.	By May 2017	IP
Requiring nutrition education information be reviewed by a qualified, credential nutrition professional (e.g. Registered Dietitian).			
Requiring that all health education instructors meet the criteria of highly qualified.	Discuss current district criteria with appropriate administrator for obtaining a health educator instructor position and identify areas for improvement.	By May 2017	IP

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Encouraging food providers and contractors to be sensitive with advertising messages to ensure that food and beverage advertising is consistent with and reinforces the goals of health education and nutrition standards.	Re-introduce the "Treat This, Not That" posters including foods that can be purchased through Nutrition Services and provide them to both classroom teachers and parents.	By January 2016	NS
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Goal #2: The district will support and promote proper dietary habits contributing to students' health status and academic performance.

Objectives	Activities	Time Frame	Activity Status
Requiring that students have access to healthful food choices in the school cafeteria with an adequate time to eat; striving toward national recommendations (from the National Association of State Boards of Education, the Centers for Disease Control and Prevention, and other), which recommend that students be provided with at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.	Work with district scheduler to ensure that students are provided with 10 minutes of eating time at breakfast and 20 minutes of eating time at lunch.	By December 2017	IP
	Research project to evaluate average seated meal time for breakfast and lunch for 2 nd - 4 th graders at each school in the district.	By May 2017	IP
Assuring that the school cafeteria is a pleasant eating environment, including displays of student art, plants, natural light, health education information and reduced noise, if practical.	Support Nutrition Services in remodeling high school cafeterias to have bistro-style dining.	By May 2017	IP
	Work with Art teacher to have fruit/veggie poster contest and have the winner's poster put in the cafeteria; see if community artist or students could make a mural.	By May 2017	IP

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Requiring that students have access to age-appropriate, healthful items for all foods and beverages made available on campus (including vending, concession stands, a la carte venues, student stores) are consistent with the requirements detailed in this regulatory document.	Survey SW teams about what items are sold in their school stores to determine current practices.	By October 2016	NS
	Develop catalog for school stores that provides information on the regulation and foods that meet the nutrition requirements.	By May 2017	NS
To the greatest extent practical, food and beverage products should be Colorado-produced products.			
Restricting soda and sugar-sweetened beverages from the cafeterias in elementary and middle schools. These beverages include, but are not limited to: soda, energy drinks, sugar-sweetened teas, and sports drinks.	Develop an educational campaign aimed at students, parents and staff to increase awareness of sugar content in popular beverages and harmful health outcomes. Survey student wellness teams to see if "Rethink Your Drink" campaign would be good for student stall talks.	By October 2016	NS
	Utilize sugar models from Make TODAY Count at school events, such as wellness fairs, National School Lunch/Breakfast week, etc.	By May 2017	IP
Requiring that students have access to drinking water during meals.			
Encouraging staff to make water readily available to students throughout the day.	Increase awareness among student wellness teams of the benefits of proper hydration.	By May 2017	NS
Restricting student access to vending machines, school stores and other venues that contain foods of minimal nutritional value. Food providers will	Develop marketing plan for "healthy alternative" items to school stores and concession stands to purchase stock items from NS, rather than alternate outlets.	By May 2017	IP

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take every practical measure to ensure that student access to foods and beverages meets federal, state, and local laws and guidelines.	Update fundraising catalog and distribute to PTOs/PTAs.	By December 2016	IP
	Develop catalog for school stores that provides information on the regulation and foods that meet the nutrition requirements.	By May 2017	NS
Encouraging families, teachers, students, and school officials to participate in choosing competitive food selections for their local schools and to provide input on the school meal program menu offerings.	Promote Nutrislice for families, teachers, students, and school officials for purpose of providing feedback through a rating system.	By December 2016	IP
Making information accessible to students and their parents/guardians concerning the nutritional content of foods and beverages sold through school meal programs. Encouraging that nutrition information for products offered in snack bars, a la carte, vending, and school stores be readily available near the point of purchase.	Create healthy visual display kits that are accessible to kids and parents at school events. Include nutritional content of foods offered through Nutrition Services.	By December 2016	NS
	Utilize latest technology to create interactive nutrition games for students, featuring foods offered through Nutrition Services.	By May 2016	NS
	Develop lesson plans related to evaluation of our menus within Nutrislice online tool. For example, building well balanced meals and then calculating total calories, fats, carbs and protein.	By May 2016	NS
Encouraging nonfood fundraisers such as flowers, gift-wrap, sporting events and family fun runs for all fundraisers that occur during the school day. Any food used in fundraisers outside of the school day should comply with the nutrition standards detailed in this regulatory document where practical. The district will encourage the use of physical	Update fundraising catalog and distribute to PTOs/PTAs.	By December 2016	IP

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activity-based fundraisers whenever possible.			
Requiring that food not be used as a reward or as disciplinary action for student behaviors.			
Encouraging parents and staff to contribute healthful food and beverage items to classroom celebrations to comply with the nutrition standards detailed in this regulatory document. The district will provide parents and teachers with an approved list of healthful, commercially prepared foods to contribute to classroom celebrations.	Re-introduce the "Treat This, Not That" posters including foods that can be purchased through Nutrition Services and provide them to both classroom teachers and parents.	By December 2016	IP
Requiring that Nutrition Services employ a Director who is properly qualified and certified/credentialed according to current professional standards to administer the foodservice program and satisfy reporting requirements.			
Requiring that a Registered Dietitian in the Nutrition Services Department be employed in a supervisory role at all times.			
Encouraging that a Wellness Coordinator in the Nutrition Services Department be employed, as budget supports, to assist Nutrition Services Director with oversight			

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of the district's Wellness Policy and the Student Wellness Policy Committee.			
<p>Goal #3: The district will provide opportunities for students to engage in physical activity.</p>			
Objectives	Activities	Time Frame	Activity Status
Requiring that physical education be taught by trained physical educators-- either by state-authorized physical educators or by a broader subset of teachers with formal training in physical education skills and concepts.	Discuss current district criteria with appropriate administrator for obtaining a physical educator position and identify areas for improvement.	By May 2017	IP
Encouraging all schools to administer the district's standard health-related fitness assessment to help students determine their own level of fitness and create their own fitness plans a minimum of once a year.	Utilize new version of Fitness Gram that allows kids and teachers to input their data and track it throughout their school career.	By May 2017	NS
Encouraging health-promotion activities for students, parents and staff that encourage regular physical activity, such as speakers, recreational demonstrations and walking clubs.	Work with the City of Greeley to implement facility agreements to provide students, families, staff, and the public after-hours physical activity facilities.	By May 2017	NS
	Train/inform teachers on why physical activity is important and provide resources such as physical activity kits.	By July 2017	NS
Promoting walking or bicycling to and from school using programs such as Walking School Bus and Bike Train.	Collaborate with local health department to implement 2015-2016 sustainable Safe Routes to School grant initiatives.	By June 2016	C
	Consider writing another Safe Routes to School grant to continue and expand the	By October 2016	NS

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	work accomplished through the first grant.		
Increasing opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics and physical activity clubs. After-school programs will encourage formation of healthy habits.	Coordinate efforts with the city-wide government, especially during the summer to offer students practical healthy eating and physical activity opportunities.	By March 2017	IP
	Continue to work with the City of Greeley and City of Evans to expand intramurals at the middle school level. Determine intramurals currently offered at middle school through City of Greeley and City of Evans.	By May 2017	IP
	Assemble physical activity classroom kits for schools to check-out. Examples of activities could include Zumba, yoga, etc.	By January 2017	NS
	Partner with Make TODAY Count to promote summer family fun activity program.	By May 2017	NS
	Promote running clubs through parent volunteers	By March 2017	NS
Increasing physical activity opportunities during the school day through daily recess periods, elective physical education classes, walking programs and the integration of physical activity into the academic curriculum. The district will encourage staff to provide brain energizers throughout the day.	Assist with and encourage development and expansion of Playworks initiative in schools.	By December 2017	C/O?
	Assist with and encourage development and expansion of the Walking Classroom initiative in schools.	By December 2016	IP
The amount of physical activity provided will be consistent with all requirements of state law.	Survey PE teachers to determine how much actual PE time students are receiving from the time they arrive in the gym to when they have to leave.	By May 2017	NS

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	Obtain training within SOFIT and/or SOPLAY in order to evaluate physical activity programming.	By October 2016	IP
Requiring that physical activity not be withheld from, nor required of, a student as a form of discipline, due to incomplete assignments, or for testing purposes during the school day. This includes recess, physical education class, activity breaks, and all other opportunities for physical activity provided at school.	Provide resources to PE Teachers and coaches to ensure that physical activity is not used as a punishment.	By December 2016	IP
	Work with school administrators to ensure that recess is not withheld from students as a form of discipline.	By December 2016	NS
	Improve awareness of alternatives to taking away recess as punishment, including newsletters and other forms of communication.	By December 2016	IP
Encouraging recess to be provided before lunch where practical.	Improve awareness of why it is beneficial to provide recess before lunch.	By June 2017	IP
	Research if/how many schools have recess before lunch. Obtain sample schedules from other school districts with all students having recess before lunch.	By December 2016	IP
Encouraging supervised recess be provided to elementary students daily, preferably outdoors, during which moderate to vigorous physical activity is encouraged through the provision of appropriate space and equipment.	Assist with and encourage development and expansion of Playworks initiative in schools.	By December 2015	C/O
	Develop online resources to improve indoor recess, such as fitness videos and other activities to increase moderate to vigorous physical activity.	By December 2016	IP
Encouraging schools to provide community access to and encourage students and community members to use the school's physical activity facilities outside of the normal school day.	Work with the City of Greeley to implement facility agreements to provide students, families, staff, and the public after-hours physical activity facilities.	By November 2016	NS
Encouraging parents and guardians to support their children's participation in physical activity, to be physically active	Develop and implement a district-wide student wellness fair for students, parents and staff of the district to obtain	By May 2017	IP

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role models, and to include physical activity in family events. The district will provide information to families to help them incorporate physical activity into their students' lives.	information and resources related to student wellness.		
	Work with Summit Afterschool Program parent liaison to engage parents.	By October 2016	NS
<i>To further improve the health and wellbeing of its students, the district establishes the following objectives:</i>			
Objectives	Activities	Time Frame	Activity Status
Encourage schools to incorporate wellness into their Universal Improvement Plans (UIPs).	Research how other school districts have successfully accomplished this and compile into presentable data.	By November 2016	NS
	Present to principals about including wellness in the school UIPs.	By June 2017	NS
	Research if any schools are already including health and wellness in their UIP.	By November 2016	NS
Encourage schools to organize wellness teams comprised of families, teachers, administrators, and students to plan, implement, manage, evaluate, and improve nutrition and physical activity in the school environment.	Ensure every district elementary, K-8 and middle school has a student wellness team comprised of 2 or more onsite staff members.	By December 2015	C/O
	Develop a 'challenge' to recognize schools for their efforts in the area of student wellness.	By December 2016	IP
	Develop a district-wide Student Wellness Council for students. Consider providing school credit and/or stipend for participation.	By December 2016	IP
Require schools to assist in the assessment and evaluation of the wellness policy as least once per school year.	Require participation in Smart Source data collection through Colorado Healthy Schools.	By December 2016	IP

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Completed Activities				
Goal	Objectives	Activities	Time Frame	Activity Status
Goal #1. The district will encourage a comprehensive learning environment for developing and practicing lifelong wellness behaviors.	Providing age-appropriate and culturally sensitive instruction to students that teaches them lifelong healthy eating habits and a healthy level of physical activity.	Implement a minimum of 10 nutrition and physical activity bulletin boards on NS webpage to provide teachers with education opportunities. Advertise to teachers.	By August 2012	C
		Develop a Nutrition Handbook that includes lesson plans and materials for nutrition lessons that are consistent with the Colorado Academic Standards.	By May 2013	C
		Add student wellness piece to New "Certified" Employee Handbook, provided at orientation.	By August 2013	C
		Provide nutrition education	By February 2013	C

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		regarding vending machine options at the point of service.		
	Promoting healthy eating, physical activity, and the school meal programs to students, parents, school staff and the community at school registrations, parent-teacher meetings, open houses, staff in-services, etc.	Work with webmaster to provide Student Wellness page link on each individual school web page.	By December 2015	C
	Encouraging food providers and contractors to be sensitive with advertising messages to ensure that food and beverage advertising is consistent with and reinforces the goals of health education and nutrition standards.	Work with Kitchen Managers to ensure that posters and other promotional materials in the cafeteria are appropriate. Conduct cafeteria audits.	By August 2012	C
		Implement nutrition education posters in the cafeteria.	By March 2013	C
		Create Healthy Party posters for teachers and parents.	By December 2014	C
Goal #2. The district will support and promote proper dietary habits contributing to students' health status and academic performance.	Requiring that students have access to healthful food choices in the school cafeteria with an adequate time to eat; striving toward national recommendations (from the National Association of State Boards of Education,	Support NS in it overseeing all food vending in schools.	By August 2014	C

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	the Centers for Disease Control and Prevention, and other), which recommend that students be provided with at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.	Provide elementary school, middle school, and K-8 cafeterias with "soda-free zone" signs and information.	By February 2012	C
		Provide "soda-free" information to parents in the Nutrition Services newsletter.	By February 2012	C
		Develop a catering menu with all planned meals being compliant with nutrition standards and advertise to schools.	By September 2012	C
	To the greatest extent practical, food and beverage products should be Colorado-produced products.	Expand school garden purchasing to be used in salad bars through developing a standard Garden-to-Cafeteria program and training plan.	Ongoing	C
	Requiring that students have access to drinking water during meals.	Include on Cafeteria Audit.	By December 2015	C

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	Encouraging staff to make water readily available to students throughout the day.	Add water availability question to annual wellness policy assessment.	By December 2015	C
	Restricting student access to vending machines, school stores and other venues that contain foods of minimal nutritional value. Food providers will take every practical measure to ensure that student access to foods and beverages meets federal, state, and local laws and guidelines.	Support NS in it overseeing all food vending in schools.	By August 2014	C
	Making information accessible to students and their parents/guardians concerning the nutritional content of foods and beverages sold through school meal programs. Encouraging that nutrition information for products offered in snack bars, a la carte, vending, and school stores be readily available near the point of purchase.	Provide point-of-sale nutrition information for any non-fruit and non-vegetable offerings.	By August 2012	C
	Encouraging nonfood fundraisers such as flowers, gift-wrap, sporting events and family fun runs for all fundraisers that occur during the school day. Any food used in fundraisers outside of the school	Compile a non-food and healthy food fundraising catalog (written and online) for	By August 2012	C

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	day should comply with the nutrition standards detailed in this regulatory document where practical. The district will encourage the use of physical activity-based fundraisers whenever possible.	PTAs/PTOs, principals, and other groups that regularly participate in fundraising efforts.		
		Work with Director of Finance to update Financial Policies Manual to reflect non-food fundraising options.	By September 2013	C
		Compile a non-food and healthy food fundraising catalog (written and online) for PTAs/PTOs, principals, and other groups that regularly participate in fundraising efforts.	By August 2012	C
	Assuring that the school cafeteria is a pleasant eating environment, including displays of student art, plants, natural light, health education information and reduced noise, if practical.	Implement nutrition education posters in the cafeteria.	By March 2013	C
	Encouraging parents and staff to contribute healthful food and beverage items to classroom celebrations to comply with the nutrition standards detailed in this regulatory document. The district will provide parents and teachers with an approved list of healthful, commercially	Revise the catering menu to include appropriate selections for classroom celebrations and offer online	By August 2012	C

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	prepared foods to contribute to classroom celebrations.	ordering options for parents.		
		Provide parents with resources and requirements via parent-teacher conferences and back to school nights.	By December 2012	C
		Provide healthy party kits for teachers to 'rent' for free through the Science Distribution Center.	By September 2012	C
		Develop no fewer than 10 classroom party kits for teachers to "rent" from Nutrition Services.	By September 2012	C
Goal #3. The district will provide opportunities for students to engage in physical activity.	Increasing opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics and physical activity clubs. After-school programs will encourage formation of healthy habits.	Develop a Recess Toolkit and make available online.	By May 2013	C
Activities to Assist with Overall Plan.		Provide wellness toolkits with resources to assist	By February 2013	C

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		in implementing activities in the wellness policy.		
		Apply for the HealthierUS School Challenge for all elementary and K-8 schools.	By May 2013	C
Ongoing Activities				
Goal	Objectives	Activities	Time Frame	Activity Status
Goal #1. The district will encourage a comprehensive learning environment for developing and practicing lifelong wellness behaviors.	Providing age-appropriate and culturally sensitive instruction to students that teaches them lifelong healthy eating habits and a healthy level of physical activity.	Offer "Chef in the Classroom" program to students.	Ongoing	O
		Offer "Know Your Body" curriculum to all K-5 students.	Ongoing	O
		Support Healthy Kids Club's kindergarten and 4th grade curriculums- "Healthy Kids, Healthy Start" and "Healthy Kids, Healthy Heart"	Ongoing	O
		Work with key curriculum liaisons to develop subject specific ways to incorporate nutrition	By December 2015	C/O

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		education into classroom lessons.		
	Promoting healthy eating, physical activity and the school meal programs to students, parents, school staff and the community at school registrations, parent-teacher meetings, open houses, staff in-services, etc.	Increase awareness of wellness policy requirements by meeting with PTAs/PTOs, principals, and other groups that regularly provide food at such events.	Ongoing	O
		Distribute written materials in elementary school parent packets.	Ongoing	C/O
		Have Nutrition Services represented at registrations and open houses.	Ongoing	O
		Meet with 21st Century School Parent Groups.	Ongoing	C/O
		Expand wellness resources on the NS webpage related to nutrition and physical activity.	By August 2012	C/O
	Integrating nutrition education into other areas of the curriculum such as math, science, language arts, and social studies.	Work with curriculum liaisons to develop (or	By January 2016	C/O

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		find) nutrition education worksheets, books, and content that also meet state standards.		
	Providing research-based staff development opportunities to inform them about nutrition and physical activity, including how to integrate these topics into their core instruction. These educational opportunities may include, but are not limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional value and healthy lifestyles, health assessments, fitness activities and other appropriate nutrition and physical activity-related topics.	Expand wellness resources on the NS webpage related to nutrition and physical activity.	By August 2012	C/O
		Meet with school staffs to provide information regarding the wellness policy and implementation resources.	By end of October 2015	C/O
		Offer Wellness Workshop to D6 staff annually.	First October 2011	C/O
		Implement a regular health and wellness newsletter to staff.	By January 2013	C/O
		Provide staff development days and continuing education opportunities that focus on healthy eating and physical activity annually.	First by December 2013	C/O

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		Support the D6 Worksite Wellness Committee's efforts and events.	Ongoing	O
		Provide presentation or educational materials for beginning of the year faculty "kick-off" meetings.	Ongoing	C/O
		Develop and implement summer professional development course for staff to educate them on incorporating brain energizers throughout the day.	By August 2012	C/O
		Develop and implement summer professional development course for staff to educate them on building a wellness classroom.	First by July 2015	C/O
	Encouraging food providers and contractors to be sensitive with advertising messages to ensure that food and beverage advertising is consistent	Support fundraisers that are healthy and that have healthy	Ongoing	O

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	with and reinforces the goals of health education and nutrition standards.	messaging for students and families.		
		Implement MyPlate educational materials in the cafeteria.	By February 2012	C/O
	Requiring nutrition education information be reviewed by a qualified, credential nutrition professional (e.g. Registered Dietitian).	Ensure a Registered Dietitian is on staff.		C/O
Goal #2. The district will support and promote proper dietary habits contributing to students' health status and academic performance.	Requiring that students have access to healthful food choices in the school cafeteria with an adequate time to eat; striving toward national recommendations (from the National Association of State Boards of Education, the Centers for Disease Control and Prevention, and other), which recommend that students be provided with at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.	Employ an Administrative Dietitian to oversee D6 menus and to ensure the nutrition quality.	Ongoing	O
	To the greatest extent practical, food and beverage products should be Colorado-produced products.	Continue to expand farm-to-school purchasing efforts.	Ongoing	O
		Celebrate Colorado Proud	Ongoing	O

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		School Meal Day annually.		
		Expand farm-to-school products provided in the Fresh Fruit and Vegetable Program.	Ongoing	O
	Restricting student access to vending machines, school stores and other venues that contain foods of minimal nutritional value. Food providers will take every practical measure to ensure that student access to foods and beverages meets federal, state, and local laws and guidelines.	Meet with student councils and other student groups to explain the wellness policy and offer resources.	Ongoing	O
		Develop and Implement "Pizza Party" Program to encourage student groups to order pizzas from NS, rather than outside companies.	By February 2013	O
	Making information accessible to students and their parents/guardians concerning the nutritional content of foods and beverages sold through school meal programs. Encouraging that nutrition information for products offered in snack bars, a la carte, vending, and school stores be readily available near the point of purchase.	Provide nutrition information on the NS webpage each month.	Ongoing	O

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	Encouraging nonfood fundraisers such as flowers, gift-wrap, sporting events and family fun runs for all fundraisers that occur during the school day. Any food used in fundraisers outside of the school day should comply with the nutrition standards detailed in this regulatory document where practical. The district will encourage the use of physical activity-based fundraisers whenever possible.	Meet with PTAs/PTOs, principals and other groups that regularly participate in fundraising efforts to ensure that fundraisers are compliant with the policy.	Ongoing	O
		Provide Healthy Kids Club resources about fun runs to principals and other fundraising stakeholders. Provide administrative support to these fun runs.	Ongoing	O
		Continue to provide student groups with non-food fundraising opportunities for their assistance with large-scale projects (i.e. Breakfast in the Classroom, Worksite Wellness, Farm-to-School).	Ongoing	O
		Provide staff with information why	By January 2012	C/O

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	Requiring that food not be used as a reward or as disciplinary action for student behaviors.	rewarding with food should not occur.		
		Implement a non-food reward request program. Support NS in providing teachers with non-food rewards to use in place of food items.	By January 2012	C/O
		Support fundraisers such as "Principal for the Day."	Ongoing	O
		Offer free non-food rewards program.		C/O
		Implement a non-food reward request program. Support NS in providing teachers with non-food rewards to use in place of food items.	Ongoing	C/O
	Assuring that the school cafeteria is a pleasant eating environment, including displays of student art, plants, natural light, health education information and reduced noise, if practical.	Work with Kitchen Managers to ensure that eating environment is pleasant.	All by August 2012	C/O
		Support nutrition- and physical activity- related art	By May 2013	O

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		contests and projects to be hung in the cafeteria.		
		Implement MyPlate educational materials in the cafeteria.	By February 2012	C/O
	Encouraging parents and staff to contribute healthful food and beverage items to classroom celebrations to comply with the nutrition standards detailed in this regulatory document. The district will provide parents and teachers with an approved list of healthful, commercially prepared foods to contribute to classroom celebrations.	Provide parents with resources and requirements via the NS newsletter and webpage.	Ongoing	O
		Implement "Healthy Holidays" contest for teachers and students to support good nutrition and physical activity during their classroom celebrations.	First by November-December 2011	C/O
		Increase awareness of wellness policy requirements by meeting with PTAs/PTOs and other parent groups to ensure their understanding of	Ongoing	O

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		healthy classroom celebrations.		
	Encouraging families, teachers, students, and school officials to participate in choosing competitive food selections for their local schools and to provide input on the school meal program menu offerings.	Administer annual surveys to give both students and parents an opportunity to provide feedback and ideas for school meals and other food offerings.	Ongoing	C/O
Goal #3. The district will provide opportunities for students to engage in physical activity.	Encouraging all schools to administer the district's standard health-related fitness assessment to help students determine their own level of fitness and create their own fitness plans a minimum of once a year.	Utilize Fitness Gram each spring and fall at the elementary level.	Ongoing	O
		Utilize Fitness Gram every fall at the middle and high school levels.	Ongoing	O
	Encouraging health-promotion activities for students, parents and staff that encourage regular physical activity, such as speakers, recreational demonstrations and walking clubs.	Support Healthy Kids Club events such as the "Schools on the Move Challenge."	Ongoing	O
		Support Worksite Wellness events, such as TRIM and the spring 5K.	Ongoing	O
		Provide information in the monthly menus.	Ongoing	O

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	Increasing opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics and physical activity clubs. After-school programs will encourage formation of healthy habits.	Support grant-funding efforts to get equipment and stipends for after-school programming.	Ongoing	O
		Provide Minds in Motion Fit Sticks to teachers by request.	Ongoing	O
		Celebrate Walk to School Day annually.	First By October 2013	C/O
		Celebrate Bike to School Day annually.	First by May 2014	C/O
		Expand Safe Routes to Schools efforts.		C/O
	Requiring that physical activity not be withheld from, nor required of, a student as a form of discipline, due to incomplete assignments, or for testing purposes during the school day. This includes recess, physical education class, activity breaks, and all other opportunities for physical activity provided at school.			
	Encouraging schools to provide community access to and encourage students and community members to use the school's physical activity facilities outside of the normal school day.	Ensure playgrounds are accessible to the community after school hours and during the summer.		C/O

D6 Wellness Policy Implementation Plan

Activities to assist with overall plan	Require schools to assist in the assessment and evaluation of the wellness policy as least once per school year.		Ongoing	C/O
	Provide wellness liaisons at elementary and K-8 schools to provide updates, assistance, and resources to those schools.		By August 2014	C/O