

**ADF-R
BV Schools Wellness Policy
Action Plan**

Goal #1: The district will provide a learning environment for teaching, developing and practicing lifelong wellness behaviors.	
A. Actively promote educational opportunities focusing on staff wellness during staff work or professional learning days	
Actions	Progress
HR send Wellness newsletter at least quarterly	<input checked="" type="checkbox"/> Done monthly
Summer professional learning days will include wellness sessions available to all staff	<input checked="" type="checkbox"/> Examples: Yoga, hiking, journaling
Explore incentives and benefits for staff	<input checked="" type="checkbox"/> Gift cards and local discounts
Ensure BV Health Essentials are reviewed and implemented (program evaluation)	<input checked="" type="checkbox"/> 2022-25 evaluation and 2025-26 implemented
Implement wellness challenge for staff at least annually	<input checked="" type="checkbox"/> 2-3 per semester
B. Actively promote wellness to students, parents, and community	
Actions	Progress
Inform all staff and families of wellness policy and actions annually	<input checked="" type="checkbox"/> In Back to School and sent periodically by nurses and in BV Monthly
Expand the role of the Family Service Coordinator to support families in connecting with community resources	<input checked="" type="checkbox"/>
Coordinate meeting of BV Wrap Team to discuss referred student needs monthly	<input checked="" type="checkbox"/> Implemented 2023-24 and ongoing
Bring community providers to the BV Wrap Team meetings to raise awareness of available community resources and services	<input checked="" type="checkbox"/> Implemented 2024-25 and ongoing
Expose students to healthy hobbies in our community and the benefits of these activities	<input checked="" type="checkbox"/> Lifetime Fitness class BVHS - expanded options.

	Girls on Run, Fun Runs, Bike to School,
--	---

Goal #2: The school district will support and promote healthy eating habits and nutritional education programs that contribute to an increase in student wellness and academic performance.

A. All schools participating in the School Breakfast and/or National Lunch program shall comply with USDA and CO Dept of Education rules and regulations for the administration of Healthy Foods and Beverages Policies

Actions	Progress
Food Service director monitor compliance	<input checked="" type="checkbox"/> Passed state review in 2024; ongoing through menus

B. Competitive Food Service entities existing upon school grounds and during school hours shall meet or exceed the Standards of Healthy Foods and Beverages as defined by the USDA and the Colorado Department of Education

Actions	Progress
Food Service director monitor compliance	<input checked="" type="checkbox"/> Passed state review in 2024 and ongoing
New Action January 2026: Provide a guidance sheet for principals to define compliance	<input type="checkbox"/>

C. The School District will support and promote Healthy Meals for all and participation in the USDA Nutrition Program “Team Nutrition” and/or other nutrition education activities and promotions that involve students, parents, staff and the community

Actions	Progress
Food Service director monitor compliance	<input checked="" type="checkbox"/>

D. The School District shall make available to students, parents, staff and the community accessible nutritional information concerning the nutritional content of all foods and beverages made available to students, parents, staff and community members during school hours from the Food Service Department

Actions	Progress
Provide nutrition analysis of weekly menus via website	<input type="checkbox"/> In process. Currently ask food service director or kitchen staff. Working on ease of accessibility

Food Service director monitor compliance	<input checked="" type="checkbox"/>
Automate nutrition program to support compliance	<input type="checkbox"/> In process.

E. The School District will support a cafeteria environment that is conducive to a positive dining experience. This may include but not limited to promoting socialization among students and adults with supervision by adults who model proper conduct.	
Actions	Progress
Maximize seated eating to at least 15 minutes	<input type="checkbox"/> Continue to evaluate at elementary. Will get some data spring 2026.
Develop procedures for students to help in taking care of and using manners in the dining area	<input type="checkbox"/> Leader in Me jobs at elementary and lunch detention at middle school. Manners is not yet implemented

F. The School District will support healthy snacks, eating habits, and allergy awareness and response	
Actions	Progress
Continue to increase healthy options in the concession	<input type="checkbox"/> Determine if this should remain a goal. There is little district oversight and the options are cost prohibitive for fund raising
Food Service director will choose “locally grown” food sources when possible and use school garden produce when possible	<input type="checkbox"/> Consider Head Water Farm for one or two products
Continue a system for training all new staff on allergy response and annual review of students with allergies and how to respond	<input checked="" type="checkbox"/>
Support the use of non-food items by staff as rewards for student accomplishments. If foods and beverages are used as rewards for students' accomplishments, whenever possible they should meet	<input type="checkbox"/> Candy as reward has been somewhat reduced. Some schools

<p>the Standards of Healthy Foods and Beverages as defined by USDA and CDE. Candy should rarely be used as a behavior management</p>	<p>are ordering desserts through food service (with compliant sugar and grain). Large candy bars at high school - monitor this.</p>
--	---

<p>Goal #3: The district will provide opportunities for students to engage in physical activity</p>	
<p>A. Meet requirements for physical activity at all levels</p>	
<p>Actions</p>	<p>Progress</p>
<p>Increase opportunities for physical activity at the secondary level during the school day through daily recess periods, elective physical education classes, walking programs, lunch/advisory healthy challenges.</p>	<p><input type="checkbox"/> Increased PE electives; no challenges. Pedometers in middle school</p>
<p>Implement healthy challenges for physical activity at the middle/high school (no cars in lot, certain # of bikes at school, Homecoming week, etc)</p>	<p><input type="checkbox"/> Only known challenge is “anything but a car” day</p>
<p>Add playground area at middle school to include activities like basketball hoops, four square, and GaGa Pit</p>	<p><input checked="" type="checkbox"/> 2025</p>
<p>Expand/revise playground at the elementary school to promote moderate/vigorous activity with open spaces, equipment; consider supervision</p>	<p><input checked="" type="checkbox"/> 2025</p>

*Administer the WellSAT assessment by June 2026

Revised by the superintendent: February 2018

Revised by the superintendent: August 10, 2020

Revised by the superintendent (by committee): September-March 2024

Revised by the superintendent (by committee): January 2026

Buena Vista School District R-31, Buena Vista, Colorado

