

Students**Welfare****Wellness, Nutrition, and Physical Activity**

The Watertown Unified School District is committed to providing a school environment that enhances student learning, raises academic achievement, and teaches and promotes the development of life-long wellness habits and practices.

To accomplish these goals the following practices will be utilized throughout the Watertown Unified School District.

- Child Nutrition Programs offered through the Watertown Unified School District will comply with all federal, state, and local requirements pertaining to food safety and food nutritional value.
- A sequential and interdisciplinary nutrition education curriculum will be provided throughout the school district.
- Meaningful physical activities that connect to students' lives outside of the school's physical education classes will be encouraged.
- All foods and beverages available on any school campus in the Watertown Unified School District during the school day will be consistent with the Wellness and Nutrition Plan and related policies and will adhere to the current Dietary Guidelines for Americans.
- All foods made available on any school campus in the Watertown Unified School District will adhere to food safety and security guidelines, and
- The school environment will be made safe, pleasing, and will allow ample time and space for eating meals and participating in meaningful physical activities during the school day.

Policy Approved: June 26, 2008

Policy Revised: June 25, 2012