

## School Administration

### Auxiliary Services

### Nutrition and Physical Well-Being (Nutritional Quality of Foods and Beverages Sold and Served During the School Day)

The Watertown Unified School District (hereto referred to as the 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. Research shows that good nutrition along with physical activity throughout the day correlates with a student's physical well-being, growth, development, readiness to learn, and academic achievement. This policy outlines the District's approach to ensuring the environment and opportunity for all students to practice healthy eating and physical activity behaviors throughout the school day.

#### School Meals

The District is committed to serving healthy meals to students. Menus will be planned to meet or exceed the nutritional standards established by USDA. All schools within the district participate in USDA child nutrition programs, including the National School Breakfast Program (NSBP) and the National School Lunch Program (NSLP).

- All school meals are accessible to all students. The District offers reimbursable school meals that meet USDA nutrition standards.
- Drinking water will be available to all students at all District schools throughout the school day, including meal time.
- Students will be allowed at least 10 minutes to eat after sitting down for breakfast and at least 15 minutes after sitting down for lunch.
- Meals will not be withheld as punishment for any reason.
- District schools will schedule the greatest number of lunch periods, as possible, after recess.
- All school nutrition services staff will meet or exceed hiring and annual continuing education requirements in the USDA professional standards for child nutrition professionals.

#### Other Food Available at School

- All foods and beverages sold outside of the school meal programs will meet USDA Smart Snacks in School nutrition standards.
- Vending machine foods or beverages will not be provided to students at elementary, middle or high school levels (with the exception of approved water only products).
- The District encourages foods offered to students during the school day to meet USDA Smart Snacks in School nutrition standards including those provided for classroom snacks, celebrations, and parties. Non-food celebrations will be encouraged.
- The District will provide a list, posted on the district website, of healthy snacks suggestions for parents and teachers, including non-food celebration ideas.
- The District will allow two fundraiser exemptions per student organization, per school, per school year, not to exceed two consecutive weeks each. An exempt fundraiser may sell foods and beverages that are not allowable under the Smart Snacks rule. The fundraisers may not occur during meal service times. Each building principal shall monitor the number of exempt fundraisers per student organization.

### Nutrition Promotion

Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

- All District school cafeterias will promote healthy food and beverage choices by using at least 26 Smarter Lunchroom Movement techniques to achieve a silver award level.
- School nutrition services shall use the Smarter Lunchroom Self-Assessment Scorecard to determine ways to improve the school meals environment.
- Nutritional information about school meals will be shared with parents and students through Facebook posts, online school menus, and the Nutrition Services website.
- The District will continue to promote Farm to School activities.
- All District schools will restrict food and beverage marketing during the school day to only those foods and beverages that meet USDA Smart Snacks in School nutrition standards, with the exception of exempt fund raisers (refer to “Other Food Available at School” section).
- Students will be included in the process of selecting new foods to be served by means of taste-testing events and surveys.

### Nutrition Education

The district aims to teach, model, encourage, and support healthy eating by students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.

- Nutrition education will include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations, taste-testing, farm visits and school gardens.
- Teachers may integrate nutrition education into other classroom subjects, such as math, science, language arts, social sciences, and elective subjects.
- The District teaches students nutrition education using scientifically-based, up-to-date nutrition information consistent with the Dietary Guidelines for Americans. The District will include in the health education curriculum the following topics on healthy eating: Food guidance from MyPlate, reading and using USDA’s food labels, and balancing food intake and physical activity.

### Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. All students will be provided equal opportunity to participate in physical education classes.

- All District students will participate in physical education that meets or exceeds state standards.
- All District elementary students will receive physical education for at least 90 minutes per week throughout the school year.
- All District middle school students are required to take physical education in all grade levels.
- All District high school students are required to take the equivalent of 3 trimesters of physical education.
- Students will be moderately to vigorously active for at least 50% of class time during physical education class sessions.

- All physical education classes in the District are taught by licensed teachers who are certified to teach physical education.
- Waivers, exemptions, or substitutions for physical education classes are not granted unless specified in policy or granted by a medical exemption.

### Physical Activity

Schools will offer students a variety of physical activity opportunities that are in addition to, and not as a substitute for, physical education.

- Physical activity during the school day (including but not limited to recess, physical activity breaks or physical education) will not be required or withheld as punishment for any reason.
- All elementary schools will offer at least 20 minutes of recess on all or most days during the school year.
  - Outdoor recess will be offered when weather is feasible for outdoor play.
  - Active recess programming will be utilized to create universal participation by offering multiple activities at recess; designate different areas of play throughout the playground; provide equipment to decrease congestion on play structures; and provide group games.
  - In the event that the school or district must conduct indoor recess, teachers and staff will promote physical activity for students, to the extent practicable.
- The District offers opportunities (e.g. including activity clubs, open gym, intramurals and varsity sports) for students to participate in physical activity before and/or after the school day.
- The District will support active transport to and from school, such as walking or biking.

### Other Activities that Promote Student Wellness

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

- The District will continue relationships with its community partners in support of this wellness policy's implementation.
- The District will promote to parents/caregivers, families, and the community the benefits of and approaches for healthy eating and physical activity throughout the school year.
- The District values the health and well-being of every staff member and will plan, implement activities, and provide health and wellness resources to support personal efforts by staff to maintain a healthy lifestyle.

### Policy Monitoring/Implementation

- The District superintendent or designee shall implement and ensure compliance with the policy by leading the review, update, and evaluation of the policy.
- The wellness committee membership will represent and include (to the extent possible), but not limited to: parents and caregivers; students; representatives of the school nutrition program; physical education teachers; health education teachers; school health professionals; school administrators; school board members; health professionals and the general public.
- The District will actively inform families and the public about the content of and any updates to the wellness policy through the school website and Board of Education meetings.

- The wellness committee will assess, update or modify the wellness policy at least every three years, or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new federal or state guidance of standards are issued.

#### Snacks/Rewards in School – Classrooms, Celebrations, Parties

The Watertown Unified School District recognizes the benefits of healthy foods in our schools and classrooms to assure our children can grow, learn, and thrive. Healthy options should be available at any school function. These school functions include, but are not limited to, classroom rewards, parties and celebrations, feasts/banquets and extra-curricular events.

The District highly suggests only nutrient-rich foods be provided and consumed in district classrooms for snacks. Please note when choosing snacks that we are an allergen aware district (i.e. milk, eggs, fish, shellfish, tree nuts, peanuts, wheat and soybeans). Non-food rewards are encouraged.

Examples of nutrient-rich snacks for classrooms:

- Raw vegetables with low-fat dressing or yogurt dip
- Fruit kabobs
- Fruit and cheese kabobs
- Baked tortilla chips and salsa
- Baked corn chips and bean dip
- Low fat cheese quesadillas
- Cheese cubes
- Low sugar granola bars
- Fruit breads
- Go-Gurt
- Fresh fruit
- 100% fruit juice pops
- Bagels and low fat cream cheese
- Rice cakes
- Pretzels
- Popcorn
- String Cheese
- Dried fruits
- Trail mix
- Low sodium crackers
- Cheese & crackers
- Low fat muffins
- Flavored yogurt and fruit parfaits
- Veggie or fruit pizza
- Low fat pudding cups
- Low fat ice cream cups, frozen yogurt or sherbet cups

- Low fat and skim milk products
- 100% fruit juices
- Water, flavored with fruit slices

Examples of Non-Food Reward Ideas:

- Stickers
- Books
- Pencils
- Certificates of recognition
- Post recognition signs
- Give a shout-out in the announcements
- Send a special note home to the parent
- Extra recess time
- Dance party
- Give the student the opportunity to lead an activity
- Give a “no homework” pass

**Policy Approved:                    June 26, 2008**

**Policy Revised:                    June 25, 2012**  
**November 23, 2015**  
**July 24, 2017**  
**November 27, 2017**