

WATTS SCHOOL WELLNESS POLICY

Watts School Board of Education believes that children and youth who begin each day as healthy individuals can learn better and are more likely to complete their formal education. The Board also believes that a healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs.

Whereas, children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Watts School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Watts School District that:

- All students in grades K-12 will be given opportunities, support, and encouragement to be physically active on a regular basis.
- Foods served will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, Watts School will participate in available federal school meal programs including The School Breakfast Program, National School Lunch Program, and Summer Food Service Program.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

NUTRITION

Academic performance and quality of life issues are affected by the choice and availability of good food in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

- A. Nutrition Guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's Nutrition Services Department or contracted vendors. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible.
- School lunches and breakfasts will meet menu-planning guidelines as required by USDA.
 - School lunches will provide 1/3 of the recommended dietary allowance (RDA) for calories, proteins, calcium, iron, vitamin A, and vitamin C as required by USDA.
 - School breakfasts will provide ¼ of the RDA for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA.
 - The total calories for fat in school meals will be limited to 30% when averaged over one week.
 - The total calories from saturated fat in school meals will be limited to 10% when averaged over one week.
 - School meals will meet the dietary *U.S. Dietary Guidelines for Americans*.
- B. Nutrition services policies and guidelines for reimbursable meals shall not be less restrictive than federal and state regulations require.
- C. Foods of Minimal Nutritional Value (FMNV) are prohibited from being sold or served during student meal services in the food service area where USDA reimbursable meals are served or eaten.
- FMNV are prohibited from being sold or served in the food service areas.
 - Beverage contract will not restrict the sale of fluid milk products at any time during the school day or at any place on the school premises.
 - Students in elementary school will not have access to FMNV except on special occasions.
 - Students in middle and junior high schools will have diet drinks available for sale in the vending areas.

NUTRITION AND PHYSICAL ACTIVITY PROMOTION AND FOOD MARKETING

Watts School District aims to teach, encourage, and support healthy eating and physical fitness to the students. Schools should provide nutrition education and engage in nutrition promotion that:

- Provides access to hand washing or hand sanitizing before they eat meals or snacks.
- Discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some student's diets.
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, and farm visits.
- Replaces FMNV advertising with nutritional messages throughout the school.
- Does not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.
- Is sensitive and/or aware of children with special nutritional needs and be able to substitute when needed.
- Is able to accommodate children with physical handicaps in all areas of their disabilities.

PHYSICAL ACTIVITY OPPORTUNITIES AND PHYSICAL EDUCATION

The goal of Watts School District for the physical activity program to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthy lifestyle.

Physical education and physical activity shall be an essential element of the instructional program. The program shall be designed to stress physical fitness to all students regardless of differing abilities.

The comprehensive physical activity program encompasses a variety of opportunities including:

- Physical education:
 - Kindergarten through eighth grade students to complete an average of 60 instructional minutes per week.
 - High school students are encouraged to complete to credits.
- Recess.
- After-school activity programs.
- Physical activity breaks within regular classrooms.
- Community use of facilities during after-school hours.

OTHER SCHOOL BASED ACTIVITIES

Watts School District will create a school environment that provides consistent wellness messages and is conducive to healthy eating and being physically active.

- Students will be provided with a clean, safe, and enjoyable meal environment.
- Students will be provided with an adequate amount of time to eat breakfast and lunch.
- Playground, walking track, and outdoor basketball courts will be accessible to the community after school hours.
- The staff and faculty are encouraged to participate in activities designed to benefit healthy living.

MEASUREMENT AND EVALUATION

The superintendent will ensure compliance with the Watts School Wellness Policy. The Healthy and Fit School Committee will meet yearly to monitor progress and assessments regarding our School Health Index (SHI).

To help with the initial development of Watts School Wellness Policy, the district will conduct a baseline assessment concerning the school's existing nutrition and physical activity environments. The Healthy and Fit School Committee will use the results of the SHI to identify and prioritize needs.

When necessary due to change in the SHI, the Healthy and Fit School Committee will revise the wellness policies and develop work plans to facilitate their implementation.