

SCHOOL WELLNESS POLICY

I. Policy

The Watertown City School District participates in USDA Child Nutrition programs including the National School Lunch Program (NSLP) and School Breakfast Program (SBP) and supports a healthy environment where children learn and participate in positive dietary and lifestyle practices.

II. Goals for Nutrition Promotion and Education, Physical Activity and other School Based Activities

A. Nutrition Promotion and Education

The primary goal of nutrition promotion and education is to influence lifelong eating behaviors in a positive manner. To achieve this goal, the District has established these operating standards:

1. Students in grades Pre-K through 12 receive nutrition education that follow applicable New York State Standards, is interactive, and teaches the skills students need to adopt healthy eating behaviors.
2. Students receive consistent nutrition messages through health posters, signage or displays.
3. District health education curriculum standards and guidelines include both nutrition and physical activity.
4. Staff who provide nutrition education will have appropriate training.

B. Physical Activity

The primary goals and characteristics of quality physical education and physical activity are to provide opportunities for every student to develop the knowledge and skills for specific physical activities; maintain physical fitness; reduce sedentary time; learn about cooperation, fair play and responsible participation that meets the needs of all students (at all levels of physical ability); and gain an appreciation for lifelong physical activity through a healthy lifestyle. To achieve these goals, the District has established these operating standards:

1. The District will have a Board approved Physical Education Plan on file with the New York State Education Department that meets or exceeds the requirements set forth in Section 135.4 of the Commissioner's Regulations. All students will be required to fulfill the physical education

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requirements as set forth in the regulations of the Commissioner of Education as a condition of graduating from the District.

2. Physical activity shall be included, when possible, during the school day.
3. Students will be offered a minimum of 15 minutes daily for physical activity or classroom brain breaks regardless of classroom behavior interventions or homework policies.
4. Students will have opportunities for physical activity through a range of before and/or after school programs including, but not limited to, intramurals, and interscholastic athletics.

C. Other School-Based Activities

1. Dining Environment

The District will:

- a. Provide a clean, safe meal environment for all students;
- b. Provide enough space and serving area to ensure that all students have access for school meals.
- c. Make available free potable water in schools, so that students may obtain water at mealtime and throughout the day.
- d. Encourage all students to participate in the school meals/cafeteria program.

2. Consistent School Activities and Environment

The District will:

- a. Provide opportunities for on-going professional training for foodservice staff and teachers in the areas of nutrition and physical education.
- b. Promote efforts to keep school physical activity facilities open for use by students and community outside regular school hours.
- c. Encourage school and community members to serve as role models in practicing and promoting a healthy life style.
- d. Support initiatives regarding self-help and other Food and Nutrition Services programs.
- e. Encourage parents/guardians to send in healthy alternatives for classroom celebrations.

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III. Nutritional Guidelines

- A. The District will develop standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with Federal regulations for school meal nutrition standards and the Smart Snacks in School nutrition standards.
- B. The District will encourage all foods and beverages provided but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given to students) to meet smart snack guidelines.
- C. Fundraisers conducted during the school day will meet, or exceed, the nutritional requirements listed in the Healthy, Hunger-Free Kids Act “Smart Snacks in Schools” Rule and no fundraising foods and beverages will be sold until the end of the last lunch period. Fundraisers conducted outside of the school day will be encouraged to promote the sale of healthy foods items, non-food items, and events involving physical activity.
- D. For purposes of this section, the school day means the period from the midnight before the start of student attendance to 30 minutes after the end of the official school day.

IV. Marketing and Advertising

Marketing and advertising of foods and beverages on school campuses during the school day will be consistent with nutrition education and health promotion. Schools will restrict food and beverage marketing to the promotion of those foods and beverages that meet the nutrition standards set forth by the Healthy-Free Kids Act “Smart Snacks in Schools” Rule.

V. Guidelines for Reimbursable School Meals

The District will ensure that reimbursable school meals meet the program requirements and nutrition standards set forth in Federal Regulations (7 CFR Part 210 and 220).

VI. Community Involvement and Wellness Leadership

The Superintendent will designate a Wellness Committee by October 15th of each school year with members chosen from the public, parents, students, school food service workers, teachers, administrators, Board of Education members and support staff personnel. The Wellness Committee will review the policy and make recommendations to the Superintendent as needed.

VII. Implementation and Evaluation of Policy

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Under the direction of the Superintendent or designee as designated by the Superintendent in writing, the District will be responsible for the following:

- A. Periodically assess whether the school district is meeting the requirements of this policy.
- B. Inform and update the public (including parents, students and others in the community) about the content and implementation of this policy.
- C. On a triennial basis, measure and make available to the public an assessment of the implementation of the policy including:
 1. Compliance with the policy;
 2. How well the policy compares to model wellness policies; and
 3. Description of the progress made in attaining the goals of the policy.
- D. Retain basic records demonstrating compliance with the policy, to include:
 1. The written wellness policy;
 2. Documentation demonstrating compliance with community involvement requirements;
 3. Documentation of the triennial assessment of the wellness policy;
 4. Annual local wellness policy progress reports for each school; and
 5. Documentation to demonstrate compliance with the public notification requirements.
- E. Reinforce policy goals with school staff as needed.

Watertown City School District

Legal Ref: Education Law §§915, 1709 and (23); National School Lunch Act 1946 as amended (42 USC 1751-1760); Child Nutrition Act 1966; Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004 (PL 108-265); Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296) added Section 9A to the Richard B. Russell National School Lunch Act (42 USC 1758b), Smart Snacks in School Rules 2014; 8 NYCRR 135.4; 7 CFR 210.11; 7 CFR Parts 210 and 220.

Adopted: 08/01/06

Revised: 07/19/13, 10/24/17, 03/19/19