

SCHOOL WELLNESS POLICY

The Watertown School District is committed to providing environments that promote and protect the health and well-being of students and staff. Evaluation of the School Wellness Policy will be conducted by District representatives on the Coordinated School Health Team and Indoor Air Quality Team. The superintendent shall report to the Board, as requested, on the District's programs and efforts to meet the purpose of school wellness. The School Wellness Policy has the following components to promote health and wellness for the staff and students.

Health, Wellness, and Physical Education Curriculum

The District has a health and wellness curriculum for grades K-9. This curriculum uses state and national health and wellness standards as a guideline. All students in grades K-9 shall receive nutrition education that teaches the knowledge and skills needed to adopt healthy eating behavior. Nutrition information and education shall be offered throughout the school campus based on the US Dietary Guidelines for Americans. Students in grades K-12 shall have the opportunity to participate in supervised, organized physical activities to maintain physical fitness and understand the short and long term benefits of a physically active lifestyle.

Nutrition Standards

The District shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. The District shall encourage students to make nutritious food choices through accessibility and marketing efforts of healthful foods. The District shall monitor all food and beverages sold or served to students,

including those available outside the federally regulated child nutrition programs (i.e., a la carte, vending, concessions, student stores, classroom rewards, fundraising efforts). The District shall consider nutrient density and portion size before permitting food and beverages to be sold or served to students. The administration, in conjunction with the Coordinated School Health Team, shall continually evaluate vending products.

Indoor Air Quality

It is the goal of the Watertown School District to achieve, maintain, and if necessary, restore healthy and safe physical environments in all district schools and facilities so that all students, staff can learn, teach, and support learning and teaching. Healthy and safe schools, particularly with regard to indoor air quality, should be achieved by proactive operating and maintenance practices, not in reaction to complaints. The Indoor Air Quality Core Team shall continually evaluate and monitor the air quality in District facilities. If air quality problems are identified, the committee shall investigate and recommend corrective measures to improve the air quality.

Other Programs

The District may implement other appropriate programs that help create school environments that convey consistent wellness messages and are conducive to healthy eating and physical activity, such as staff wellness programs, non-food reward systems, and fundraising efforts.

Revised 04/10/06
07/14/08