

WELLNESS POLICY

The School Committee, Physical Education and Health Department, and Administration of the Watertown Public Schools recognize the relationship between student well-being and student achievement as well as the importance of a comprehensive district Wellness Program.

Therefore, the school district will provide developmentally appropriate and sequential nutrition education, physical education as well as opportunities for physical activity. *Health Education and Physical Education* will be implemented in a multidisciplinary fashion and will be evidence based. It is the goal of the Watertown Public Schools, to enhance the wellbeing of each child through the support and promotion of a sound nutrition, health, and physical education program.

Wellness Committee

The school district will establish a Wellness Committee that consists of at least one of each of the following: parent, student, nurse, school food service representative, physical educational health teacher, school administrator and member of the public. The Committee may include other community members and school district staff as appropriate. The Superintendent shall designate members of the Wellness Committee, and the Superintendent shall appoint one or more individuals of the Committee to serve as Wellness Program Coordinator(s). Wellness coordinators, in consultation with the Wellness Committee, will be in charge of implementation and evaluation of the school district's Wellness Program and ensuring communication to parents on the work and activities of the Committee. The Wellness Committee will meet at least twice a year.

Purpose of Well ness Policy

The Wellness Policy is in compliance with NASPE Standards and MA DESE Curriculum Frameworks; this policy assures that Watertown Public Schools will provide all students with quality nutrition, health, physical education and activity programs in order to promote healthy habits, and *social and emotional wellbeing* that will lead to healthier lifestyles. In addition, such programs will add to a healthier learning environment.

Physical Education and Activity:

The WPS District Physical Education curriculum is aligned with NASPE (National Standards) and DESE Frameworks. A common curriculum map and scope and sequence assures that physical educators and health educators are held to the same high standard throughout the district and that all students will demonstrate progress toward meeting learning objectives in the field of physical education and health. Physical Activity is offered to all students through appropriate and feasible before and after school programming through school-based and community collaboration.

Health

Health Education is offered to all students and taught by certified health teachers and physical educators (Pk-5). Health is a required subject for secondary level (6-9). Evidenced based curriculum is used in the teaching of Health.

Nutrition

All meals served in Watertown Public Schools meet the nutrition requirements established by local, state and federal statutes and regulations. It is a goal to maximize the number of families who apply for free and reduced school lunch through the promotion of the application process.

Monitoring and Reporting to the School Committee

The Superintendent and the Wellness Committee will establish guidelines that direct the implementation of this policy. These guidelines will be reviewed and revised annually if necessary.

The

- LEGAL REFS.: The Child Nutrition and WIC Reauthorization Act of 2004, Section 2004, P.L. 108-265 The Richard B. Russell National School Lunch Act, 42 U.S.C. **1751-1769h WIC Reauthorization Act of 2004, Section 204, P.L. 108-265
- CROSS REFS.: EFC, Free and Reduced-Cost Food Services IHAMA, Teaching About Alcohol, Tobacco and Drugs

Superintendent and Wellness Committee are responsible to ensure compliance with this policy and shall report on at least an annual basis to the School Committee on the implementation status of the policy.

KJ, Public Solicitations/Advertising in District Facilities

Adopted: 10/16/2006 (Revised: 05/06/2013)

WELLNESS POLICY GUIDELINES

Physical Education:

In order to develop healthy habits to sustain active life style for all students, the physical education program will consist of the following:

- All staff will adhere to MA Certification requirements
- Teachers will provide to students, curriculum that has been approved by WPS and aligned with State and National Standards
- Physical Education classes will provide students of all abilities, developmentally appropriate motor skills, social skills, and emotional skills
- Physical Education classes will provide time for students to learn and practice skills as ongoing assessments will monitor student progress *toward meeting grade level outcome*
- Adequate professional development will be provided to teachers in order to sustain a quality physical education program and assess program effectiveness
- Teachers will work collaboratively to provide consistency in teaching common learning objectives
- Physical Education will strive to sustain an appropriate student teacher ratio
- Physical Education shall not be taken away from students as a form of punishment
- Infrequent exemptions from physical education courses shall be permitted on an individual basis, as determined by the principal and department head, due to extenuating circumstances

Physical Activity is offered to all students at the secondary level through after school programming and through school-based and community collaboration with community based organizations.

- Elementary Schools provide before school activity that is structured and skill-based. Recess in each elementary school is structured so that the expectation is moderate to vigorous activity and play areas are supervised.
- Recess shall not be taken away as a form of punishment or privilege reduction
- Bike racks are available at all school encouraging students to bike to school. School wide activity initiatives are encouraged i.e. Walk to School Day;" Take a Break and Walk the Block"; Jump Rope for Heart, etc. Collaboration with local Recreation Dept. and Boy's and Girl's Club also provide information of community road races and other activity-based events welcome to students and WPS staff.

Health

- At the elementary level, health education is offered through activity-based instruction within the physical education structure.
- Healthy eating habits, exercise, heart health and nutrition are key components of activity based instructional health curriculum
- At the secondary level (grades 6-9) "Life Skill Curriculum" and life skills approach to teaching is implemented and sequential.
- Topics of Decision Making, Drug and Alcohol Awareness and Prevention, Sex Education and Bullying are key components of curriculum.
- Provide teen depression screening and suicide prevention education (secondary health classes)
- Regular review of data relating to Risky Behaviors such as YRBS (grades 612) and other student surveys reflect curriculum change where needed to provide the most current health curriculum that will reduce risky behaviors and improved health education.

Nutrition

- All meals served in Watertown Public Schools meet the nutrition requirements established by local, state and federal statutes and regulations. Breakfast and Lunch meals are served through the National School Lunch and Breakfast Programs. Included meal offerings are: a variety of fresh fruit and vegetables daily; Low Fat (1%) fat free milk, juice that is 100% fruit or vegetable with no added sugar; Portion size is no more than a 4 ounce serving and Grains served are at least 50% whole grain.
- All schools encourage all students to participate in school meal program. The food service program shall aim to be financially self-supporting, however the program is essentially educational, supports activity and budget neutrality or profit generation must not take precedence over the nutritional needs of students.

It is the goal of the Wellness Policy Nutrition guidelines to:

- Increase the number of students who apply for free and reduced lunch by educating them about food service offerings and other nutrition educational strategies
- Teach, encourage and support healthy eating by students through nutrition education and cross curriculum areas
- Educate preschool and elementary age students by visiting school cafeteria to learn about nutrition and nutritious food offerings from their cafeteria; provide regular food/nutrition awareness events to increase nutrition awareness and promote WPS foods program.
- Provide healthy choices as prescribed by the MA School Nutrition Standards for Competitive Foods & Beverages
- Food Service will make nutritional information available on the Food Service Website and include monthly menus

- Foods and Beverages sold individually (Le. food sold outside of reimbursable school meals, such as cafeteria a la care line) -all food and beverages will follow the MA School Nutrition Standards for Competitive Foods & Beverages. www.lawlib.state.ma.us/source/mass/cmr!cmrtextl105CMR225.pdf
- WPS encourages all of the Watertown Community to follow the above regulations to promote healthy options for our students. This includes fundraisers (bake sales, school stores, dances, etc.). *Bake sales will take place 30 minutes before or after school hours as described in the DESE Wellness Policy regulations.*
- Make nutritional information available for all non-packaged competitive foods or beverages
- Make fresh fruits and vegetables available at all school lunches

Revised Nutrition Standards: WPS Wellness Policy follows these standards

<http://www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm>

- January 2011 proposed rule sought to improve lunches and breakfasts by requiring schools to:
- Offer fruits and vegetables as two separate meal components;
- Offer fruit daily at breakfast and lunch;
- Offer vegetables daily at lunch, including specific vegetable subgroups weekly (dark green, orange, legumes, and other as defined in the 2005 Dietary Guidelines) and a limited quantity of starchy vegetables throughout the week;
- Offer whole grains: half of the grains would be whole grain-rich upon implementation of the rule and all grains would be whole-grain rich two years post implementation;
- Offer a daily meat/meat alternate at breakfast;
- Offer fluid milk that is fat-free (unflavored and flavored) and low-fat (unflavored only);
- Offer meals that meet specific calorie ranges for each age/grade group;
- Reduce the sodium content of meals gradually over a 10-year period through two intermediate sodium targets at two and four years post implementation;
- Prepare meals using food products or ingredients that contain zero grams of *trans* fat per serving;
- Require students to select a fruit or a vegetable as part of the reimbursable meal;
- Use a single food-based menu planning approach; and Use narrower age/grade groups for menu planning.