

## **POLICY REGARDING WELLNESS**

It is the policy of the Watertown Board of Education to promote the health and well-being of district students. In furtherance of this policy, the Board has created an Advisory Council on Wellness (“Advisory Council”) to review any available state or federal guidance on wellness issues and to assist in formulating recommendations for specific goals and guidelines aimed at promoting lifelong wellness practices among district students. This Advisory Council involves parents, students, representatives from the school food authority (i.e. any private company employed to provide food services), school administrators, the board of education, and members of the public and may also involve teachers of physical education and school health professionals.

### **I. GOALS AND GUIDELINES**

The Board, following consultation with the Advisory Council, adopts the following goals and guidelines in order to promote student wellness:

#### **A. Nutrition Education and Promotion**

- Setting an average weekly minimum time for classroom nutrition education
- Providing a minimum number of hours per year of training to classroom teachers on how to integrate nutrition education into other basic subjects
- Setting rules for marketing and promotion of nutritious foods and healthy habits outside the classroom

#### **B. Physical Activity and Other School-Based Activities**

- Setting minimum physical education requirements including time, frequency and intensity
- Setting maximum teacher to student ratios for physical education classes
- Setting minimum requirements for recess, including amount of time and scheduling of recess time
- Requiring recess to be outdoors if possible
- Encouraging walking and biking to school through safe route programs
- Creating after school activity programs, student health council, and community/family programs that encourage healthy habits
- Scheduling school meals at appropriate times in appropriate settings
- Marketing healthy food in ways that increase its appeal
- Giving students and the community after-school access to school activity facilities

#### **C. Nutritional Guidelines for School Food**

- Addressing issues such as nutritional values and portion size
- Regulating a la carte, vending machine, concession and school store offerings
- Regulating after school activity, field trip, school event and school party offerings
- Eliminating the use of food as a reward
- Eliminate the use of candy and other unhealthy foods as fund raisers
- Training and certification of food preparation and food service staff
- Evaluating food and drink contracts

At a minimum, all reimbursable school meals (i.e. free and reduced lunches) shall meet the program requirements and nutritional standards established by the USDA regulations applicable to school meals.

## **II. MEASURING THE IMPLEMENTATION OF WELLNESS POLICY**

Pursuant to this policy, the Board shall designate at least one (1) individual to be responsible for the oversight of the school district's wellness program. This [these] individual[s] will be responsible for ensuring that the goals and guidelines relating to nutrition education, physical activity, school-based wellness activities and nutritional value of school-provided food and beverages are met, that there is compliance with the wellness policy, and that all school policies and school-based activities are consistent with the wellness policy.

In addition, in accordance with federal law and applicable regulations, the Board will inform and update the public (including parents, students and others in the community) about the content and implementation of its wellness policy. As part of its update, the Board will periodically measure and make available to the public an assessment on the implementation of its wellness policy, including information about the extent to which schools are in compliance with the policy, and a description of progress made in attaining policy goals.

### **LEGAL REFERENCES:**

Connecticut General Statutes:

§ 10-215f Certification that food meets nutrition standards.

§ 10-221o Lunch periods. Recess.

§ 10-221p Boards to make available for purchase nutritious and low-fat foods.

§ 10-221q Sale of beverages.

Federal Law:

Pub. L. 108-265, § 204, codified at 42 U.S.C. § 1751

Richard B. Russell National School Lunch Act § 9(f)(1) and § 17(a), codified at 42 U.S.C. § 1758(f)(1) and 42 U.S.C. § 1766, as amended by Pub. L. 111-296, § 204, *Healthy, Hunger-Free Kids Act of 2010*.

ADOPTED: March 24, 2014

WATERTOWN PUBLIC SCHOOLS  
Watertown, CT

8/30/11