

## **WELLNESS POLICY**

The West Washington Board of School Trustees believes that good nutrition and physical activity are important for academic achievement. The District supports participation in the National School Lunch and Breakfast Program and in accordance with federal law, it is the policy of the board to:

Promote student wellness by providing access to healthy foods and beverages; provide opportunities for physical activity; and require that all meals served by the school meet or exceed federal nutrition guidelines. Have a Coordinated School Health Advisory Council (wellness committee) in place to oversee the wellness policy.

### **I. Coordinated School Health Advisory Council (Wellness Committee)**

- A. West Washington School Corporation will invite students, parents/guardians, food services, PE teachers, school health professionals, school board members, school administrators, and interested members of the community to participate in developing , implementing, reviewing, and updating of the wellness policy.
- B. The committee shall report any recommended changes or revisions to the Superintendent and school board.
- C. The school board will adopt or revise nutrition and physical activity policies based on the recommendations of the committee.
- D. The school wellness policy will be made available on the school website

### **II. Nutrition Education and Promotion**

- A. Nutrition education will be included in health education and taught grades K-12 according to standards. West Washington will link nutrition education and promotion with existing health programs or other comparable health promotion frameworks.
  - 1. Nutrition education that students receive grades K-12 will support their adoption of healthy eating behaviors such as: how to read and use food labels, portion control, and choosing healthy options.
  - 2. Nutrition education and promotion will be offered in the lunchroom as well as in the classroom through coordination between food service and instructional staff.
  - 3. Schools will collaborate with coordinated school health program, community groups and organizations to provide opportunities for student activities and projects related to nutrition.
  - 4. Nutrition education resources will be made available to parents/guardians through methods such as, but not limited to: website links, newsletter, and handouts.

### III. Standards for USDA Child Nutrition Programs and School Meals.

West Washington will ensure all students have access to healthy foods that support healthy choices and promote learning.

#### A. School Meal Content

1. Meals served through the National School Lunch and Breakfast Programs will:

- Meet at minimum, the USDA nutrition requirements.
  - Contain 0% trans fat
  - Offer a variety of vegetables and fruits
  - All grains offered are whole grain rich

2. 75% of cooked foods will be steamed or baked. Procurement and preparation methods will be used to decrease excess calorie, sodium, and fat levels in food.

3. Special dietary needs of students will be considered when planning meals.

#### B. Scheduling and Mealtimes

1. Adequate time will be provided for students to eat breakfast (at least 10 minutes after being served) and lunch (at least 20 minutes after being served)
2. Elementary school will schedule recess before lunch when scheduling permits
3. Meals will be served in an enjoyable and clean setting.
4. Students will have access to hand washing and/ or sanitizing

#### C. School Meal Participation

1. The USDA School Breakfast Program will be provided for all students to partake in if they choose.

#### D. Professional Development

1. Professional development and training will be provided at least annually to food service staff.

### IV. Nutrition Standards for Competitive and Other Foods and Beverages

At West Washington all foods and beverages available for sale to students in vending machines, student stores, and fundraisers will promote healthy choices that support proper nutrition and will comply with approved nutrition standards. West Washington will also set standards for non sold beverages and food brought into the school, for events such as, but not limited to, birthdays and class celebrations.

***Fundraisers that sell food or beverage items that do not meet the federal nutrition standards are limited to two per school per year.***

West Washington will allow marketing in school buildings and on school grounds during the school day for only beverages and foods that meet federal nutrition standards. Marketing that promotes student health will also be permitted.

- A. Approved Nutrition Standards for foods based on the USDA standards for smart snacks
- Be a whole grain rich grain product
  - No more than 200 calories
  - No more than 200 mg sodium
  - No more than 35% of total calories from sugar
  - No more than 35% of total calories from total fat
  - Less than 10% of total calories from saturated fat
  - 0 trans fat
- B. Approved Standards for Beverages based on the USDA standards for smart snacks
1. All schools (grades K-12) may sell:
    - plain water with or without carbonation
    - unflavored low fat milk
    - flavored fat free milk permitted by NSLP/SBP
    - 100% fruit or vegetable juice, 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners
  2. Elementary schools may sell:
    - 8oz portions of juice and milk
    - no portion size limit on plain water
  3. Jr./Sr High schools may sell:
    - up to 12oz portions of juice and milk
    - no portion size limit on plain water
  4. High Schools may sell:
    - Up to 12oz portions of juice and milk
    - No portion size limit on plain water
    - no more than 20 oz portions of calorie free flavored water (with or without carbonation)
    - flavored and/or other carbonated beverages that contain less than 5 calories per 8oz or no more than 10 calories per 20oz
    - no more than 12oz beverage with no more than 40 calories per 8oz, or no more than 60 calories per 12 oz
- C. Availability
1. Elementary School vending machines that dispense food or beverage items may not be accessible to students.
  2. Jr./ Sr. High School vending machines:
    - Will contain items that meet nutrition standards (smart snacks in schools)
    - Will not be available during meal times
    - Vending machine containing all smart snack approved items can be on all the time
    - Vending machines containing non smart snack approved items can be turned on half an hour after school is released for the day

#### D. Classroom Celebrations

1. Classroom celebrations will focus on activities (free time, extra recess, music, etc.) rather than food.
2. Classroom celebrations that include food will be limited to one per month.
3. Classroom celebrations will offer minimal amounts of foods that contain added sugar as the first ingredient.
4. Classroom celebrations may provide fresh fruits and vegetables, water, 100% fruit juice, or low fat milk
5. School shall inform parents/guardians of classroom celebration guidelines.

#### E. Food as Reward or Punishment:

1. Teachers and staff will not use sugar-sweetened beverages or food items as rewards.
2. School staff will not withhold food and drink at mealtimes as punishment

#### F. Fundraisers

1. West Washington's fundraising activities will support wellness and healthy eating and promote the sale of non food items.
2. Food or beverage items to be sold as a fundraiser during school hours on school grounds must meet the set nutrition standards
3. Fundraisers that sell food or beverage items that do not meet the federal nutrition standards are limited to two per school per year per school

#### V. Physical Activity and Physical Education

West Washington supports the wellbeing of our students by promoting physical activity through physical education, recess, before and/or after school activities, and the integration of physical activity breaks. West Washington will promote lifelong physical activity among students.

1. Students will take part in physical education classes to meet physical education standards.
2. The physical education classes shall be provided adequate space and equipment to provide quality classes for students.
3. All elementary students will provided at least 1 period of daily active recess.
4. All teachers will be encouraged to integrate physical activity breaks during classroom time.
5. Extended periods of inactivity (2 hours or more) should be discouraged. In events such as mandatory testing, students will be given breaks for physical activity.
6. A range of before/after school programs including but not limited to; intramurals, interscholastics, and activity clubs will be available.
7. Parent/guardians will be encouraged to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family activities.
8. Physical activity opportunities (recess, PE, etc.) will not be used or withheld as punishment.

## VI. Other Activities that Promote Student and Staff Wellness

West Washington supports the well-being and health of our students and staff creating an environment that supports healthy eating and physical activity opportunities.

### A. Use of School Facilities Outside of School Hours

1. School facilities will be made available to staff, students, and community members. School policies concerning safety will apply.

### B. Staff Wellness

1. West Washington will promote programs that will increase participation and knowledge of physical activity, healthy eating, and overall wellness for staff.

## VII. Evaluation

Through the implementation of this policy, West Washington will create an environment that supports healthy eating and physical activity behaviors. West Washington will periodically assess the wellness policy using an evidence based tool to measure the school's compliance with the policy, the extent that the policy compares to model policies and the progress made toward the goals. This assessment will be made available to the public.

### 1. Person Responsible:

#### The Superintendent

- Will be responsible for ensuring compliance with the policy and its regulations.
- Responsible for retaining documentation including but not limited to assessment and evaluation.
- Responsible for public notification.
- will be responsible for the monitoring and assessment of the wellness policy

#### Principals

- Shall report to Superintendent the school's progress in meeting goals, a summary of events/ activities related to implementation of policy, and information on how individuals can get involved with the school's wellness committee.

### 3. Evaluation

- Will be directed by the wellness committee and will include the three-year assessment of school's compliance with policy and regulation, the extent the policy compares to other model policies, and a description of progress made toward the goals of the policy.

### 2. Communication

- West Washington will provide information and updates about the wellness policy to our parents/guardians, students, and community members through available methods, such as; website, newsletter, and handouts.