

## Watertown City School District Wellness Committee

Dear Parents, Guardians, Students and Community Members:

The Wellness committee has been diligently working towards updating our wellness policy first approved in 2006. We are happy to report after many hours of hard work by this committee a new wellness policy was recently adopted by the Board of Education. We would like to highlight some of these accomplishments that will be implemented September 1st, 2014:

1. Physical Activity:
  - a. Resources will be provided to ensure that all buildings, K-6, are encouraged to implement a recess program that is safe and beneficial to all students.
  - b. All buildings, K-12, will offer extracurricular physical activity programs such as physical activity clubs or intramural programs.
  - c. School space and facilities should be available, as appropriate to students, staff and community members before, during and after the school day, on weekends and during school vacations.
  
2. Nutrition Education:
  - a. Nutrition Education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum.
  - b. All buildings in the District will limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for food or beverages. The district will disseminate a list of party ideas to parents and teachers.

Again these are only the highlights of the accomplishments of the committee. I would encourage you to visit [www.watertowncsd.org](http://www.watertowncsd.org) for the entire student wellness policy. Once you are on the site go to District, Watertown Board of Education, and Policy Manual and look for Policy # 5405, Student Wellness.

Once you read the policy and you find you have questions please do not hesitate to contact the District office at 315-785-3705. They will guide you to the right person on the committee that can answer your questions.

The committee looks forward to implementing this policy over the time line they have created to help our students make nutritious food choices and implementing consistent physical activity for a life time.

Thank you for your continuing support of our district.

Sincerely yours:

Craig P. Orvis, SNS  
Food Service Director  
Co-Chair – Nutrition Committee

Sheryl Foan  
Guidance Counselor  
Co-Chair – Physical Activity Committee