

Wishkah Valley Local Wellness Policy

It is the believe of the Wishkah Valley School Ditrict that children need access to healthful foods, opportunities to be physically active and access to social and emotional learning in order to grow, learn and thrive. The Wishkah Valley School District is committed to providing a school environment that promotes and protects student health and well-being. Therefore, it is the policy of the Wishkah Valley School District to provide health and nutrition education, physical education and social and emotional education to foster healthy lifelong habits.

District Wellness Committee

The District will develop, implement, monitor, review, and as necessary, revise the District wellness policy. The wellness committee will serve as a resource for recommending changes to and implementing the wellness policy. The wellness committee is encouraged to obtain input from students, parents, teachers, food service professionals, health professionals, and other community members in developing, implementing, monitoring, and reviewing the District-wide wellness policy.

Nutritional Quality of Foods and Beverages Sold and Served on Campus

1. School Meals

Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious foods. Students will be provided clean and pleasant settings and adequate time to eat. Meals served through the National School Lunch and Breakfast Programs will meet or exceed standard nutrition requirements established by local, state and federal statutes and regulations.

2. Snacks, Rewards, and Celebrations

Healthy kids learn better. To provide the best possible learning environment that supports healthy behavior, Wishkah Valley School will make efforts to provide healthy options for students.

Nutrition Education and Food Marketing

Wishkah Valley School District aims to teach, encourage, and support healthy eating for students and will provide nutrition education and engage in nutrition promotion to students of all ages. The District will support parents' efforts to provide a healthy diet for their children. Parents are encouraged to purchase school lunches or pack healthy lunches and snacks for their children. Parents are also encouraged to serve their students breakfast at home or purchase breakfast at school. School-based marketing of foods will be consistent with nutrition education and health promotion.

Physical Activity Opportunities and Physical Education

Daily physical activity is essential in maintaining a healthy lifestyle. The District will support efforts to promote physical activity. All students will have opportunities, support, and encouragement to be physically active on a regular basis. Physical education programs and recesses will meet or exceed standards established by local, state and federal statutes and regulations.

Social and Emotional Learning (SEL)

It is the goal of Wishkah Valley School District to equip our students with the ability to acquire and apply the awareness, attitudes, knowledge, and skills to understand and manage their emotions, build and maintain healthy relationships, set goals, and make responsible decisions.

Monitoring and Policy Review

1. Monitoring

The superintendent or designee will ensure compliance with established District-wide wellness policies. The District will survey students and community members as appropriate on the implementation of the wellness policy and procedures. School food service staff will ensure compliance with nutrition policies within school food service areas. In addition, the school District

will review the most recent USDA School Meals Initiative (SMI) and institute any changes. If the District has not received an SMI review from the state agency within the past five years, the District will request that an SMI review be scheduled as soon as possible.

2. **Policy Review**

The District will conduct a baseline assessment of the school's existing nutrition, physical activity and social-emotional current practices. The results of this assessment will be compiled to identify and prioritize needs. The assessment will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. The superintendent or designee in conjunction with the wellness committee will develop a summary report every three years on District wide compliance with the District's established wellness policy. That report will be provided to the school board, school wellness committee, school staff, and school health services personnel in the District.

References:

RCW 28A.210.360 Model policy on access to nutritious foods and developmentally appropriate exercise-School District Policies

RCW 28A.210.365 Food choice, physical activity childhood fitness – minimum standards Addressing Social Emotional Learning in Washington's K-12 Public Schools

**Wishkah Valley School District
Adopted: 2/27/2020**