

## **WOODWARD CHILDREN'S CENTER**

### **WELLNESS POLICY**

The Woodward Children's Center is committed to providing a school environment that promotes and protects children's health, well being and the ability to learn by supporting healthy eating and physical activity. Pursuant to Section 204 of the Child Nutrition and Women, Infants and Children Reauthorization Act of 2004, Woodward establishes the following Wellness Policy to enhance the learning and development of lifelong wellness practices.

#### **Nutrition Education Goals**

Nutrition education is defined as "any set of learning experiences designed to facilitate the voluntary adoption of eating and other related behaviors conducive to health and well being." Woodward adopts the following nutrition guidelines in its school, with the goal of promoting student health and reducing childhood obesity:

- Students in grades K-12 shall receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors and provide them with the knowledge and skills to promote and protect their health;
- Nutrition education shall be offered in the school cafeteria as well as in the classroom, with coordination between food service staff and teachers;
- Students shall receive consistent nutrition messages throughout the school, classrooms, cafeterias, homes, community and media and school-based marketing that will be consistent with nutrition education and health promotion;
- The school district shall provide information to families that encourages them to teach their children about health and nutrition and to provide nutritious meals through school newsletter and parent workshops;
- Nutrition education activities shall be integrated into the health education or core curricula. Hands on cooking of healthy recipes can be incorporated into lesson plans as well as family/student involvement such as sharing recipes/nutritional tips through cookbooks, school website and school calendar;
- Staff who provide nutrition education shall have appropriate training and shall participate regularly in professional development activities to effectively deliver an accurate nutrition education program;
- Students shall have access to a variety of affordable, nutritious and appealing food choices that meet their health and nutrition needs and which accommodate the diversity of the student body;

Fruits, vegetables, whole grain products, low-fat dairy products, healthy food preparation methods and health enhancing nutrition practices shall be promoted.

### **Physical Activity Goals**

The primary goal for the district's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity and understand the short- and long-term benefits of a physically active and healthy lifestyle. The school adopts the following physical activity guidelines:

- Students shall be given opportunities for physical activity during the school day through physical education classes, daily recess periods for elementary school students, and through the integration of physical activity in the academic curriculum;
- Students shall be given opportunities for physical activity through a range of school programs including, but not limited to, intramural, interscholastic athletics and wellness clubs;
- Woodward shall work with the community to create ways for students to walk or bike safely to and from school;
- Woodward shall encourage parents to support their children's participation in physical activity, to be physically active role models and to include physical activity in family events;
- Woodward shall provide training to enable teachers and other school staff to promote enjoyable lifelong physical activity among students;
- Woodward will promote collaboration between the physical education, health education and classroom teachers who can have a positive impact on the health of the students;
- Woodward shall plan, establish and implement activities to promote physical activities among staff and provide opportunities for staff to conveniently engage in regular physical activity, thus becoming healthy role models.

### **Other School Based Activity Goals**

It shall be Woodward's goal to create a school environment that provides consistent wellness messages and that is conducive to healthy eating and being physically active. In accordance with this goal, the district adopts the following guidelines:

- All students are encouraged to participate in school meals programs and the identity of students who eat free and reduced-price meals will be protected;
- There shall be a clean, safe, enjoyable meal environment for all students with adequate time to enjoy eating healthy foods with their friends;
- Every effort will be made to provide enough space and serving area to ensure all students have access to school meals with minimum wait time;
- Drinking fountains shall be available in all schools so that students can get water at meals and throughout the day;

### **Establishing Nutrition Standards**

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available in

their daily environment. Woodward establishes the following program requirements and nutrition standards to address all foods and beverages sold or served to students:

- Woodward will make every effort to eliminate any social stigma attached to, and prevent the overt identification of students who are eligible for free and reduced priced lunch meals;
- Nutrition standards shall focus on maximizing nutritional value by decreasing fat and added sugars, and moderating portion size;
- All foods and beverages made available (including, a la carte, fundraising, student stores and school parties/celebrations) during the school day shall be consistent with the current USDA Dietary Guidelines.
- Woodward shall offer a variety of age-appropriate healthy food and beverage selections for elementary schools, middle schools and high schools;
- All foods made available shall adhere to food safety and security guidelines;
- Nutrition information for products offered shall be readily available;
- Classroom snacks shall feature healthy choices and a list of such healthy choices shall be disseminated to teachers and parents;
- Students shall be discouraged from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on children's diets;
- Woodward will encourage any program event to include healthy food choices and appropriate physical activity;
- Woodward will encourage staff to serve healthy snacks at celebrations, and other program activities in order to promote healthy eating habits.

### **Food and Beverages Sold Individually**

This includes but is not limited to foods sold outside of reimbursable school meals, such as through cafeteria (snack) lines, fundraisers, and school store.

If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, low sodium and low sugar.

### **Beverages**

- **Allowed:** water, without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juices and that do not contain additional caloric sweeteners, unflavored or flavored low-fat or fat-free milk;
- **Not Allowed:** soft drinks containing caloric sweeteners and caffeine, sports drinks and iced tea, beverages containing caffeine; (excluding low-fat or fat-free chocolate milk which contains minimal amounts of caffeine).

## **Foods Portion Sizes**

Limit portion sizes of foods and beverages sold individually to those listed below:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, and dried fruit;
- One ounce to one and one half ounce serving for cookies;
- Two ounces for cereal bars, granola bars, pastries;
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- Eight ounces for non-frozen yogurt and 100% juice smoothies;
- Twelve fluid ounces for beverages excluding water.

The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

## **Goals for Measurement and Evaluation**

This policy will be evaluated and monitored twice in the school year. Periodically evaluations of the nutrition and physical wellness policy will be conducted and reported to the Wellness Advisory Committee Consisting of: Executive Director, School Principal, School Nurse, Physical Education Teacher, Social Workers, Kitchen Cook, Teaching Staff and local community. The community is The Committee will revise the policy and develop work plans to promote healthy habits among the students and staff.

**Monitoring.** The Executive Director or designee will ensure compliance with established school-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Executive Director and School Principal. In addition, the school will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

The Executive Director or designee will develop a summary report every three years on school-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

**Monitoring and Policy Review.** Woodward's Administrative Team will ensure the compliance of the school-wide nutrition and physical activity wellness policy throughout the school. To help with the initial development of the school wellness policies, Woodward will conduct a baseline assessment of the

school's existing nutrition and physical activity environments and policies. The result of the assessments will be compiled to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Revised November 2025