

WESTMINSTER SCHOOL DISTRICT WELLNESS POLICY

2017



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WESTMINSTER SCHOOL DISTRICT WELLNESS POLICY

Preamble

Westminster School District (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.^{1,2,3,4,5,6,7} Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.^{8,9,10} In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.^{11,12,13,14} Finally, there is evidence that adequate hydration is associated with better cognitive performance.^{15,16,17}

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in the District. Specific measurable goals and outcomes are identified within each section below.

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I. School Wellness Committee

Committee Role and Membership

The District's representative district wellness committee (hereto referred to as the DWC) meets at least twice a year to establish goals to oversee school health and wellness policies and programs, including development, implementation and periodic review and update of this district-level wellness policy (heretofore referred as "wellness policy").

The DWC membership represents all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g., superintendent, principal, vice principal), school board members; health professionals (e.g., dietitians); and the general public. To the extent possible, the DWC include representatives from each school building and reflect the diversity of the community.

Leadership

The Superintendent or designee(s) shall convene the DWC and facilitate development of and updates to the wellness policy, and ensure each school's compliance with the policy.

The designated official for oversight of the wellness policy is the Director of Nutrition Services.

The name(s), title(s), and contact information for this individual is:

Name	Title	Email address	Role on Committee
Stephanie Tovar	Director of Nutrition Services	stovar@wSDK8.us	Coordinates annual meetings, assists in the evaluation of the wellness policy

Each school site principal shall be designated as its school wellness policy coordinator and ensure compliance with the wellness policy. Refer to Appendix A for a list of school-site wellness policy coordinators.

II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

The District develops and maintains a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who is responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. Each year the District administers an annual progress report to evaluate each school sites' implementation of the wellness policy.

This wellness policy and the progress reports can be found posted online at wsdk8.us and www.wsdnutrition.com.

Recordkeeping

The District retains records to document compliance with the requirements of the wellness policy in the Nutrition Services Department. Documentation maintained in this location includes but is not limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local School Wellness Policy; including an indication of who is involved in the update and methods the District uses to make stakeholders aware of their ability to participate on the DWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

Annual Notification of Policy

The District informs families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District shall make this information available via the district website and/or district-wide communications. The District shall provide as much information as possible about the school nutrition environment. This should include a summary of the District's or school events or activities related to wellness. Annually, the District shall also publicize the name and contact information of the District school official coordinating the committee.

Triennial Progress Assessments

At least once every three years, the District evaluates compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;

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- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The position/person responsible for managing the triennial assessment is the Director of Nutrition Services.

The DWC, in collaboration with individual schools, monitors schools' compliance with this wellness policy.

The District posts the results of the triennial progress report on the District website at www.wsdk8.us.

Revisions and Updating the Policy

The DWC updates or modifies the wellness policy based on the results of the triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy shall be assessed and updated as indicated at least every three years, following the triennial assessment.

Community Involvement, Outreach and Communications

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District shall communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means. The District informs parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District uses electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District ensures that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.

The District notifies the public about the content of or any updates to the wellness policy annually, at a minimum. The District shall also use these mechanisms to inform the community about the availability of the annual and triennial reports.

III. Nutrition

School Meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving; and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet

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and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP). Certain school sites also participate in the After-school Supper Program (CACFP). The Nutrition Services Department coordinates additional nutrition-related programs and activities for students including: Farm to School Education Programs, Mobile Dairy Educational Programs and Harvest of the Month Classroom Educational Programs. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards.)
 - Promote healthy food and beverage choices using the following Smarter Lunchroom techniques.
 - Sliced or cut fruit is available daily.
 - Daily fruit options are displayed in a location in the line of sight and reach of students.
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable & fruit options with their meal.
 - White milk is placed in front of other beverages in all coolers.
 - Student surveys and taste testing opportunities are used to inform menu development.
 - Student artwork is displayed in the service and/or dining areas.
 - Daily announcements are used to promote and market menu options.
 - Local or regional products are incorporated into the school meal program (Farm to School)
 - The District hosts special events, such as tastings that highlight the local/regional products and provide nutrition education for students.

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel may refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water is available to all students throughout the school day and throughout every school campus ("school campus" and "school day" are defined in the glossary). The District makes drinking water available where school meals are served during mealtimes.

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Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools is available on the Nutrition Services website at www.wsdnutrition.com.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day* meet or exceed the USDA Smart Snacks nutrition standards. These standards apply to all locations and through-out all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines and school stores.

Celebrations and Rewards

All foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards, including through:

1. Celebrations and parties. Nutrition Services provides a list of healthy snack options for principals, parents and teachers to purchase through the Nutrition Services department. Teachers may also fill out and submit the “competitive food request form” to Nutrition Services for prior approval of snacks and beverages for classroom parties.
2. Classroom snacks brought by parents. Nutrition Services provides a “competitive food request form” to be filled out by teachers on behalf of parents & approved by Nutrition Services to ensure snacks and beverages meet Smart Snack guidelines prior to parents bringing food or beverages from home.
3. Rewards and incentives. The District provides teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages should not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus* during the school day*. Nutrition Services provide a list of healthy fundraising snacks & beverages available for purchase through Nutrition Services.

- Schools encourage fundraisers that promote physical activity (such as walk-a-thons, Jump Rope for Heart, fun runs, etc.).
- Fundraising outside of school hours may include donation nights at restaurants & foods/beverages are not required to meet USDA Smart Snacks standards. However, any non-compliant food or beverage may not be distributed on a school campus during the school day.

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Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

The District promotes healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion occurs through at least one option below:

- Implementing at least six or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.

Nutrition Education

The District teaches, models, encourages and supports healthy eating by all students. Schools are provided nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

Essential Healthy Eating Topics in Health Education

The District includes some of the following essential topics on healthy eating in its health education curriculum:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from MyPlate
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day

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- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

Food and Beverage Marketing in Schools

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts may be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus* during the school day* meet or exceed the USDA Smart Snacks in School nutrition standards.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product.¹⁵ This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors.
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, and scoreboards.

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- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.

As the District/school Nutrition Services PTA, & Business Office reviews existing contracts, and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

IV. Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement, family and community engagement, and the District is committed to providing these opportunities. Schools should ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education.

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) should not be withheld as punishment for any reason.

To the extent practicable, the District should ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District may conduct necessary inspections and repairs as necessary.

Physical Education

The District provides students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum promotes the benefits of a physically active lifestyle and helps students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

All students have equal opportunity to participate in physical education classes. The District makes appropriate accommodations to allow for equitable participation for all students and adapts physical education classes and equipment as necessary.

All District **elementary students** in each grade shall receive physical education for at least 60-100 minutes per week throughout the school year, equal to 200 minutes every two weeks as required by Education Code.

All District **secondary students** (middle school) are required to take the equivalent of one academic year of physical education.

Essential Physical Activity Topics in Health Education

Health education is incorporated in all grades (elementary) and the District integrates health education into the curriculum for middle school students.

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The District includes in the health education curriculum some of the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity

Recess (Elementary)

All elementary schools offer at least **20 minutes of recess** on all days during the school year. If recess is offered before lunch, schools have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, is built in to the recess transition period/timeframe before students enter the cafeteria.

Outdoor recess is offered when weather is feasible for outdoor play.

In the event that the school or district must conduct **indoor recess**, teachers and staff follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess complements, and does not substitute, for physical education class. Recess monitors or teachers encourage students to be active, and serve as role models by being physically active alongside the students whenever feasible.

Classroom Physical Activity Breaks (Elementary and Secondary)

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students are offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical

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activity breaks complement, not substitute, for physical education class, recess, and class transition periods.

The District provides resources and links to resources, tools, and technology with ideas for classroom physical activity breaks.

Before and After School Activities

The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The District encourages students to be physically active before and after school.

Active Transport

The District supports active transport to and from school, such as walking or biking. The District encourages this behavior by engaging in the following activities:

- Designating safe or preferred routes to school
- Promote activities such as participation in International Walk to School Week, National Walk and Bike to School Week
- Providing storage facilities for bicycles and helmets (e.g., shed, cage, fenced area)
- Promoting safe routes to school for to students, staff, and parents via newsletters & websites
- Promoting the use of crosswalks on streets leading to schools
- Creating and distributing maps of the school environment (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.)

V. Other Activities that Promote Student Wellness

The District integrates wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District coordinates and integrates other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District's curriculum experts.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments are coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the DWC/SWC.

School-sponsored wellness events may include physical activity and healthy eating opportunities when appropriate.

Community Health Promotion and Family Engagement

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The District promotes to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families are informed and invited to participate in school-sponsored activities and receive information about health promotion efforts.

As described in the “Community Involvement, Outreach, and Communications” subsection, the District uses electronic mechanisms (e.g., email or displaying notices on the district’s website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

The DWC has a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff. The subcommittee leader may be:

The Director of Human Resources

Schools in the District may implement strategies to support staff in promoting and modeling healthy eating and physical activity behaviors. The District promotes staff member participation in health promotion programs and may support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

Professional Learning

When feasible, the District may offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g.: incorporating nutrition lessons into math class). Professional learning may help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing District reform or academic improvement plans/efforts.

Glossary:

Extended School Day – the time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

School Campus - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day – the time between midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.

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Appendix A: School Level Contacts

School	Name	Title	Email address
Anderson	Kim Breckenridge	Principal	kbreckenridge@wSDK12.us
Clegg	John Staggs	Principal	jstaggs@wSDK12.us
DeMille	Shannon Villanueva	Principal	svillanueva@wSDK12.us
Eastwood	Jason Kunczewicki	Principal	jkunczewicki@wSDK12.us
Finley	Raul Olivas	Principal	rolivas@wSDK12.us
Fryberger	Dena Kiouses	Principal	dkiouses@wSDK12.us
Hayden	Mark Murphy	Principal	mmurphy@wSDK12.us
Johnson	Daniel Owens	Principal	dowens@wSDK12.us
Land	Beverlee Mathenia	Principal	bmathenia@wSDK12.us
Meairs	Katherine Kane	Principal	kkane@wSDK12.us
Schmitt	Orchid Rocha	Principal	orocha@wSDK12.us
Schroeder	Carrie Hernandez	Principal	chernandez@wSDK12.us
Sequoia	Michelle Watkins	Principal	mwatkins@wSDK12.us
Stacey	Heidi DeBritton	Principal	hdebritton@wSDK12.us
Warner	Amy Kwon	Principal	akwon@wSDK12.us
Webber	Kevin Whitney	Principal	kwhitney@wSDK12.us
Willmore	Nicole Jacobson	Principal	njacobson@wSDK12.us

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In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

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⁷ Taras, H. Nutrition and student performance at school. *Journal of School Health*. 2005;75(6):199-213.

⁸ MacLellan D, Taylor J, Wood K. Food intake and academic performance among adolescents. *Canadian Journal of Dietetic Practice and Research*. 2008;69(3):141-144.

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