

The Board of Education establishes the following wellness policy for River Valley Local Schools as required by law.

The District Wellness Plan recognizes the importance of a healthy and balanced lifestyle filled with good nutrition, physical exercise, and mental health resources. The school can play a vital role in teaching students how to eat healthy meals by supporting students and families with the comprehensive meal program. It is important that, not only the school, but the entire community promote healthy habits for students regarding nutritional wellness.

The following goals are set forth by the Board to promote well-rounded healthy habits and behaviors:

A. Nutrition Education

1. Students in grades pre-K-12 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
2. Nutrition education will be offered in the school dining room, as well as, Health curriculum in the classroom with guidance and coordination between the food service staff and educators.
3. Students shall receive integrative Nutrition education through consistent nutrition messaging, classroom curriculum, cafeterias, homes, community and media.
4. Nutrition education shall provide a culturally inclusive and age-appropriate curriculum to students through interactive activities such as Wellness Night, Fun Night, Relay for Life, etc.
5. Nutrition education shall be behavior-based in practice and focus on developing attitudes and skills to lead a healthy lifestyle.
6. District health education curriculum standards and guidelines include both nutrition and physical education.
7. Nutrition is integrated into the health education or core curricula (e.g., math, science, language arts), as well as, extends beyond the classroom through the Summer Food Program and community resources.
8. Nutrition education includes activities coordinated with the school health program and staff to provide an environment to apply the learned nutrition behaviors from the classroom.
9. Students shall be provided with introductory education on agriculture and how it affects the food system.

## B. Nutrition Standards

1. The schools will provide breakfast every morning in accordance with the USDA School Breakfast Program.
2. The Food Service Program shall comply with federal and state guidelines pertaining to food selection, including the USDA nutrition standards.
3. Students use ID cards to purchase school meals, protecting and ensuring the privacy of students who qualify for free/reduced lunch.
4. All students are given an application for free and reduced lunch.
5. The cafeteria provides the option for hot or cold lunch daily to encourage participation in the school meal program.
6. Students are given at least 20 minutes to eat their food once receiving it.
7. Water is available to all students at water fountains, as well as, refillable water stations during lunch time and throughout the school day.
8. The Food Service Director and all food service staff will meet and maintain proper education and USDA Professional Standards.
9. The Food Service Program will provide locally sourced and fresh food to students whenever possible.

## C. Physical Education/Activity

1. The physical education program provides opportunities for students to learn and practice physical activity in a developmentally appropriate way in grades K-12. High school students are given the opportunity to opt out of in-school physical education if participation in extracurricular physical activity meets the appropriate standards.
2. Students are given opportunities for physical activity through a range of before and/or after school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
3. The District meets all requirements for elementary, middle, and high school physical education.
4. Physical education is taught and endorsed by a licensed physical education teacher, and the school will provide annual professional development to support continuing education.
5. The physical education program shall provide a comprehensive curriculum that supports knowledge, attitudes, and behaviors which encourage participation in lifelong physical activity.
6. The school is committed to encouraging and providing resources to families regarding physical activity outside of school, such as outdoor play activities, engagement with community sports and clubs, and lifelong physical activities.

7. Elementary students will be provided with 20 minutes of recess/day and physical activity breaks throughout the school day.

#### D. Nutrition Promotion

1. With regard to nutrition promotion, any foods and beverages promoted to students at school, during school hours, will meet or exceed the USDA Smart Snacks requirements in School nutrition standards.
2. The District will provide and require students to select a fruit or vegetable with each reimbursable meal.
3. The food service program shall comply with USDA Guidelines and Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages (in accordance with Policy 8500).
4. The Food Service Program prohibits the sale of food with minimal nutritional value. Food that does not meet or exceed the USDA Dietary Guidelines for Americans and the USDA Smart Snack requirements in School nutrition standards will not be sold during the school day.
5. Food that is not available in the district will not be advertised on school property.
6. All food items and beverages available for sale to students for consumption on the school campus between midnight and thirty (30) minutes after the close of the regular school day shall comply with the current USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, including, but not limited to, competitive foods that are available to students a la carte or as entrees in the dining area, as well as food items and beverages from vending machines and school organizations. Beverages containing caffeine will not be sold during school hours.
7. All foods, including competitive foods, that are available to students a la carte in the dining area, as classroom snacks, from vending machines, for classroom parties, fundraisers, or at holiday celebrations will comply with USDA standards.
8. Staff is encouraged to use physical activity as a reward. Staff will make efforts to not deny student participation in recess or other physical activities as a form of punishment.
9. Staff is encouraged to model a healthy and active lifestyle.
10. The Food Service Director will be qualified, certificated, licensed, or credentialed, according to current professional standards.
11. Continuing professional development and training shall be provided for all staff of the food service program.

A Wellness Committee will be identified by the Superintendent and be responsible for meeting at least 4 times per year and review and recommend updates to the Wellness Policy at least every three years.

- a. The Committee will be made up of diverse staff members, including but not limited to, food program staff, school health professionals, mental health and social services staff, administration.
- b. Results of the triennial assessment will be available in a public forum.

- c. The Wellness Policy will be available to the public for viewing on the school website.