

WELLNESS POLICY

School: Riverside Academy

Adopted: June 26, 2014/Resolution No.: 14-47

With the passing of the Child Nutrition and Women, Infants, and Children (WIC) Reauthorization Act of 2004 by Congress and the Healthy, Hunger-Free Kids Act of 2010, the School recognizes the role it can play in building nutrition knowledge and skills in children to promote healthy eating and physical activity choices. Local education agencies participating in a program authorized by the National School Lunch Act or the Child Nutrition Act of 1966 must establish a local wellness policy. The objectives of this wellness policy are to improve the school nutrition environment, promote student health, and reduce childhood obesity.

The main goal of nutrition education is to influence a student's eating behaviors. Healthy eating patterns are essential for a student to achieve his/her full academic potential, full physical and mental growth and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases. Schools and school communities have a responsibility to help students acquire the knowledge and skills necessary to establish and maintain lifelong healthy eating patterns.

Schools also have a responsibility to help students establish and maintain lifelong habits of being physically active. According to the United States Surgeon General, regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being. Regular physical activity reduces the risk of premature death in general and of heart disease, high blood pressure, colon cancer, and diabetes.

The purpose of this policy is to ensure a total school environment that promotes and supports student health and wellness, helps to reduce childhood obesity, and meets the requirements of the Child Nutrition and WIC Reauthorization Act of 2004, the National School Lunch Act, the Child Nutrition Act, the Healthy, Hunger-Free Kids Act of 2010, or any other applicable state or federal statute, rule, regulation or other guidance. Therefore, the School will provide:

- Goals for nutrition education, physical activity and other School-based activities designed to promote student wellness to be determined by the School Administrator according to the following objectives;
 - a. Objectives for nutrition education include: (1) Nutrition guidelines, food pyramid charts, suggestions for healthy food choices and/or other messages related to health and nutrition will be posted in or near the school cafeteria; (2) School lunch periods will be scheduled so as to provide nourishment within a reasonable time frame from the start of the school day; and (3) Recess or snack breaks will be scheduled for students as needed to maintain energy levels.
 - b. Objectives for physical activity include: (1) All students will participate in the School's physical education program; (2) All classes will have access to recess according to the School's schedule; (3) Discipline will be administered in ways that limit temporarily withholding student access to recess or physical education; and (4) Students will be encouraged to participate in School and community sports programs, and to be physically active outside of school.

- c. Objectives for other School-based activity include: (1) The School encourages the use of non-food rewards for student behavior; (2) The School further encourages teachers and parents to provide healthy snacks, and to minimize sugary treats for classroom celebrations; (3) Schools are encouraged to consider healthy food or non-food fundraisers; (4) The school will provide parent education on nutrition and the benefits of physical activity through newsletters and parent meetings during the course of the school year; and (5) Teachers will be offered training in nutrition as needed, and in physical activities conducive to learning and appropriate for classrooms.

- Nutrition guidelines for all foods available during the school day.
 - a. School lunch programs will follow nutritional guidelines established by the Ohio Department of Education, Office of Child Nutrition Services;
 - b. Schools will evaluate food products sold on their premises;
 - c. Schools will set nutritional guidelines for all food and beverages available on campuses; and
 - d. Drinking fountains and/or water coolers will be available in every building.

- A plan for measuring implementation of the program which shall be the operational responsibility of the School Administrator;
 - a. The School Administrator will collect data that reflects the School's nutrition offerings, the way same are presented, the environment in the cafeterias, the school environment related to health and wellness, and the physical activity and education opportunities available to students and School staff.

- An opportunity for parents, students, School food service providers, the Governing Authority, School administration, and the public to participate in any further development of this wellness program or any updates thereto as deemed appropriate by the School Administrator; and

- Additional provisions concerning wellness policies as required by applicable statute, rule, regulation, or guidance, as same may be amended.