



Riverway School Wellness Policy

PURPOSE

The purpose of this policy is to assure a school environment that promotes and protects student's health, well-being and ability to learn by supporting healthy eating and physical activity.

GENERAL STATEMENT OF POLICY

1. The Riverway Learning Community Board of Directors recognize that nutrition education and physical education (and social emotional wellness) are essential components of the educational process and that good health fosters student attendance and education.
2. Riverway's learning environment should promote and protect students' health, well being and ability to learn by encouraging healthy eating and physical activity.
3. Riverway Learning Community encourages the involvement of students, parents, district employees and other interested persons in implementing, monitoring and reviewing school district nutrition and physical activity policies.
4. Children need access to healthy foods and opportunities to be physically active in order to grow, learn and thrive.
5. All students in Pre-K to 12 will have opportunities, support and encouragement to be physically active on a regular basis.
6. All students will have access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students. Nutrition staff will make every effort to accommodate the religious, ethnic and cultural diversity of the student body in meal planning. Students will be provided adequate time to eat in a clean, safe and pleasant setting.

Federal Requirements

1. Riverway will provide healthy and safe school meal programs that strictly comply with all federal, state and local statutes and regulations. Assurance is provided that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and sections 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)), as those regulations apply to schools;
2. Riverway shall designate appropriate persons to be responsible for the school district's nutrition program, whose duties are to ensure the selection of foods and beverages available are consistent with current USDA Dietary Guidelines for Americans. The School Nutrition Leader has been designated and trained to ensure compliance.
3. As part of the school district's responsibility to operate a school nutrition program, Riverway will provide continuing professional development for all school nutrition personnel.
4. All foods and beverages made available on campus will be consistent with the current USDA Dietary Guidelines for Americans.

Nutrition Environment & Services

Students' lifelong eating habits are influenced by the types of food and beverages available to them. Schools have a responsibility to help students establish and maintain lifelong healthy eating patterns.

1. Applications for free/reduced priced meals are sent home to all families at the beginning of the school year. The application is also available on the district website.
2. Riverway 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-price school meals.
3. Riverway will serve students a reimbursable meal, regardless of whether the student has money to pay or owes money.
4. Students will have the opportunity to provide input on local, cultural, and ethnic favorites.
5. Riverway will provide periodic food promotions to encourage taste testing of healthy new foods and locally grown products being introduced on the menu.
6. School meals will include fresh, locally-grown foods in school meals from farms engaged in sustainable practices whenever possible and these foods will be promoted in the cafeteria.
7. Students and staff will have access to free, safe, and fresh drinking water throughout the school day.
8. Riverway will provide students with access to hand washing or hand sanitizing before they eat meals or snacks.
9. Riverway will provide breakfast through the USDA School Breakfast Program.
10. Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast.
11. Riverway will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day (at least 20 minutes)
12. Riverway will discourage tutoring, clubs or organizational meetings during meal times, unless students may eat during such activities.
13. Riverway will encourage school sponsored events and programs held outside of the school day to be supportive of the Wellness policy and guidelines. This will also be encouraged with any fundraising activities.

Nutrition Education

The primary goal of nutrition education is to positively influence students' eating behaviors.

1. Riverway's wellness committee shall work with the school meal program to develop school gardens and use the cafeteria as a learning lab.
2. The nutrition education curriculum will use the school garden as a teaching tool.
3. Field trips: Children will have an opportunity to visit local farms where produce is purchased for school meals.
4. Riverway will ensure that students in Pre-K to grade 12 receive nutrition education that provides the knowledge they need to adopt healthy lifestyles. Nutrition education should teach students the relationship between a balanced diet and regular exercise for a healthy lifestyle. Include Hungry Games and extracurriculars.
5. Riverway will encourage all students to make age appropriate healthy selections of food and beverages. This includes food and beverages brought into the school setting.
6. Riverway will be discouraged from using food or beverages as reward or punishment for academic performance or good behavior. Individual Education Plans (IEP) or 504 plans will be exempt from this.
7. Riverway will provide educational information and encourage healthy eating and physical activity for families. Family members should be engaged as a critical part of the team responsible for teaching children about health and nutrition.
8. Nutrition concepts should be reinforced by all school personnel.
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Physical Education and Physical Activity

The primary goal for a school'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 physical active lifestyle.

1. Students at Riverway Learning Community in Pre-k through grade 6 will receive scheduled developmentally appropriate physical education and activity at least 1 time per week for 45 minutes. Students in grades 7 through 12 will have required and elective physical education opportunities at least 2 times per week for 45 minutes each.
2. Physical education should be designed to build interest and proficiency in the skills, knowledge and attitudes essential to a lifelong physically active lifestyle. It should include providing information, fostering a positive atmosphere, encouraging self-discipline, developing motor skills and promoting activities that can be carried over the course of student' lives.
3. Schools shall provide at least 20 minutes of active daily recess to all students.
4. Riverway will develop joint-use agreements with community partners in order to provide expanded physical activity opportunities for all students and community members.
5. Students should be encouraged to participate in physical activities outside of the school day.
6. The importance of physical activity should be reinforced by all district personnel.
7. Secondary students will participate in Riverway's Canoe Certification program.
8. Riverway will do a feasibility study to determine if Red Cross Certification & Wilderness First Aid certification is a possibility for secondary students.
9. Primary and Secondary will each visit the School Forest at least 3 times per year and participate in DNR informed activities.
10. All students will walk .5 miles to lunch and .5 miles back from lunch, daily.
11. All students will have access to greenspace, garden, pond, walking path, and playscape for classes, recess, and after school activities.
12. Air purification will be placed throughout the building to support cognitive functioning and reduce illness related absences.

Mental Health & Social Emotional Well-being

1. The school will provide access to counseling, peer support, and referral to mental health services as needed.
2. Staff will be trained to identify and support students' social-emotional needs.
3. Anti-bullying, inclusion, and mindfulness practices will be integrated into the school culture.
4. Peer Leadership is available for any secondary student to participate in. Together, students on the Peer Leadership team will learn the processes and actions that activate the best in us individually and as a group. The team helps build and maintain a positive and productive school culture for everyone, resulting in highly successful individuals and teams.
5. Riverway will take the Hope Survey yearly to measure autonomy, belongingness, engagement, goal orientation, efficacy, and individual hope. Results will be used by the school and the Peer Leadership team to inform areas of celebration and improvement.
6. The Food Pantry & Care Closet will be available for all students and families to access without qualifiers.

Employee Wellness

1. School physical activity equipment will be available for use by staff before or after school to support employee wellness.
2. Riverway staff will have access to produce from the garden, bikes, snow shoes, skis and other equipment on the Staff Checkout Inventory.
3. School staff members shall be encouraged to model healthy eating and physical activity behaviors.

4. Riverway shall sponsor employee participation in community athletics.
5. The majority of staff shall walk .5 miles to the lunch room with students and .5 miles back.
6. The majority of staff shall be outside between 20 minutes to 2 hours a day in all seasons.
7. Riverway's food service program provides healthy To-Go Lunches for staff for \$5.
8. Riverway Administration will schedule monthly "perks" for staff and students to show appreciation for and celebrate our community.
9. Staff get togethers and team building activities will be scheduled each month. These are not mandatory.

Communication with Parents

It is important that students receive consistent messages throughout school, home, community and media regarding good nutrition and healthy lifestyles.

1. Riverway recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well being. The district will support this role and provide educational materials that will assist families in making healthy choices related to nutrition and physical activity.
2. Riverway will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. Riverway will encourage parents to pack healthy lunches, snacks and beverages. Parents will be provided with information that will offer suggestions for healthy snacks and lunches.
4. Riverway will provide information about physical education and other school-based physical activity opportunities and will support parents' efforts to provide their children with opportunities to be physically active outside of school.
5. The wellness policy will be made available to each family via the district website. It will also be kept on file at the school.

Integration & Coordination

1. After approval by the Riverway Learning Community school board, the wellness policy will be implemented throughout the school district and reviewed quarterly by a school wellness committee (including students, parents, teachers, staff, administrators and/or community members).
2. The administration will ensure compliance with the wellness policy and will provide a report of the Riverway's compliance with the policy to the school board as directed.
3. At least once every three years, the Riverway Director will be responsible for conducting the [triennial assessment](#) using the Wellness School Assessment Tool - Practice (WellSAT Practice) or the School Health Index to evaluate compliance with the wellness policy and Wellness Policy Action Plan. They will assess the implementation of the policy and create a report that includes an assessment on compliance, the extent to which our wellness policy compares to model wellness policies, and progress made in achieving goals.
4. Riverway shall promote our local wellness policy to faculty, staff, parents, and students. A copy shall be posted on each school's website.