

## WELLNESS POLICY

Rock Valley Christian promotes healthy students by supporting wellness, good nutrition and regular physical activity as part of the total learning environment. Rock Valley Christian School supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of students. Improved health optimizes student performance potential.

Rock Valley Christian School provides a learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school district goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

Rock Valley Christian School supports and promotes proper dietary habits contributing to students' health status and academic performance. Healthy food alternatives will be provided and promoted. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

Rock Valley Christian School 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 meals. Toward this end, Rock Valley Christian will utilize electronic identification and payment systems, provide meals at no charge to all children, regardless of income, and promote the availability of meals to all students. The school district's advisory committee will be comprised of parents, community members, students, and staff. Input will be obtained from various food, exercise authorities, and board members. The advisory committee will develop a plan to implement and measure the local wellness policy and monitor the effectiveness of the policy. The Principal will report annually to this committee. The committee will then report annually to the board regarding the effectiveness of this policy.

### SPECIFIC WELLNESS GOALS

- I. Nutrition Education and Promotion
  - A) Rock Valley Christian will provide nutrition education and engage in nutrition promotion that:
    1. Is offered as part of a sequential, comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- II. Physical Activity
  - A) Physical Education
    1. Rock Valley Christian will provide physical education that:
      - a. Is for all students K-8 for the entire school year.
      - b. Engages students in moderate to vigorous activity during at least 50% of physical education class time.
  - B) Daily Recess
    1. Student K-8 should have opportunity to participate in recess.
      - a. K-8 will have 50 minutes/school day.
      - b. Middle school students will have 20 minutes/day.
      - c. Recess will be outside when possible.
      - d. Middle School students will participate in intramurals during the winter months.

- e. Middle school students are encouraged to participate in school sponsored sports that are offered to everyone. These opportunities are after school hours.

III. Physical Activity and Punishment

- A) Employees should not use physical activity (e.g. running laps, pushups) or withhold opportunities for physical activity (e.g. physical education) as a form of punishment. (Note: This does not include voluntary athletic programs).

IV. Safe routes to school

- A) The school transportation service will stress and implement student safety procedures.

V. Use of Facilities Outside School Hours

- A) School facilities will be made available outside normal school hours to students, community members, and staff. School policies concerning health and safety will apply at all times. Rental agreements and policies will also be applied when necessary.

VI. Other School Based Activities that Promote Student Wellness

- A) Integrating physical activity in classroom settings.
  - 1. Students need to fully embrace physical activity as a personal behavior and need opportunities for physical activity beyond the physical education class. Toward that end, the district will:
    - a. Integrate classroom health education into physical education, science and Bible classes. The goal will be to reinforce the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities.

VII. Communication with Parents

- A) Rock Valley Christian will support parent's efforts to provide a healthy diet and daily physical activity for their children. Rock Valley Christian will:
  - 1. Provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities.
  - 2. Support parent's efforts to provide their children with opportunities to be physically active outside school.
  - 3. Include sharing information about physical activity and physical education through out website, newsletter, take home materials, special events, and physical education homework!

VIII. Food Marketing in School

- A) School based marketing will be consistent with nutrition education and health promotion. RVCS will:
  - 1. Limit food and beverage marketing to the promotion of foods and beverages that meet nutrition standards.
  - 2. Promote healthy foods including fruits, vegetables, whole grains, and low fat dairy products.
  - 3. Market activities that promote healthful behaviors.
    - a. No vending machines will be allowed at RVCS.
    - b. Guidelines will be set for classroom treats.

c. RVCS has 6 public water fountains for student use.

IX. Staff Wellness

A) Rock Valley Christian values the health and well being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. RVCS will:

1. Provide an opportunity to participate in voluntary fitness programs in school facilities and use school equipment.
2. Encourage all staff members to participate.
3. Provide an opportunity for a wellness screening each year at school.

X. Nutrition Guidelines For All Foods Available On:

A) School Meals

1. Meals served through the National School Lunch Program will:
  - a. Be appealing and attractive to children and staff.
  - b. Be served in a clean and pleasant setting.
  - c. Meet at minimum, nutrition requirements established by local, state and federal laws.
  - d. Offer a variety of fruits and vegetables.
  - e. Serve only low-fat (2%) and fat free milk.
  - f. Ensure that half of served grains are whole grains.
2. RVCS will:
  - a. Engage students and parents, through taste-tests of new entree's and surveys, in selecting foods offered through meal programs in order to identify new, healthful and appealing food choices.
  - b. Share information about the nutritional content of meals with parents and students when requested.

XI. Free and Reduced Priced Meals

A) Rock Valley Christian 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 meals.

1. Utilize electronic identification and payment systems.
2. Promote the availability of free and reduced meals to all students and families.

XII. Meal Times and Scheduling

A) Rock Valley Christian will:

1. Schedule meal periods at appropriate times (e.g. lunch will be scheduled between 11:15-12:15 and will not schedule any tutoring, meetings, or activities during meal times.
2. Will provide students access to hand washing or sanitizing practices before they eat meals or snacks.
3. Provide enough time in schedule for students to eat lunch. (min. of 20 min)

XIII. Qualifications For Food Service Staff

A) Qualified nutrition professionals will administer the meal programs. As part of the school's responsibility to operate a food service program, RVCS will:

1. Provide continuing professional development for all nutrition professionals.

2. Provide staff development that includes appropriate certification and/or training programs for child nutrition directors, nutrition managers and kitchen workers according to their levels of responsibility.

XIV. Sharing Foods

- A) Rock Valley Christian discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions to some children's diet.

XV. Plan For Measuring Implementation

A) Monitoring

1. The Principal will ensure compliance with established school district wide nutrition and physical activity wellness policies.
  - a. The Principal will ensure compliance with these policies and report compliance to the Rock Valley Christian School Board.
  - b. Food Service Staff will ensure compliance with nutrition policies within food service areas.
2. RVCS will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.
3. The Principal will develop a summary every three years on school district wide compliance with the school district's established nutrition and physical activity wellness policies, based on input from the staff and,
4. The report will be provided to the school board and distributed to the community, advisory committee, principals and health services personnel in the school district.

XVI. Policy Review

- A) To help with the initial development of the school district's wellness policies, a baseline assessment will be conducted of the school's existing nutrition and physical activity environments and practices. The results will be compiled to identify and prioritize needs.
- B) Assessments will be repeated every three (3) 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 the nutrition and physical activity policies and practices and the provision of an environment that supports healthy eating and physical activity. The school district will revise the wellness policies and develop work plans to facilitate their implementation.

Approved 7/10/2006; Reviewed 11/14/16; Revised 12/14/16