

Round Valley Joint Elementary School District
Student Wellness Plan
01/30/2019

Physical Activity Component

The primary goal for the 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 physically active and healthful lifestyle. Physical education in the Round Valley Joint Elementary School District will be implemented in accordance with state law and consistent with the content of this policy and the following Board policies of the Round Valley Joint Elementary School District:

- Board Policy 6142.7: Physical Education
- Administrative Regulation 6142.7: Physical Education

Physical Activity Opportunities Before or After School

- The school offers physical activity programs, such as intramural programs, after school sports programs/clubs.
- The 4th through 8th grade students, as appropriate, will offer interscholastic sports programs.
- School will offer activities that meet the needs, interests and abilities of all students, including boys, girls, students with disabilities and students with special health-care needs.

Community Access to Facilities for Physical Activity

- City-school, high school, community college and local business partnerships to institute recreation programs utilizing school facilities when possible shall be encouraged.

Physical Activity Across the Curriculum

- Teachers are encouraged to provide opportunities for physical activity incorporated into other subject areas (e.g., math, language arts, science and

social studies).

Daily Recess

- In addition to required physical education, students at the elementary level should have the opportunity to participate in daily recess and physical activity. The district shall provide daily recess period(s) for elementary school students, featuring time for unstructured but supervised active play during which students are encouraged (verbally and through the provision of space and equipment) to engage in moderate to vigorous physical activity.

Nutrition Education Component

Nutrition education will be offered as part of a standards-based program designed to provide students with the knowledge and skills necessary to promote their health. Nutrition education will be incorporated into the school day when possible. The primary goal of nutrition education is to positively influence students' eating behaviors.

Nutrition education will include instruction that helps students learn more about the importance of various food groups; calories, sugar and fat intake; healthy cooking; the recognition of the role media play in marketing and advertising foods and beverages; and, the relationship of a balanced diet and regular exercise to a healthy lifestyle.

Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools, the school principal and Food Service Supervisor are responsible for ensuring:

- Nutritional education materials and meal menus are made available to parents.
- Parents will be encouraged to provide their children with healthy snacks/meals.
- Nutrition education curriculum may include homework that students can do with their families (e.g., reading and interpreting food labels, reading nutrition-related newspapers, preparing healthy recipes, etc.).
- School staff is encouraged to cooperate with other agencies and community groups to provide opportunities for student projects related to nutrition, as appropriate.

- School staff considers the various cultural preferences in development of nutrition education programs and food options.

Parent Nutrition Information and Communication

The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. These efforts may include parent education i.e. healthy eating seminars for parents, sending home nutrition information, posting nutrition tips on school menus. Schools will encourage parents to pack healthy lunches and snacks and provide parents a list of suggested healthy foods or non-food items and other that meet the ideas for healthy celebrations/parties, rewards, and fundraising activities.

Nutritional Standards Component

Foods & Beverages on Campus

Foods and beverages sold and available to students on campus shall be consistent with the content of this policy and following Board policies of the Round Valley Joint Elementary School District:

- Board Policy & Administrative Regulation 3550: Food Service /Child Nutrition Program
- Board Policy & Administrative Regulation 3554: Other Food/Beverage Sales

Foods/Beverages Available on Campus (PTA events, fundraisers, class parties, rewards)

Foods available to students during the school day (class parties, birthday celebrations, and rewards) should provide students with healthy food options whenever possible.

The district shall distribute to each student, annually, and post on the district website, a list of suggested items that parents/teachers should consider when planning class parties/celebrations.

When possible, students shall assist in planning the menu for parties/celebrations that include healthy food options for students. PTO organization and student organizations

are encouraged to provide both food and non-food/nutritious food items in fundraising activities that support the school site.

Other School-Based Activities Component

Schools will create an environment that provides a consistent wellness message, is conducive to healthy eating and physical activity; and contributes to forming life-long health habits.

Social Emotional Wellness

- The district will provide school based counseling services at each school site for students experiencing social and/or emotional difficulties.
- The district/schools will provide drug and tobacco prevention education programs.
- The Healthy Kids Survey will be administered in the fifth and seventh grades every other year.

Professional Development

- The district/school will provide professional development and education opportunities or information for foodservice professionals, educators, administrators and other staff.
- The district/school will provide information related to nutrition and physical education for students, staff, parents and, where appropriate, community members.

Eating Environment

- Students and staff will have adequate space to eat meals in clean, safe, pleasant surroundings and will have adequate time scheduled to eat, relax and socialize.
- Safe drinking water and convenient access to facilities for hand washing and oral hygiene will be available during all meal periods.
- Consideration will be given for passing time, bathroom break, hand washing and socializing.

Vending Machines

- Should vending machines be installed at the school site, they shall only

provide beverages that meet specified nutritional standards listed in this policy.

Fundraising and Support Organizations

- Schools and support organizations will encourage fundraising activities that promote physical activity when possible.
- Whenever possible, fundraisers should offer non-food items or healthy food items as a choice.

Rewards, Incentives and Consequences

- Rewards and incentives will be given careful consideration as to the messages they send to the students receiving them. Teachers and school staff are encouraged to provide rewards to students that are healthy.
- In balancing the needs to promote accountability and responsibility with the importance of physical activity, students may occasionally lose recess or lunch play time as a consequence for classroom behavior. If this intervention is not successful in modifying student behavior, other interventions should be explore

Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing physical education in the schools, the following ideas are offered:

- Encouraging parents to promote their child's participation in any school or community physical education programs and after school activities.
- Inviting families to attend physical education activity programs.
- Invite families to participate in health fairs.
- Including physical education homework that students can do with their families.
- Encourage school staff to cooperate with other agencies and community groups to provide opportunities for students to participate in physical activity programs.

Staff Wellness

- The district shall provide information to employees about wellness resources and services that support the health, safety and well being.
- Each school and the district shall be in compliance with drug, alcohol and tobacco free policies.

Wellness Advisory Committee (School Site Council)

The superintendent shall convene a district Wellness Advisory Committee to assist in the development and implementation of the district wide Wellness Policy. Because we are such a small school, the School Site Council will function as the Wellness Advisory Committee.

Monitoring/Evaluation Component

The School Site Council shall review the Wellness Policy implementation, progress toward meeting Wellness Program goals at the school site, and to provide direction for goals for the following year. The School Site Council, composed of parents, site administrators, teachers, food service staff, district nurse, administrators and community members shall meet at least once per year to review the Wellness Policy implementation, progress toward meeting Wellness Program goals and to provide direction for goals for the following year.