

Wellness Statement:

Richmond School District is committed to providing its students and staff with an environment focused on overall wellness. The district will provide this environment by promoting and protecting the students' health, well-being, and ability to learn by supporting healthy eating and physical activity. A healthy atmosphere will ensure the success of Richmond School and its school community members.

Richmond School District shall develop, adopt, and implement a broad plan for a comprehensive school health program that shall:

- Be designed in response to demonstrated needs in the community;
- Be based upon models that demonstrate evidence of effectiveness;
- Emphasize a positive youth development approach;
- Efficiently utilize school and community resources; and
- Respond to families' needs and preferences.

Program Framework

The comprehensive school health program plan shall incorporate the following six components within a single framework.

- Healthy school environment – the culture and climate that exist within a school that supports the physical, mental, emotional, and social well-being and safety of all its members.
- Student Programs – support the students' physical, emotional, social, and cognitive needs. These programs include, but are not limited to, extracurricular activities, peer programs, student assistance programs, and mentoring.
- Adult Programs – provide information and support to adults directly involved in the care and education of students. The three primary elements involved are: Professional development for staff, parent education and support programs, and employee assistance and wellness programs.
- Pupil Services – includes the disciplines of school psychology, school social work, school counseling, and school nursing which are organized as a collaborative team.
- Curriculum, Instruction, and Assessment – involve planning, implementing, and evaluating a sequential and developmentally appropriate pre-K – 12 curricula that deals with all-important health and safety issues.
- Family and Community Connections – consist of the various formal and informal working relationships between schools, the greater community, and the families that live and work within them. These relationships involve networking, cooperation, coordination, and collaboration on health, prevention, and youth development issues.

Student Nutrition Objectives

Support and promote proper dietary habits contributing to student's health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the District Nutrition Standards. Emphasis should be placed on foods that are nutrient dense per calorie. Foods should be served with consideration toward variety, appeal, taste, safety and packaging to ensure high quality meals.

Student Nutrition Procedures

The Food Service Department, along with school administration, will

- Promote healthy meals as part of the educational learning environment.
- Ensure meals offered will follow U.S. Government Nutritional Standards.

- Encourage and promote healthy living by implementing nutrition education materials into the meal program.
- Discourage the sale of foods of minimal nutritional value during school meal service hours.
- Provide a positive environment in the school cafeteria by scheduling an adequate amount of time for students to eat school meals.

Lunchroom Climate

A lunchroom environment that provides students with an enjoyable climate should be a place where students have:

- Adequate space to eat and pleasant surroundings
- Adequate time for meals (the American Food Service Association recommends at least 20 minutes for lunch from the time they are seated);
- And convenient access to hand washing facilities before and after meals.

Fundraising

All fundraising projects that are held on school grounds are encouraged to follow the District Nutrition Standards. All fundraising projects for sale and consumption prior to the instructional day will be expected to make every effort to follow the District Nutrition Standards when determining the items sold.

- -Items being sold that do not meet the district nutrition standards may be acceptable for student consumption within moderation (i.e. limit quantity sold to an individual student)
- -Items being sold that do not meet the district nutrition standards may be acceptable when offered during occasional school events.

Teacher-To-Student Incentive:

Strong consideration should be given to nonfood items as part of any teacher-to-student incentive programs. Should teachers feel compelled to utilize food items as an incentive, they are encouraged to adhere to the district nutrition standards.

Parent Nutrition Education:

Nutrition information and instruction will be provided to parents at all grade levels.

District Nutrition Standards:

Richmond School District encourages the consumption of nutrient dense foods, i.e. whole grains, fresh fruits and vegetables during the school day.

- Snacks; Richmond School strongly encourages parents/guardians to use the recommended snack list (see attached) when sending snacks to school. This list follows the District's Guidelines by recommending the consumption of nutrient dense foods. Children with health conditions which require dietary restrictions are not required to adhere to these guidelines.
- Classroom Treats-(Example-foods of high fat and/or sugar content) will be allowed on a limited basis.
- Beverages: Student access to vending sales of pop or artificially sweetened drinks will not be permitted on school grounds during the school day. The non-vending sale of pop or artificially sweetened drinks will not be permitted on school grounds both prior to the start of the school day and throughout the instructional day. It will be permitted at those school events that begin after the conclusion of the instructional day.

Richmond School District strongly encourages parents/guardians to provide milk, water or beverages with "no added sugar" when considering a snack beverage or cold lunch. The District also requests that families refer to the snack list below and refrain from providing

snacks that are restricted due to any classroom allergens.

Milk, water and beverages with “no added sugar” may be sold on school grounds both prior to and throughout the instructional day.

- Candy: Vending sales of candy and non-nutritious foods will not be permitted on school grounds. Non-vending sales of candy will not be permitted before or during the instructional day. Candy is defined as any item that has sugar (including brown sugar, corn syrup, corn sweetener, fructose, glucose, dextrose, high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar, sucrose, syrup) listed as one of the first two ingredients.

SNACK LIST

Cereal & Granola bars
Fresh fruit
Dried fruit
Single serving fruit cups

Pre-packaged vegetables
String cheese
Yogurt and yogurt sticks
Popcorn
Whole grain cereal and bagels

Pretzels
Reduced-fat crackers
Crackers and cheese

BEVERAGE LIST

Reduced-fat, low-fat or fat-free milk white or flavored
Bottled water and flavored water
100% fruit juice
Low-fat yogurt beverages

*This list is not all inclusive and is meant to provide parents and school staff with guidance for healthier food and beverage choices. Not all food and beverage items on this list will necessarily meet district food and beverage standards as items vary in sugar, fat and calorie content from brand to brand. However, all of the items in the list are believed to be consistent with the intent of the wellness policy to promote student health.