

# **River Montessori Charter School**

## **School Wellness Policy**

The governing board of River Montessori Charter School recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for River students. The Director or designee will build a coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

To encourage consistent health messages between the home and the school environment, the Director or designee may disseminate health information to parents/guardians through school newsletters, handouts, parent/guardian meetings, the River website, and other communications. Outreach to parents should emphasize the relationship between student health and academic performance. Families and staff will be encouraged to pack healthy lunches and snacks on a daily basis.

### **Health Council Committee**

The Director or designee may appoint a student health council or wellness committee consisting of parents/guardians, students, school employees, River board representatives, health professionals, school nurses, health educators, physical education educators, members of the public, and/or others interested in school health issues.

The school health council or committee will advise the school on health-related issues, activities, policies, and programs. At the discretion of the Director, the council's charges may include the planning and implementation of activities to promote health within the school or community.

### **Nutrition Education and Physical Activity Goals**

The board shall adopt goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the school determines appropriate. The school's nutrition education and physical education programs shall be based on research, consistent with the expectations established in the state's curriculum frameworks and content standards, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

Nutrition education will be provided as part of the health education program in grades 1-6 and, as appropriate, shall be integrated into other subjects in the regular educational program. Nutrition education also may be offered through before-and after- school programs.

All students will be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity will be provided through physical education, recess, school athletic programs, extracurricular programs, before-and after- school programs, and other structured and unstructured activities. The school shall strive to exceed the state standard of 200 minutes of physical activity for every ten days of school for every student during the school day. It will also work towards helping students achieve the CDC guideline of 60 minutes of physical activity daily by providing opportunities for students to engage in physical activity after school. The board will look to the Health Council Committee to seek out community partners able to help with increasing students' physical activity both during and after school.

The Director or designee shall encourage staff to serve as positive role models. He/she should promote and may provide opportunities for regular physical activity among employees. Professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

The board prohibits marketing and advertising of non-nutritious foods and beverages through signage, vending machines fronts, logos, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

## **Nutritional Guidelines for Foods Available at School**

The board shall adopt nutritional guidelines for all foods available during the school day, with the objective of promoting student health and reducing childhood obesity.

The board believes that foods and beverages available to students at River should support the health curriculum and promote optimal health. Nutritional standards adopted by the school for all foods and beverages sold to students including foods sold through vending machines, student stores, fundraisers and other venues, as well as food served at before and after care, shall meet or exceed state and federal nutritional standards.

River Food Guidelines are as follows:

### **Beverages**

- ◇ Water without additives like vitamins or sweetener
- ◇ Milk (low fat/fat free) – including soy, rice or nondairy
- ◇ Fruit/Vegetable – 100% fruit/vegetable with no added sweeteners (can be diluted with water)

### **Snacks**

- ◇ Fruit
- ◇ Vegetable

- ◇ Dairy/Whole Grains – less than 35% calories from fat and less than 10% calories from saturated fat, less than 35% sugar by weight
- ◇ Any snack item not more than 200 calories per item

The Director or designee shall require school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior. Food items must follow the River Food Guidelines.

School staff shall distribute River Food Guidelines to parents and volunteers to use as a reference for donated food used for snacks and occasional parties. The staff along with the wellness committee will encourage the use of the guidelines by parents and volunteers when bringing food into the school.

Class parties or celebrations will be encouraged to be held after the lunch period when possible and should follow the River Food Guidelines. Four fundraisers per year may sell food items that are not in keeping with the River Food Guidelines. The Wellness Committee will serve as a resource to families, staff and students regarding foods to be created in classrooms, used for fundraising, served during and after school, and brought to school as a lunch or snack.

## **Program Implementation and Evaluation**

The Director shall designate at least one person within the school who is charged with operational responsibility for ensuring that the school site implements this policy. This person will report the extent to which River is in compliance with this wellness policy and the progress made in attaining the goals of the policy.

RMCS will design and measure implementation of this wellness policy and shall report to the board at least every two years on the implementation of this policy and any other board policies related to nutrition and physical activity.

## **Posting Requirements**

The school shall post the school's policies and regulations on nutrition and physical activity in public view and on the school's website.

The school shall also post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education.

Adopted: September 10, 2013

Amended: