

Recognizing that improved health optimizes student performance potential, the Richfield Jt. School District #1 shall promote life-long healthy habits to enhance each child's academic, physical, emotional, and social development. The Richfield Jt. School District #1 shall create an environment that supports wellness education with an EC-8 curriculum, good nutrition and healthy eating habits, and opportunities for regular physical activity as part of the total learning environment. This wellness policy aims to provide students the opportunity to develop the knowledge and skills for a variety of physical activities, maintain physical fitness, and understand the benefits of a physically active and healthy lifestyle.

School Wellness Policy Administrative Rules and Guidelines

Comprehensive EC-8 Physical Education Curriculum

- Physical education should be designed to build interest and proficiency in the skills, knowledge and attitudes essential to lifelong physically active lifestyle.
- The District whenever possible, shall encourage other means of disciplinary action other than using withholding physical activity.
- Provide time for students to engage in age appropriate physical activities. A quality physical education program is an essential component for all students to learn about and participate in physical activity.
- Physical education will be included in a school's education program from grades K5 through 8th.
- In grades K5-8, physical education will be provided 3 times a week so that students develop the knowledge and skills to be physically active for life.

Student Nutrition Services: Food and Beverages Served and Sold During the School Day

General Guidelines

- Classroom snacks should reinforce the importance of healthy choices. The schools shall provide suggestions of healthy choices for parents and families
- Classroom celebrations should encourage healthy choices and portion control. Staff should receive guidance from the school on foods that are appropriate for such celebrations (i.e. classroom parties, birthday parties, etc.)
- Food and beverages sold as part of a fundraiser shall not be sold during the school day. Order forms for fundraising are allowed in accordance with school rules.
- Reevaluate merit party rewards for middle school. The use of food as a reward (such as candy) should not be a common practice.
- School stores shall not sell food items and beverages other than water.
- Encourage staff and students to utilize healthy, nutritious food choices or non-food items for class or student incentives.

Concession Stands

- Concession stands operated by school-sponsored groups shall include healthy food and beverage choices.

Vending

- All vending machines, accessible to students, shall have healthy choices, increasing the number of healthy choices offered each year for the next three years.

Lunch

- Food and beverages available offered over the course of a school week should be nutrient-dense, including whole grain products and fiber-rich fruits and vegetables to provide students a variety of choices to maintain a balanced diet.
- Foods and beverages during the school day should include a variety of healthy choices that are of excellent quality, appealing to students, and served at the proper temperature.
- Foods and beverages available during the school day should minimize the use of trans and

saturated fats, sodium, and sugar and meet or exceed the Dietary Guidelines for Americans.

Water Consumption

- Building principals shall encourage the consumption of water throughout the school day. In the content area classes where water consumption poses a safety concern (i.e. science, computer lab, etc.) teachers shall use their own discretion.

Community Awareness

- Fitness and nutrition education will be provided to parents/guardians beginning at the elementary level. The goal will be to continue to educate parents/guardians throughout the middle school level.
- Fitness and nutrition education may be provided in the form of handouts, postings on the District website, community activities or presentations.
- An annual school-wide health promotion event that focuses on nutrition value and healthy lifestyles will be held each year.

Monitoring and Evaluation

A District Health and Wellness Committee shall be established and representatives shall include: a district administrator, school board member, food service representative, physical education teacher,

1-2 classroom teachers, district personnel, 3 parent/community members, and 2 students, 6th & 7th grade.

Goals for Measurement and Evaluation

The faculty and staff of Richfield School Jt. District #1 will review quarterly for the first 2 years of implementations, then semi-annually annually thereafter, the Wellness Policy and make recommendations to the Wellness Committee. The Wellness Committee will then discuss and provide future recommendations to the school board, administration and affected school programs.