

**RICHMOND ELEMENTARY SCHOOL DISTRICT
HEALTH AND WELLNESS POLICY**

SCHOOL WELLNESS COMMITTEE

The District's Wellness Committee will include the following: Superintendent/Principal, school staff members, Richmond School Site Council, the District's Cafeteria Manager, parents/guardians, students and any other representative to reflect the diversity of the community. The Wellness Policy will be created at Richmond School Site Council meetings. The Wellness Committee will be the Richmond School Site Council members and any other person/s attending the meeting and giving input into decision-making.

LEADERSHIP

The Superintendent/Principal will convene the Wellness Committee and facilitate development of and updates to the wellness policy, and ensure compliance with the policy. The designated official for oversight is:

Vicky Leitaker, Superintendent/Principal

700-585 Richmond Rd. E.

Susanville, CA 96130

530-257-2338

vleitaker@richmondelementary.com

RECORDKEEPING

The District will retain records to document compliance with the wellness policy at the District Office. The records will include the following:

- The written wellness policy
- Documentation demonstrating compliance with the annual public notification requirements.
- Documentation of the district's efforts to review and update the wellness policy, including who was involved and methods the district uses to make stakeholders aware of their ability to participate.
- The most recent assessment on the implementation of the wellness policy has been made available to the public.

TRIENNIAL PROGRESS ASSESSMENTS

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- Schools under the District's jurisdiction and compliance with the wellness policy,
- How the District's wellness policy compares to model wellness policies; and
- A description of the progress made in attaining the goals of the wellness policy.
- The person responsible for managing the triennial assessment and contact information is:

Vicky Leitaker, Superintendent/Principal

530-257-2338

vleitaker@richmondelementary.com

GOALS

NUTRITION PROGRAMS

Healthy Food Options

- A nutritionally balanced lunch meal that meets the requirements of the National School Lunch Program (NSLP) will be offered daily.
- Parents encouraged to provide only healthy snacks.
- No soda or carbonated drinks will be allowed at school events during school hours.
- There may be special events that can meet less stringent guidelines but not more than four times a year.

In Class Awareness

- In class snacks, should be healthy snacks of nutritional value.
- Students to contribute to creating the monthly cafeteria menu.

Student/Community Interaction

- Fundraisers will be encouraged to include non-food items unless the food items are healthy.
- Encourage healthy food alternatives at after school activities.
- Richmond Community Association to help support healthy nutrition/activities.
- On-going monthly menu to be provided to families via website.
- Incorporate a recycling program.

STAFF QUALIFICATIONS AND PROFESSIONAL DEVELOPMENT

- The District will strive to ensure all nutrition staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.
- Richmond School is a Drug/Tobacco/Alcohol Free Campus.

WATER

The District will make drinking water available where school meals are served during mealtimes.

COMPETITIVE FOODS AND BEVERAGES

The foods and beverages sold and served outside of the school meal programs (e.g., competitive foods and beverages) will meet the USDA Smart Snacks in School nutrition standards. A Guide to Smart Snacks in Schools is available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

Non-compliant foods may be sold at a school-sponsored event directly after school or may be sold by any entity at least one-half hour after the end of the school day.

CELEBRATIONS & REWARDS

- Rewards to include low cost gift items (erasers, pencils, stickers, etc.).
- Parents will be encouraged to provide nutritional items for class parties.

NUTRITIONAL EDUCATION PROGRAMS

- Encourage healthy eating through school newsletter, website
- Encourage classes to provide education on ways and means of eating and being healthier.
- Poster projects on healthy food choices.
- Illness prevention and regular instruction to be provided in each classroom.
- Bloodborne pathogen / HIV education to 8th grade.
- Puberty Program to 5th grade (with handouts provided by Johnson & Johnson).
- Include in-depth instruction in eighth grade P.E. class as prep for high school.
- Post flyers in all rooms, cafeteria, bathrooms on hand washing, sneezing and germ prevention.
- A Health Aide will provide the following services:
 - Provide proactive services for injuries and preventive health education
 - Provide or promote on going health screenings, eye tests, hearing tests, dental screenings, and health education in the classroom (select grade levels).
 - Education and support healthy eating habits for those with diabetes and/or obesity.
- Anti-Drug/Tobacco/Alcohol prevention education to be taught to all grades as follows and to be incorporated with other basic curriculum such as creative writing, poetry, health statistics, graphs, charts, etc.

PHYSICAL HEALTH & ACTIVITIES

Daily Physical Activity Programs

- Physical Education instruction per (EC sections 51210 and 51223)
Grades 1-8 – A minimum of 200 minutes for every 10 school days
- Staff to use CA State Board of Ed. “Physical Education Framework” Guide to implement physical education at each grade level.

All School Fitness Programs

- 7th grade class to host an all-school spring activity.
- 5th and 7th grade annual spring fitness testing.

Board Approval: April 11, 2019