

Adopted: February 21, 2013

Reviewed:

Revised:

## **CEDAR RIVERSIDE COMMUNITY SCHOOL**

### **WELLNESS POLICY**

The purpose of this policy is to provide students with healthy and nutritious foods and the opportunity to engage in daily physical activity. Cedar Riverside Community School is committed to providing a school environment that enhances learning and development of lifelong wellness practices.<sup>3</sup>

To accomplish these goals:

- Child Nutrition Programs comply with federal, state and local requirements. Child Nutrition Programs are accessible to all children.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- All foods served at school adhere to food safety and security guidelines.
- The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Food and/or physical activity is not used as a reward or punishment.

#### *NUTRITION EDUCATION:*

- Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts and social studies.
- Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- The school will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.
- Students will be provided with a healthy breakfast each school day.

#### *PHYSICAL ACTIVITY:*

- Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of science, math, social studies, and language arts.
- Physical education courses will be the environment where students learn, practice and are assessed on developmentally/physically appropriate motor skills, social skills and knowledge.
- Policies ensure that state physical education classes have a student/teacher ratio similar to other classes.
- Provide a daily recess period, which is not used as punishment or a reward.
- Physical activity participation will take into consideration the "balancing equation" of food intake and physical activity.
- Physical education includes the instruction of individual activities as well as competitive

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and non-competitive team sports to encourage life-long physical activity.

- Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.
- The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- School encourages families and community members to institute programs that support physical activity.

*OTHER SCHOOL BASED ACTIVITIES:*

- After-school programs will encourage physical activity and healthy habit formation.
- Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).
- Support for the health of all students is demonstrated by hosting health clinics, health screenings, and dental care.

*NUTRITION GUIDELINES FOR ALL FOODS SERVED AT SCHOOL:*

- Food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines. Food providers will offer a variety of age appropriate healthy foods for elementary and middle school students.
- Classroom snacks feature healthy choices.
- Nutrition education is incorporated during classroom snack times, not just during meals.

*EATING ENVIRONMENT:*

- Students should be provided adequate time to eat lunch, at least 10 minutes for breakfast, and 20 minutes for lunch, from the time the student is seated.
- Lunch periods are scheduled as near the middle of the day as possible. Recess for elementary grades is scheduled before lunch if possible.
- Dining areas are attractive and have enough space for seating of all students.
- Drinking water is available at meals upon request.

*CHILD NUTRITION OPERATIONS:*

- Employ a food service director who is properly qualified, certified, and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements.
- All food service personnel shall have adequate pre-service training in food service operations.

*FOOD SAFETY/FOOD SECURITY:*

- All foods made available on campus comply with the state and local food safety and sanitation regulations.