



# RIVER VALLEY SCHOOL DISTRICT

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## Healthy Kids Policy (Wellness Policy)

This policy outlines the District's approach to ensuring positive, safe and healthy environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day.

### **Physical Education**

River Valley School District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. All students, including students placed in off-site separate education settings, will be provided equal opportunity to participate in physical education classes.

- All district students will participate in physical education that meets DPI physical education requirements, including DPI recommended minutes of physical education based on grade level.
- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- All physical education classes in the District are taught under the direction of licensed teachers who are certified or endorsed to teach physical education.

### **Physical Activity**

Schools will offer students a variety of physical activity opportunities that are in addition to, and not a substitute for, physical education as well as encourage children and adolescents to participate in physical activity every day.

- Elementary aged students will be provided at least 20 minutes of daily recess.
- Withholding physical activity as discipline (e.g. recess or physical activity breaks) during the school day should be avoided. Options of alternative discipline may be given to students if necessary when a physical activity is withheld. The following is required if activity with restrictions are required:
  - If withheld or restricted, physical activity alternatives must be offered the same day.
  - Outdoor recess will be offered when weather is feasible for outdoor play.
  - Active recess programming will be utilized to create universal participation by offering multiple activities at recess; designate different areas of play throughout the playground; provide equipment to decrease congestion on play structures.
  - In the event that the school or district must conduct indoor recess, teachers and staff promote physical activity for students, to the extent practicable.

- Students shall not be required to engage in physical activity as an individual punishment.
- The District recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time at least every 60 minutes at the elementary/middle school levels and 80 minutes at the high school level. Activity break ideas are available on the DPI webpage “Physical Education and Physical Activity.”
- The District offers opportunities (e.g., activity clubs, open gym, intramurals and varsity sports) for students to participate in physical activity before and/or after the school day. The District will support active transport to and from school, such as walking or biking.

### **School Meals**

River Valley School District is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate sodium, low in saturated fat, and zero grams trans fat per serving (nutrition label or manufacturer’s specification); and to meet the nutrition needs of school children within their calorie requirements. All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). All schools within the District are committed to offering school meals through the NSLP and SBP programs. All schools are encouraged to source fresh fruits and vegetables from locally grown products when possible.

- All school meals are accessible to all students
- The District offers reimbursable school meals that meet USDA nutrition standards. Applications for free/reduced priced meals are provided to all families during the enrollment process and available on the district website at [https://www.rvschools.org/district/food\\_serv.cfm](https://www.rvschools.org/district/food_serv.cfm)
- Drinking water will be available to all students throughout the school day and throughout every school campus, including during mealtimes.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch counting from the time they have received their meal and are seated.
  - Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast. If a route is late, students will be allowed 10 minutes to eat breakfast.
- All school nutrition program staff will meet or exceed hiring and annual continuing education requirements in the USDA professional standards for child nutrition professionals.

### **Other food available at school**

- The foods and beverages sold outside of the school meal program (i.e. “competitive” food and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum.
- All foods offered on the school campus during school hours and 30 minutes after school ends will meet or exceed the USDA Smart Snacks in School nutrition standards. Exceptions may be allowed at the discretion of the Administrator.
  - The District will provide resources and ideas of healthy snacks for parents and teachers, including non-food celebration ideas.

- The District will provide parents a list of food and beverages that meet Smart Snacks nutrition standards. Smart Snack standards can be found on the District's food service website: [https://www.rvschools.org/district/food\\_serv.cfm](https://www.rvschools.org/district/food_serv.cfm)
- Only foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. Exceptions may be made if the fundraiser does not meet USDA Smart Snacks but may not be consumed during school hours.

### **Nutrition Promotion**

The District aims to teach, model, encourage, and support healthy eating by students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.

- Nutrition education will include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations, or lessons, promotions, taste-testing, farm visits, and school gardens.
- Nutrition education will be included in the Health curriculum so that instruction is sequential and follows the Wisconsin Model Academic Standards for Nutrition. Nutrition education will be encouraged to be integrated into other classroom instruction through subjects such as math, science, language arts, social science, and elective subjects.
- The District teaches student nutrition education using scientifically-based, up-to-date nutrition information consistent with the Dietary Guidelines for Americans.
- The District discourages the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisement in school publications, coupons, incentive programs, or other means. Marketing strategies to promote healthy food and beverages is encouraged.
- Students are not allowed to share food or beverages with one another during meal or snack times, due to concerns about allergies and other dietary restrictions for some students. Exception: "Share baskets" set out by school nutrition program staff.
- The District will encourage non-food alternatives, such as physical activities, as rewards.
- Students will not have access to vending machines at the elementary or middle school, during the school day.
- High School beverage vending machine available to students will only contain water, flavored water, 100% fruit juice, low calorie sports drinks, and other beverages that meet the criteria for the USDA Smart Snacks in School nutrition standards. Beverages sold in vending machines will not exceed caffeine levels of 100 mg per drink.

### **Other Activities that Promote Student Wellness**

The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, mental health, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goal and objectives promoting student well-being, optimal development, and strong educational outcomes.

- The District will continue relationships with its community partners.

- Schools will develop joint use agreements with community partners to provide expanded physical activity opportunities for students and community members.
- The District will promote to parents/caregivers, families, and the community the benefits of and approaches for health eating and physical activity throughout the school year. Families will be invited to participate in school-sponsored events and will receive information about health promotion.
- The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management. Staff are encouraged to model healthy eating and physical activity behaviors.
- The District will provide resources for families that focuses on the promotion of mental health.
- When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

#### **Policy Monitoring/Implementation**

- The District will convene a district Healthy Kids Initiative Committee (Wellness Committee) to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of wellness. The committee will meet biannually.
- The committee membership will represent all school levels includes but limited to: staff members, representative of food service, school board, school administrators, students, and parents.
- The committee will update and modify the policy based on the results of the annual progress reports, and/or District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or State guidance or standards are issued. The policy will be assessed and updated as indicated at least every three years. The Healthy Kids Policy and triannual progress report will be posted on the District website.
- The Chairperson of the committee will be the Pupil Services Director.

CROSS REFERENCE: Policy 345.54 .5 Credit Physical Education Exemption  
DPI Chapter 8 – School District Standards

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