

STUDENT WELLNESS PROGRAM
(Ohio Department of Education)

Nutrition Goals

- Students in grades pre-K-12 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Nutrition education is offered in the school dining room as well as in the classroom, with coordination between the foodservice staff and teachers.
- Students receive consistent nutrition messages throughout schools, classrooms, cafeterias, homes, community and media
- District health education curriculum standards and guidelines include both nutrition and physical education.
- Nutrition is integrated into the health education or core curricula (e.g., math, science, language arts).
- Schools link nutrition education activities with the coordinated school health program.
- Staff who provide nutrition education have appropriate training.
- River Valley Local Schools will conduct nutrition education activities and promote active lifestyles that involve parents, students, and the community, such as Wellness Night, Fun Night, Relay for Life, etc.

Physical Activity Goals

- Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum.
- Students are given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
- River Valley Local Schools will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- River Valley Local Schools will provide training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.

FOOD AND BEVERAGES

- The Food Service Director sets guidelines for foods and beverages in a la carte sales in the food service program on school campuses.
- River Valley Local Schools sets guidelines for foods and beverages sold in vending machines, snack bars, and school stores, on school campuses during school hours.
- River Valley Local Schools sets guidelines for foods and beverages sold as part of school-sponsored fundraising activities during school hours.
- River Valley Local Schools sets guidelines for refreshments served at parties, celebrations, and meetings during school hours.
- River Valley Local Schools makes decisions on these guidelines based on USDA and ODE requirements and nutrition goals, not on profit making.

- Annually, the Food Service Director reviews and recommends to the School Board any changes of food and beverages to be sold in order to stay compliant with the requirements of the NSLP and SBP.

SCHOOL-BASED ACTIVITY GOALS

Dining Environment

- Each school provides a clean, safe, enjoyable meal environment for students.
- River Valley Local Schools provides enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- River Valley Local Schools makes drinking fountains available in all schools, so that students can get water at meals and throughout the day.
- The district encourages all students participate in school meals program and protect the identity of students who eat free and reduced price meals.

Time to Eat

- The school district will ensure an adequate time for students to enjoy eating healthy foods with friends in schools.
- The school district will schedule lunch time as near the middle of the school day as possible.

Food or Physical Activity as a Reward or Punishment

- River Valley Local Schools will make efforts possible to not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time.

Consistent School Activities and Environment

- The school district will ensure that all schools' fundraising efforts ran during school hours are supportive of healthy eating.
- The Food Services Director will provide opportunities for on-going professional training and development for foodservice staff.
- River Valley Local Schools will make efforts to keep school or district-owned physical activity facilities open for use by students outside school hours.
- River Valley School District encourages and provides opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas.
- The school district will provide information and outreach materials about other FNS programs such as Supplemental Nutrition Assistance Program (SNAP), and Women, Infants, and Children (WIC) to students and parents.
- The school district encourages all students to participate in school meals program, i.e. the National School Lunch, including snacks for After School Program, and School Breakfast programs.

[Adopted: April 12, 2018]