

## Richmond Public Schools Wellness Policy - Meeting the Challenge

*For each item, please use the following numbers to indicate what is happening at your school*

0 = not happening, and change has not been initiated

1 = not happening, but change has been initiated (i.e., discussions, meetings, planning committee established)

2 = action plan for change is in progress

3 = this is already happening at our school

### Leadership to address healthy eating and physical activity in school

\_\_\_\_\_ A Wellness Committee exists to set, review, and update policies related to healthy eating and physical activity.

\_\_\_\_\_ A team of students, teachers, administrators, school food service, community partners, and parents exist to support wellness policies and guidelines.

\_\_\_\_\_ Our school coordinates with community partners to create a healthy school environment.

\_\_\_\_\_ Parent organizations (e.g., P.T.A.) support the wellness policy and guidelines.

\_\_\_\_\_ Teachers and staff receive ongoing staff development related to wellness education.

\_\_\_\_\_ Teachers, school food service, and administrators participate in wellness programs.

\_\_\_\_\_ Adults eat & interact with students.

### Meeting the Healthy Eating Challenge

#### **School Meals Served in the Cafeteria:**

\_\_\_\_\_ Meals are appealing and attractive to the children.

\_\_\_\_\_ Meals are served in clean and pleasant surroundings.

\_\_\_\_\_ Children may choose from a variety of fruits and vegetables.

\_\_\_\_\_ Milk options include only low-fat (1%) and fat-free milk.

\_\_\_\_\_ At least half of the grains served are whole grains.

\_\_\_\_\_ Meals include a daily vegetarian option.

\_\_\_\_\_ New, healthful, and appealing food choices are often available.

\_\_\_\_\_ Nutrition information is available to students & their parents.

#### **Food Service Staff:**

\_\_\_\_\_ Our food service staff are appropriately certified.

\_\_\_\_\_ Our food service staff receive annual professional development training.

\_\_\_\_\_ Our food service staff are friendly and courteous to children.

#### **School Breakfasts:**

\_\_\_\_\_ Our school participates in the School Breakfast Program.

\_\_\_\_\_ Parents are notified that the School Breakfast Program is available.

\_\_\_\_\_ Families are encouraged to provide a healthy breakfast for their children (e.g., newsletters, flyers).

**Free- and Reduced-Price Meals:**

- Our school makes every effort to prevent the overt identification of students in this program.
- Our school makes every effort to eliminate any social stigma attached to participation in this program.

**A La Carte Food Items (vending machines, snack lines, fundraisers, school stores, etc.):**

- A la carte food items generally meet the nutritional guidelines established by the RPS wellness policy.
- Beverages sold only include 100% fruit juice, water, no-calorie & caffeine-free soft drinks, and low-fat milk.
- Food items sold generally are low-fat, low sugar, and low-sodium.
- Wherever foods are sold a la carte, at least 2 fruits & non-fried vegetables are offered for sale.
- Portion sizes are generally reasonable.

**School Fundraising:**

- School fundraising activities generally meet the nutritional guidelines established by the wellness policy.
- Our school encourages fundraising activities that promote physical activity (e.g., family walks, dance-athons).
- A list of ideas for acceptable fundraising activities has been provided to all organizations.

**Snacks:**

- Snacks served during the day make a positive contribution to children's dietary health.
- Snacks served during after-school care or enrichment programs make a positive contribution to children's dietary health.
- Fruits and vegetables are the primary snacks served to students.
- Water is the primary beverage served to students.
- Teachers, after-school program personnel, and parents have received a list of healthful snack items.

**Rewards:**

- Teachers generally do not use foods or beverages as rewards for academic performance or good behavior; on those occasions when they do, it is with foods or beverages that meet the nutritional guidelines in the policy.
- Teachers have received a list of suggested ways to reward children using something other than food.
- Food or beverages are not withheld as a punishment.

**Celebrations:**

- Class parties are limited to no more than one a month.
- Each party includes no more than one food or beverage that does not meet the nutritional guidelines.
- Teachers & parents have been given a list of healthy party ideas.

**School-sponsored Events:**

- Foods and beverages offered or sold at school-sponsored events *outside the school day* generally meet the nutritional standards for foods and beverages as outlined in the wellness policy.

**Meeting the Nutrition Education Challenge**

- \_\_\_\_\_ Our school enhances the SOL health curriculum with cross-curriculum integration of nutrition education.
- \_\_\_\_\_ Classroom lessons are coordinated with others (e.g., PE, school food service, art, etc.)
- \_\_\_\_\_ Families receive wellness tips through homework, parent-teacher conferences, newsletters, flyers, etc.
- \_\_\_\_\_ Messages emphasize “choices” and healthy body image rather than body weight.
- \_\_\_\_\_ Messages support the new Food Guide Pyramid.

**Meeting the Physical Activity Challenge**

- \_\_\_\_\_ Our physical education curriculum focuses on knowledge, skills, and attitudes toward physical activity that promote a healthy lifestyle.
- \_\_\_\_\_ Our school provides safe facilities, space, and equipment for physical activities *during* school hours.
- \_\_\_\_\_ Our school provides safe facilities, space, and equipment for physical activities *after* school hours.
- \_\_\_\_\_ Rules and guidelines designed to prevent injury are enforced.
- \_\_\_\_\_ Rules and guidelines designed to prevent illness are enforced.
- \_\_\_\_\_ At the elementary level, adequate time (as outlined by District policy) is provided each day for physical activity.
- \_\_\_\_\_ Teachers do not deny children physical activity and/or recess as a form of discipline.
- \_\_\_\_\_ Teachers do not use recess time for classroom make-up time.
- \_\_\_\_\_ Students’ physical activity knowledge, motor skills, and behavior related to physical activity are monitored.
- \_\_\_\_\_ Our school provides age-appropriate modified activities for physically and/or mentally challenged students as needed.
- \_\_\_\_\_ Intramural programs and physical activity clubs are available, and ALL students are encouraged to participate.
- \_\_\_\_\_ Physical activity promotions are available for all employees.

### *Internet Resources*

- [MyPyramid.gov](http://MyPyramid.gov) – USDA’s website for the new Pyramid.
- [Nutrition.gov](http://Nutrition.gov) – USDA’s new resource for accurate nutrition information.
- [www.nal.usda.gov](http://www.nal.usda.gov)- USDA's Food and Nutrition Information Center – Information on every aspect of agriculture, including nutrition and food
- [www.nal.usda.gov/fnic/educators](http://www.nal.usda.gov/fnic/educators) - USDA Food and Nutrition Information Center Resources for Teachers - Subject-specific bibliographies of books, audiovisuals, articles, and web resources.
- [www.5aday.com](http://www.5aday.com) - Five A Day – Information on increasing fruits and vegetables in the diet.
- [www.nationaldairycouncil.org/nationaldairycouncil/tools](http://www.nationaldairycouncil.org/nationaldairycouncil/tools) - National Dairy Council – Nutrition information for teachers, parents and school foodservice.
- [www.actionforhealthykids.org](http://www.actionforhealthykids.org) - Action for Healthy Kids – Information on state activities promoting healthy school environments.
- [www.pecentral.org](http://www.pecentral.org) - PE Central – Classroom activities, lessons, field trips and other physical activity tools for K-12 educators.
- [Fitness.gov](http://Fitness.gov) – the President’s Council on Physical Fitness and Sport - a gateway to physical activity, fitness and health resources available on government websites.
- [www.actionforhealthykids.org](http://www.actionforhealthykids.org) - Action for Healthy Kids – Great suggestions for creating a healthy school environment for kids for Action for Healthy Kids.
- [www.chccs.k12.nc.us/student-services/health-services/constructiveclassroom.pdf](http://www.chccs.k12.nc.us/student-services/health-services/constructiveclassroom.pdf) - Constructive Classroom Rewards – Info on the food reward issue with suggestions for healthy rewards.
- [www.fns.usda.gov/tn](http://www.fns.usda.gov/tn) - USDA's Team Nutrition - Training and technical assistance for foodservice, nutrition education for children, and school and community support for healthy eating and physical activity.