



# Richmond College Prep Schools

**2025–26 SCHOOL YEAR | WELLNESS POLICY**

*Promoting healthy eating, physical activity, and emotional well-being*

## **Purpose & Commitment**

Richmond College Prep Schools (RCP) is committed to creating a healthy school environment that enhances the development of lifelong wellness practices. Because RCP participates in the National School Lunch Program, maintaining a Local School Wellness Policy is a federal requirement. This policy guides our practices around nutrition, physical activity, and wellness education and is reviewed and updated at least once every three years.

## **Nutrition Standards**

RCP ensures that all meals and snacks meet or exceed federal and state nutrition standards.

- **Meal Program:** RCP partners with Revolution Foods to provide meals that meet the USDA requirements for the National School Lunch Program and School Breakfast Program.
- **Smart Snacks Compliance:** All foods and beverages sold or served on campus outside of the school meal program comply with the USDA Smart Snacks in School standards.
- **Allergies and Health:** RCP is a sugar-free and peanut/nut-free campus.
- **Celebrations:** Families are notified during annual orientation about appropriate foods for celebrations and school events.
- **Monitoring:** The Principals and the Director of Operations monitor all food and beverages available to students to ensure compliance with this policy.
- **Water Access:** Students have free access to safe drinking water during meals and throughout the day.

## **Nutrition Education**

Each year, some students receive nutrition education that helps them build the knowledge, skills, and values needed to make healthy eating choices.

- Nutrition instruction is integrated into the school curriculum and reinforced throughout the campus—in classrooms, the dining area, and other learning spaces.
- Staff members who deliver nutrition education receive appropriate curriculum to ensure lessons are accurate and engaging.
- Nutrition education also connects to RCP's Social-Emotional Learning (SEL) programs, encouraging students to make healthy choices for their minds and bodies.

- Families receive information on nutrition and wellness through school communications and events.

## **Physical Education & Physical Activity Opportunities**

RCP provides all students with opportunities to be physically active and to learn about fitness and health.

- Students in TK–8 receive between 120 and 200 minutes of physical education each week, taught by qualified staff and supported by instructional aides.
- Students in grades 6–8 receive Health and Nutrition classes emphasize wellness, nutrition, and physical health.
- Across all grade levels, students participate in Social-Emotional Learning (SEL) programs such as Mindful Life and Toolbox, which help promote self-esteem, body awareness, and emotional regulation.
- RCP offers sports including soccer, basketball, and flag football, as well as exposure to sports such as archery, tennis, and volleyball.
- All activities are designed to be inclusive, developmentally appropriate, and supportive of lifelong physical fitness.

## **Other School-Based Wellness Activities**

RCP continues to foster an environment that encourages healthy lifestyles and positive wellness habits.

- The school promotes consistent wellness messages through classroom lessons, after-school programming, and parent communication.
- The dining environment is kept clean, safe, and welcoming.
- Students have adequate time to eat, and lunch periods are scheduled as close to midday as possible.
- RCP encourages participation in the school meal program and maintains student confidentiality for those receiving free or reduced-price meals.

## **Implementation and Measurement**

The Director of Operations, in collaboration with the Principals, Revolution Foods, and the RCP administrative team, is responsible for implementing and monitoring the Wellness Policy.

- Annual Review: The policy will be reviewed annually to ensure compliance with USDA and state requirements.
- Triennial Assessment: Every three years, RCP will complete a Triennial Assessment that measures: Compliance with the Wellness Policy, Progress toward policy goals, Comparison to model wellness policies.
- The assessment results will be shared publicly through the School Site Council (SSC), the RES Board of Directors, and the RCP website.

## Public Involvement

RCP welcomes input from families, students, staff, and community members in the development, review, and update of this policy.

- Input can be shared during School Site Council (SSC) meetings, RES Board meetings, or directly via email to the Principals and the Director of Operations.
- The Wellness Policy and Triennial Assessment will be posted on the school website and available in the main office upon request.

## Policy Oversight

The RCP Principals and the Director of Operations will coordinate with the RCP administrative team to ensure the policy is implemented with fidelity. Recommendations for improvement will be reviewed by both the School Site Council (SSC) and RES Board of Directors before approval.

## Approval

This updated Wellness Policy fulfills all requirements of 7 CFR §210.31 for schools participating in the National School Lunch Program.

Approved by the RES Board of Directors: \_\_\_\_\_

Date: **02/26/2026**

Reviewed by the School Site Council (SSC): \_\_\_\_\_

Date: **10/28/2025**

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