

Redlands Christian Migrant Association Wellness Policy

The School Board of Redlands Christian Migrant Association is committed to providing a learning environment to support and promote wellness, nutrition, and an active lifestyle. The Board recognizes the positive relationship between nutrition, physical activity, and the capacity of students to develop and learn.

The Board believes that the Charter Schools and RCMA staff members should encourage health and wellness. This policy provides a comprehensive approach to staff and student wellness that is sensitive to individual and community needs.

School Food and Nutrition

Goal: Establish an environment to provide and promote lifelong healthy eating habits and the consumption of nutritious foods.

Academic performance and quality of life are affected by the choice and availability of healthy foods in schools. The consumption of healthy foods supports students' physical growth, brain development, and resistance to disease, emotional stability, and ability to learn.

- A. Nutrition guidelines for foods served or sold in schools shall maximize the use of products that contain whole grains and feature a variety of fruits and vegetables. Saturated fat, sugar, and sodium shall be limited and foods shall be trans-fat free. Portion sizes shall be consistent with USDA meal pattern standards and the Dietary Guidelines for Americans for foods offered to students in schools including those from the RCMA Food Service Department and/or contracted vendors.
- B. The RCMA Food Service Department's policies and guidelines for reimbursable meals shall not be less restrictive than Federal and State regulations require. Menu and product selection shall utilize student, parent, staff, and community advisory groups whenever possible.
- C. Encourage that foods served or sold to students in schools during the school day, including school and classroom celebrations, classroom activities, vending machines, school stores, athletic events, or fundraising should model a healthy lifestyle.
- D. Foods of minimal nutritional value as defined by 7 C.F.R. 210.11(2) is prohibited from being served anywhere a reimbursable meal is served, sold, and/or eaten. Foods of minimal nutritional value as defined by USDA include carbonated beverages, water ices, chewing gum, hard candies, jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy coated popcorn.
- E. Food will not be used as a reward or withheld as punishment.

Nutrition Education

Goal: Develop the knowledge and skills in students and staff necessary to make nutritious and healthy food choices for a lifetime by teaching and modeling the connection of eating nutritious foods and being healthy.

Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at every grade level, kindergarten through grade eight.

- A. Nutrition education curricula shall be designed to help students experience and learn about lifelong healthy eating habits and the positive relationship between a healthy diet and good health.
- B. School instructional staff shall collaborate with community agencies and groups that provide nutrition education that is consistent with the RCMA's health and nutrition education curriculum send a consistent message to students and their families about the RCMA's commitment to health and nutrition.
- C. School staff members shall encourage healthy eating behaviors.
- D. Resources will be available to schools/educators via the RCMA website regarding healthy celebrations, non-food rewards, and examples of fund raisers that follow the Dietary Guidelines for Americans.

Health Education and Life Skills

Goal: Provide students with learning opportunities to understand, demonstrate, and promote healthy lifestyle choices and reduce health risks.

Healthy living skills and nutrition concepts shall be taught as part of the regular instructional program.

- A. Students shall have access to valid and useful health information and health promotion products and services.
- B. Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks.
- C. Students shall be taught communication skills, goal setting, and decision making skills that enhance their personal, family, and community relationships.

Physical Education and Activity

Goal: Provide students the opportunity to obtain the skills, knowledge, abilities, and attitudes for lifelong physical activity.

Physical education and physical activity shall be an essential element of each school's instructional program.

- A. Physical education for students during the normal school day shall be consistent with the current RCMA Policy, Physical Education.
- B. The use of physical activity as punishment, the withholding of participation in physical education class as punishment, or the use of physical education class time to complete assignments from other classes shall be prohibited.
- C. Schools shall encourage students to spend at least sixty (60) minutes of physical activity daily outside of the school environment.
- D. Schools are encouraged to offer before and after-school intramural programs and/or physical activity clubs that meet the needs and interests of all students.
- E. Schools will encourage parents and community members to institute programs that support physical activity, such as a walk-to-school program.

Healthy and Safe Environment

Goal: Provide safe schools and communities to promote and influence healthier lifestyles for all students and citizens.

A healthy and safe environment for all before, during, and after school helps to support academic success.

- A. School buildings and grounds, structures, vehicles, and equipment shall meet all current health and safety standards (including environmental air quality) and shall be kept clean, safe, and in good repair.
- B. Schools, and RCMA offices, and vehicles shall provide an environment that is free from tobacco, alcohol, and other drugs.
- C. Training and education for students and staff shall support personal safety, violence prevention, school safety awareness, bullying awareness/intervention/prevention, and reinforce a harassment free environment.
- D. Each work site, school, and classroom shall endeavor to create an environment where students, parents/guardians, and staff members are accepted, respected, and valued for their personal integrity.

Social and Emotional Well-Being

Goal: Build a coordinated and comprehensive healthy school environment.

Programs and services shall support and value the social and emotional-well being of students, families, and staff members.

- A. Each school shall provide a supportive and nurturing environment that includes school counseling services, and referrals to community resources as appropriate.
- B. Students shall be provided the opportunity to express thoughts and feelings in a responsible manner.
- C. Students shall learn skills that can help them build positive interpersonal relationships.
- D. Students and staff shall be supported in balancing work and recreation and will be instructed in techniques to help them become aware of stressors which may interfere with health.

Student Health Services

Goal: Provide appropriate services to promote the physical and emotional health and well-being of students.

Delivery of health services will include:

- A. emergency health interventions, routine daily management of health conditions that affect a student's academic performance, communicable disease prevention, student health screening, and community health referrals as appropriate;
- B. personalized health education and support to assist those students who have documented chronic or acute health conditions;
- C. parent and teacher health education regarding individual student health concerns or issues;
- D. collaboration with other community agencies and resources to promote student health and wellness.

Family, School and Community Partnerships

Goal: Strengthen partnerships to improve both the planning and implementation of health promotion projects that encourage a healthy lifestyle.

Long term effective partnerships between families, schools, and local community partners benefit both schools and the local community.

- A. School Advisory Councils (SACs) and Policy Council members will have the opportunity to be included as participants in all individual schools, Areas and Statewide wellness initiatives.
- B. Community partnerships shall be developed and maintained as resources to be used for individual school, Areas and Statewide wellness programs, initiatives, projects, activities, and events.
- C. Individual schools and Areas shall actively support the engagement of students, families, and staff members in community organizations and activities and events that encourage or promote health and wellness.
- D. Advertising messages should be consistent with and reinforce the goals of this policy. Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with standards set forth in this policy.

Program Monitoring

The Executive Director will ensure compliance with this wellness policy. The School Director will ensure compliance with this policy in his/her school.

Policy Review

The Charter School Sub Committee has the responsibility to annually review the RCMA's wellness policy, its evaluation of the environments at each school, and each school's implementation of the wellness policy. The Sub Committee will present its findings to the full RCMA School Board.

42 U.S.C. 1751 et seq. (National School Lunch Act) 42 U.S.C. 1771 et seq.(Child Nutrition Act of 1966)

P.L. 108.265, Section 204 (Richard B. Russell National School Lunch Act)

F.S. 1001.41, 1001.42, 1001.43, 1003.42, 1006.06, 1006.0605, 1006.0606

F.A.C. 6A-7.0411