

Riverhead Charter School Local Wellness Policy

Riverhead Charter School recognizes the important role our school plays in ensuring children's wellness. We are aware that today many children are consuming high calorie foods that have very little nutritional value. A poor diet and lack of physical activity will result in an increased risk for certain health conditions and obesity. Childhood obesity is a growing issue amongst children and adolescents. The Riverhead Charter School hopes that with this Wellness Policy we will bring a better awareness of the benefits of healthy eating and good physical activity choices to students, parents and community members.

Research has noted that eating healthy, physical activity and adequate water consumption are related to improved academic performance and classroom behaviors. School is where children spend much of their day. Our role here at Riverhead Charter School is to provide our children with a healthy environment where they can consume nutritious meals, receive regular physical activity and learn about making healthy decisions. We value the opportunity to help children to make healthier lifelong choices.

A Wellness Committee:

At the Riverhead Charter school our intent is to establish wellness and healthier nutrition standards for all students. Research has proved that if you implement good eating habits at a young age, they will follow through to adulthood. This means promoting more participation at home, school and throughout the community. To accomplish this task the Riverhead Charter School Wellness Committee will be established to reflect all involved.

A Wellness Committee will be established consisting of but not limited to a Board Representative, School Administrator, School Food Service Representative, School Nurse, Physical Education Teacher, parents and students if available,

The goal of this committee will be to monitor the implementation of the policy, and to assure that this policy is following the Federal, State and Local Laws with the passage of **Healthy, Hunger-Free Kids Act of 2010, Section 204: Local School Wellness Policies 5-Year Technical Assistance and Guidance Plan** and **The USDA Food and Nutrition Service Guidelines.**

The committee will evaluate progress of the policy and make revisions as needed to improve our schools plan for wellness.

Nutrition:

Obesity has tripled in the last decade in children and adolescents according to the Surgeon General. This will increase the risk of heart disease and diabetes as they become adults. Here at Riverhead Charter School we have taken on the task of educating and providing a meal plan for our students that will foster good health. They will also be provided with the tools to encourage the same eating habits at home and within their communities. Families will be invited to participate in all our wellness endeavors.

Foods provided by our Food Service Vendor will meet all the USDA and Department of Health and Human Services Dietary Guidelines for Americas Requirements for Federal School Meals Programs. The meals will contain higher more dense foods of nutritional value to promote good nutritional health choices and wellness awareness to the students at Riverhead Charter School.

Food Service Vendor will provide a list of all dietary guidelines for all foods served at RCS and will provide us with cost effective nutritionally dense alternatives. All beverages provided will be fat free or 1% white or chocolate, or water.

Students who bring breakfast or lunch will be encouraged to bring healthy and nutritionally dense food items to support our schools commitment to promoting good healthy eating choices. Riverhead Charter School does not allow the consumption of candy or soda during school hours.

Parents participation during events will be encourages to promote and support our commitment to healthy eating and physical activity.

Committee and Teacher staff will investigate age appropriate tools suggested by USDA, FNS, State and Local Suffolk County Department of Health tools to enhance our Wellness Plans and incorporate it throughout all areas of the school including eating environments to assist with encouraging Healthy Eating Habits and Encouraging Physical Activity.

(A) School Meals:

1. Promote fresh fruits, whole grains, vegetables and low fat items.
2. Encourage students to try new or unfamiliar items.
3. Make free drinking water available at locations where meals are served.

(B) Meal Scheduling

1. Provide adequate time to eat.
2. Schedule lunchtime between normal lunch hours.

(C) School and Class Parties, Celebrations, and events where food and beverages are Provided but not sold

1. School set guidelines for the frequency and content of classroom and school-wide celebrations where food and beverages will be provided.
2. School shall promote the consumption of healthy items at class parties and incorporating water instead of fruit juices.

Physical Activity and Physical Education:

It has been acknowledged that with the increase of use in computers and computerized games, there has been a decline to outdoor physical activities both at school and at home. Students are leading a more sedentary lifestyle which increases their risk for childhood obesity.

1. Every child from K-8 will participate in age appropriate, safe and satisfying quality physical education for at least the minimum number of hours or days per week under the state requirements, including those with special needs with a certified physical education teacher.
2. Every child will have daily recess which encourages some type of physical activity.
3. Recess shall not be used for punishment or reward for behavior infractions that occur outside of the designated recess time.
4. Recess shall be held outdoors whenever possible, and indoors during the most inclement weather, at the discretion of the Building Principal.
5. Physical Education and Health Education along with proper nutrition will be coordinated and integrated into the classroom curriculum.
6. Physical activity areas shall be kept clean, safe and supervised at all times to promote healthy activity.

Riverhead Charter School will provide information to parents to help them promote physical activity and Healthy Eating into their child's lives at home.

Monitoring and Evaluation:

Committee members will continue to assess the health and wellness guidelines and physical activity needs of students to further reshape new policies as needed.

Committee members and Administration, along with the school nurse will consider partnering with other community health organizations to conduct, monitor assess the progress of the wellness program and our students.

Committee members will monitor school's implementation of this Wellness Policy, evaluate student's health and physical activities to help gauge whether the policy is effective and fi the overall impact on student health highlighted the results desired or in what area should we need further change.