

SCHOOL WELLNESS POLICY Rev 1

River Mill Academy is committed to providing an environment that enhances the development of lifelong wellness practices and ensures that all students are fit, healthy and ready to learn. River Mill Academy recognizes its responsibility to promote healthy eating habits and fitness in students through curriculum and provision of healthy and nutritious meals and snacks to students during the school day. The purpose of the child nutrition program is to give students adequate nutrition during the school day and to teach them, by example, good nutrition practices and how those contribute to their health - and indirectly to their learning. River Mill Academy also is concerned about the prevalence of childhood obesity and consequent health implications during the remainder of the students' lives. In the short- term, overweight children may exhibit compromised health, with effects on school attendance and academic performance. At the same time that we nourish our children's bodies with nutritious food, we need to ensure their physical fitness with an outstanding program of physical education and activity. An essential purpose of the physical education curriculum is to teach the importance of lifelong personal fitness goals and help enable our students to reach those goals.

Strategies for Implementation of the Wellness Policy

Nutrition Education

Building nutrition knowledge and skills help children make healthy eating and physical activity choices. To make a difference, nutrition education for children should be appropriate for the students' ages, reflect their cultures, and provide opportunities for them to practice nutrition skills and have fun.

Physical Activity

Physical activity is critical to a child's healthy weight and healthy lifestyle, as well as to his/her ability to focus in the classroom. To ensure that all children are staying active, physical activity needs to be incorporated into the daily school curriculum and prioritized as essential to each child's social and academic achievement.

Child Health As A Community Responsibility

While schools need to promote health and physical activity through education and focused programs, children need encouragement and reinforcement from family, the community and all other areas of their lives. To ensure life lasting healthy behavior habits, schools need to equip students with skills and tools that extend beyond the classroom.

Food Safety/Food Security

The food offered to students must not only be nutritious, but must also comply with state and local food safety and sanitation regulations. The quality of the food is determined both by the foods' nutrient value and by the standards by which it was prepared.

- A. All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines shall be implemented in order to avoid food illness in schools.
- B. For the safety and security of the food and facility, access to the food service operations is limited to Child Nutrition staff and personnel authorized by the Principal or designee.

School Wellness Policy
Approved by the River Mill Academy Board of Directors



Chairperson

6-16-16
Date