

Falcon Ridge Ranch and Lava Heights Academy promote healthy students by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. Good health optimizes student academic performance which contributes to all children reaching their highest potential.

# Wellness Policy on Physical Activity and Nutrition

Falcon Ridge Ranch / Lava Heights Academy

# Wellness Policies on Physical Activity and Nutrition

## Wellness Council

### **Policy:**

Falcon Ridge Ranch and Lava Heights Academy will maintain a Wellness Council to implement, monitor, review and as necessary, revise school nutrition and physical activity policies. In addition to providing a Wellness Council, Falcon Ridge Ranch and Lava Heights Academy have designated a Wellness Policy Coordinator who is responsible for completing annual wellness policy review and leading the school wellness council.

### **Expectations and Measures:**

The Wellness Council will meet bi-annually to review the Wellness Plan for compliance, discuss implementation and opportunities for improvement and review any relevant food or physical fitness concerns.

Annually, the Wellness Council will share its plan with the Advisory Board.

At a minimum, the Wellness Council will consist of a Program Principal, Food Service Manager, Business Manager and representative from the Advisory Board. Additional interested staff are encouraged to participate without regard for position.

## School Meals

### **Policy:**

The program will meet, at a minimum, USDA nutrition requirements established by state and federal guidelines.

Students will be given 30 minutes to consume meals.

Meals will be flavorful, appealing and attractive in order to maximize participation.

Meals will be served in a clean and pleasant setting.

The programs value a healthy breakfast for all students. Students of the programs are categorically eligible to participate in free breakfast as part of the School Breakfast Program.

The programs value a healthy lunch for all students. Students of the programs are categorically eligible to participate in free lunch as part of the National School Lunch Program.

Snacks served during the school day or in after-school enrichment programs will make a positive contribution to children's diets and health. The programs will assess when to offer snacks based on timing of school meals, children's nutritional needs, children's ages and other considerations.

The programs will participate in the After School Snack Program.

The program is sensitive to concerns of any social stigma attached to, and prevent the overt identification of students who are eligible for free and reduced-priced school meals. Overt identification is not an issue at the programs as all snacks and meals are provided at no charge.

The programs do not permit students to share food or beverages with one another.

**Goal:**

Increase meal participation rates by offering quality, accessible and appealing meals.

**Expectations and measures:**

- Provide students with an opportunity for input on school menu items.
- Feature menus with choices that are flavorful and attractively presented.
- Provide food safety training to all nutrition staff.
- Over 90% of selected means to meet standards for reimbursement.

## **Foods and Beverages Sold Individually**

**Policy:**

In order to reduce less nutritious food options, food is not sold to students.

The programs do not provide vending machines, fundraisers, school stores, etc. in which students can purchase food.

The programs do not use reimbursable foods or beverages as rewards for good behavior and will not withhold food or beverages (including food served through school meals) as a punishment.

The programs do not have class parties that involve food.

Students will have access to free drinking water throughout the campus, provided by water fountains and/or a dispenser in the cafeteria.

## Physical Fitness Opportunities

### Policy:

All students will receive daily physical fitness opportunities. Activities include 18/20 Workout, 3-Mile Run and Cardiovascular Circuit.

The programs offer extracurricular physical activity programs, including intramural sports and organized athletic competitions.

No staff will use physical activity (*e.g. running laps, pushups*) or withhold opportunities for physical activity (*e.g. recess, physical education*) as punishment.

### Goals:

- At least 225 minutes of physical activity per week for the entire school year.
- 80% student participation in at least one extracurricular physical activity.

## School Wellness Activity

### Goal:

To provide school-based activities that are designed to promote student and staff wellness.

## Qualifications of School Food Service Staff

### Policy:

Opportunities will be provided for food service professionals to participate in professional development, according to their level of responsibility.

### Goal:

Qualified nutrition professionals will administer the school meal programs.

## Nutrition Education and Promotion

### Policy:

Falcon Ridge Ranch and Lava Heights Academy aim to guide, encourage and support healthy eating by students. The programs promote:

- Enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions and culinary opportunities.
- Fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;

**Goal:**

Nutrition education is integrated into other subject areas besides health education.

**Expectations and measures:**

Nutritional education to be provided as part of culinary instruction, through posters in cafeteria and in core subject areas as it relates to subject matter at hand.

## Communication with Parents

**Policy:**

The programs support parents' efforts to provide a healthy diet and daily physical activity for their student to the extent which is reasonable and feasible on the residential campus and in consideration of parental lack of custody or no contact orders.

Menu and nutrition information will be available to parents by request, to be provided with respect to loss of parental rights or no contact orders.

The programs will also make available information about physical education and other school-based physical activity opportunities before, during and after the school day upon parental request, to be provided with respect to loss of parental rights and no contact orders.

## Staff Wellness

**Policy:**

The programs value the health and well-being of every staff member and supports personal efforts by staff to maintain a healthy lifestyle, including participation in physical fitness activities and healthy eating.

Staff are invited to participate on the Wellness Council that will identify and promote additional opportunities for staff health and wellness, including ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among school staff.

**Expectations and measures:**

Staff are expected to participate in student physical fitness activities with accommodations for personal health (i.e. walk instead of run, fewer repetitions, etc.)

Staff are expected to eat meals in the cafeteria with students.

Staff will serve as role models and will practice healthy eating, physical activity and other activities that support staff and student wellness.

## **Monitoring and Review**

### **Policy:**

The RCCI School Wellness Policy Contact representative will ensure compliance with established program Wellness Plan on Nutrition and Physical Activity and will report on the school's compliance to the Advisory Board.

The programs school food service manager will ensure compliance with nutrition policies within school food service areas and will report on this matter to the RCCI School Wellness Policy Contact representative. In addition, the programs will report to the Advisory Board on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

The RCCI School Wellness Contact representative will develop a summary report every three years on program compliance with established Wellness Plan for Nutrition and Physical Activity, based on input from the Wellness Council. That report will be provided to the Advisory Board and other individuals by request.

Assessments will be repeated every three years to help review policy compliance, assess progress and determine areas in need of improvement. As part of that review, the programs will review nutrition and physical activity policies, provision of an environment that supports healthy eating and physical activity and nutrition and physical education policies and program elements. The Wellness Policy will be revised as necessary, with corresponding plans to facilitate their implementation.

## **Marketing**

All Marketing materials located on school property will be consistent with Smart Snacks Nutrition Standards.