



River Valley School District

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River Valley School District Wellness Plan

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The River Valley School District recognizes that good nutrition and regular physical activity affect the health and well-being of the students, teachers, and community involved with RVSD. Furthermore, research concludes that there is a positive correlation between a student's, a teacher's, and a community member's health and their ability to learn and perform at their peak performance. Today's schools play an important role in the development process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the National School Lunch Program, by supporting the development of good eating habits, and promoting increased physical activity both in school and at home.

We believe that this effort to support the student's development of healthy behaviors and habits with regards to eating and exercise cannot be accomplished by the schools alone. It will be necessary to model these behaviors not only for the staff, but to educate the parents/guardians/caregivers and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

RVSD Wellness Committee sets the following goals, guidelines, and standards in an effort to enable students, teachers, and community members to establish good health and nutrition habits:

1. With regard to nutrition education, the District Goals shall provide:
 - a. Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
 - b. Nutrition education shall extend beyond the Health classroom by engaging and involving the school's Food Service Department.
 - c. Nutrition education posters, such as MyPlate/Tray, what is a healthful reimbursable meal, and good beverage choices will be displayed in age/grade appropriate formats.
2. With regard to Physical Education and Activity, District Goals shall be:
 - a. A sequential, comprehensive physical education program shall be provided for the students in K-12 in accordance with the standards and benchmarks established by the State of Michigan.
 - b. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.
 - c. Planned instruction in physical education shall take into account gender or cultural differences.
 - d. Physical Activity should not be employed as a form of discipline or punishment.
 - e. The school shall encourage families and community to institute programs that support physical activity of all sorts.
 - f. All students in grades 7-12 shall have the opportunity to participate in interscholastic sports programs.
 - g. In addition to physical education and recess in grades K-5, other physical activities should be incorporated during the school day.

3. With regard to other school-based activities the District shall:
 - a. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs and events.
 - b. The school shall provide attractive, clean environments in which the students eat,
 - c. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.
4. With regard to food at a classroom party, activity, or given as a reward:
 - a. We ask parents to send healthy choices for seasonal parties, as well as for birthdays, so that they may support lessons learned in school regarding nutrition.
5. HHFKA 2010 adherence
 - a. All non-smart snack approved items will not be made available for purchase/trade of tokens-tickets/price of admission by the student population until 30 minutes after last bell in the school building that the items are intended to be served/sold.
 - b. Teachers shall be held to the guidance as well.
 - c. Fundraising activities using foods and/or beverages will meet the standards set by USDA and Smart Snacks. Fundraisers selling foods and/or beverages cannot be held less than 30 minutes before the first lunch period starts, or less than 30 minutes after the final lunch period ends. Alternate revenue generating sources should be encouraged.