

Rivertree Academy Wellness Policy

Goals and Components

This document, referred to as the “wellness plan” (the plan), is intended to implement policy FFA(LOCAL), which has been adopted by the Board to comply with the requirements for a school wellness policy. [Section 9A(a) of the National School Lunch Act (NSLA), 42 U.S.C. 1758b; 7 C.F.R. Part 210]

Rivertree Academy’s local health advisory council (SHAC) will work on behalf of the Rivertree to review and consider evidence-based strategies and techniques to develop and implement nutrition guidelines and wellness goals required by federal law.

Soliciting Involvement and Input

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The SHAC will solicit involvement and input from parents, students, Rivertree’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public by:

1. Marketing to the community with the Be A school Wellness Champion materials
2. Market via emails, website, etc. to parents, staff, community

Responsibility for Implementation

Each campus principal is responsible for implementing FFA(LOCAL) and this wellness plan at his or her campus, including submitting the necessary information to the SHAC for evaluation.

The Child Nutrition Director at Rivertree Academy is officially responsible for the overall implementation of FFA(LOCAL), including the development of this wellness plan and any other appropriate administrative procedures, and for ensuring that each campus complies with the policy and plan.

Goals for Nutrition Promotion

Federal law requires that Rivertree Academy establish goals for nutrition promotion in its wellness policy. Rivertree Academy’s nutrition promotion activities will encourage participation in the National School Lunch Program, the School Breakfast Program, and any supplemental food and nutrition programs offered by Rivertree Academy.

Rivertree Academy will ensure that any food and beverage advertisements marketed to students during the school day meet the Smart Snacks standards.

The SHAC will monitor this by:

1. Reviewing current USDA guidelines, and district policies

2. Reporting anyone that is out of compliance to the Child Nutrition Director

Although Rivertree Academy is not required to immediately remove or replace food and beverage advertisements on items such as menu boards or other food service equipment, or on scoreboards or gymnasiums, the SHAC will make recommendations when replacements or new contracts are considered.

Implementing Goals for Nutrition Promotion

GOAL 1: Rivertree Academy’s food service staff, teachers, and other Rivertree personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.

Objective 1:

Action Steps: Provide printed menus, include nutrition messages on Rivertree’s website, and provide nutrition posters and signage in all lunch room areas, hallways, etc.

School and Community Stakeholders:

Resources Needed:

Measures of Success:

Objective 2:

Action Steps:

School and Community Stakeholders:

Resources Needed:

Measures of Success:

GOAL 2: Rivertree Academy shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

Objective 1:

Action Steps: Post USDA nutrition guidelines on website?

School and Community Stakeholders:

Resources Needed:

Measures of Success:

Objective 2:

Action Steps:

School and Community Stakeholders:

Resources Needed:

Measures of Success:

GOAL 3: Rivertree Academy shall ensure that food and beverage advertisements accessible to students outside of school hours on Rivertree Academy’s property contain only products that meet the federal guidelines for competitive foods.

Objective 1:

Action Steps:

School and Community Stakeholders:

Resources Needed:

Measures of Success:

Objective 2:

Action Steps:

School and Community Stakeholders:

Resources Needed:

Measures of Success:

Goals for Nutrition Education

Federal law requires that Rivertree Academy establish goals for nutrition education in its well-ness policy. State law also requires that Rivertree Academy implement a coordinated health program with a component addressing nutrition services and health education at the elementary and middle school levels. [See EHAA]

Implementing Goals for Nutrition Education

GOAL 1: Rivertree Academy shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Objective 1: Rivertree Academy will offer nutrition education at each grade level as part of sequential, comprehensive, standards-based program.

Action Steps:

School and Community Stakeholders:

Resources Needed:

Measures of Success:

Objective 2: Nutrition Education will be a part of P.E.

Action Steps:

School and Community Stakeholders:

Resources Needed:

Measures of Success:

GOAL 2: Rivertree shall make nutrition education a School-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.

Objective 1:

Action Steps:

School and Community Stakeholders:

Resources Needed:

Measures of Success:

Objective 2:

Action Steps:

School and Community Stakeholders:

Resources Needed:

Measures of Success:

GOAL 3: Rivertree shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.

Objective 1:

Action Steps:

School and Community Stakeholders:

Resources Needed:

Measures of Success:

Objective 2:

Action Steps:

School and Community Stakeholders:

Resources Needed:

Measures of Success:

GOAL 4: Rivertree shall establish and maintain school gardens and farm-to-school programs.

Objective 1:

Action Steps:

School and Community Stakeholders:

Resources Needed:

Measures of Success:

Objective 2:

Action Steps:

School and Community Stakeholders:

Resources Needed:

Measures of Success:



Goals for Physical Activity

Federal law requires that Rivertree Academy establish goals for physical activity in its wellness policy. In accordance with state law, Rivertree Academy will implement a coordinated health program with physical education and physical activity components. Rivertree Academy will offer at least the required amount of physical activity for all grades [see BDF, EHAA, EHAB, and EHAC], as follows:

Implementing Goals for Physical Activity

GOAL 1: Rivertree Academy shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.

Objective 1:

Action Steps:

School and Community Stakeholders:

Resources Needed:

Measures of Success:

Objective 2:

Action Steps:

School and Community Stakeholders:

Resources Needed:

Measures of Success:

GOAL 2: Rivertree Academy shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

Objective 1:

Action Steps:

School and Community Stakeholders:

Resources Needed:

Measures of Success:

Objective 2:

Action Steps:

School and Community Stakeholders:

Resources Needed:

Measures of Success:

GOAL 3: Rivertree Academy shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.

Objective 1:

Action Steps:

School and Community Stakeholders:

Resources Needed:

Measures of Success:

Objective 2:

Action Steps:

School and Community Stakeholders:

Resources Needed:

Measures of Success:

GOAL 4: Rivertree Academy shall make appropriate training and other activities available to Rivertree employees in order to promote enjoyable, lifelong physical activity for Rivertree Academy employees and students.

Objective 1:

Action Steps: Yoga after school burn

School and Community Stakeholders:

Resources Needed:

Measures of Success:

Objective 2:

Action Steps:

School and Community Stakeholders:

Resources Needed:

Measures of Success:

GOAL 5: Rivertree Academy shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.

Objective 1: Provide a family event that involves physical activity and health promotion

Action Steps: Twice a year we will have a fitness program, etc?

School and Community Stakeholders:

Resources Needed:

Measures of Success:

Objective 2:

Action Steps:

School and Community Stakeholders:

Resources Needed:

Measures of Success:

GOAL 6: Rivertree Academy shall encourage students, parents, staff, and community members to use recreational facilities, such as tracks, playgrounds, and the like, that are available outside the school day.

Objective 1:

Action Steps:

School and Community Stakeholders:

Resources Needed:

Measures of Success:

Objective 2:

Action Steps:

School and Community Stakeholders:

Resources Needed:

Measures of Success:

Goals for Other School-Based Activities

Federal law requires that Rivertree Academy to establish goals for other school-based activities in its wellness policy to promote student wellness, create an environment that encourages healthful eating and physical activity, and promote a consistent wellness message.

Implementing Goals for Other School-Based Activities

GOAL 1: Rivertree Academy shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

Objective 1: Students get 30 minutes of uninterrupted meal time?

Action Steps:

School and Community Stakeholders:

Resources Needed:

Measures of Success:

Objective 2:

Action Steps:

School and Community Stakeholders:

Resources Needed:

Measures of Success:

GOAL 2: Rivertree Academy shall promote wellness for students and their families at suitable for our campus activities.

Objective 1:

Action Steps:

School and Community Stakeholders:

Resources Needed:

Measures of Success:

Objective 2:

Action Steps:

School and Community Stakeholders:

Resources Needed:

Measures of Success:

GOAL 3: Rivertree Academy shall promote employee wellness activities and involvement at suitable for campus activities.

Objective 1:

Action Steps:

School and Community Stakeholders:

Resources Needed:

Measures of Success:

Objective 2:

Action Steps:

School and Community Stakeholders:

Resources Needed:

Measures of Success:



Nutrition Guidelines

Rivertree Academy campuses participate in the U.S. Department of Agriculture’s (USDA’s) child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). As required by federal law, the District has established nutrition guidelines to ensure that all foods and beverages sold or marketed to students during

the school day on each campus adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.

Foods and Beverages Sold

Rivertree Academy will comply with federal requirements for reimbursable meals. For other foods and beverages sold to students during the school day, Rivertree Academy will comply with the federal requirements for competitive foods. Competitive foods and beverages are not part of the regular meal programs and occur through sales such as a la carte options or vending machines. For purposes of this plan, these requirements will be referred to as “Smart Snacks” standards or requirements.

The District has also incorporated the following stricter standards that are not prohibited by federal or state law:

(List other standards)

[If your FFA(LOCAL) does not allow exemptions to the guidelines for fundraisers involving food that is not Smart Snacks compliant, include the following sentence.]

Rivertree Academy will not allow exempted fundraisers. All fundraisers will include nonfood items, foods that meet the Smart Snacks standards, or foods that are not intended to be consumed at school.

[If your FFA(LOCAL) allows exemptions for fundraisers involving food that is not Smart Snacks compliant, include the following section.]

Exceptions for Fundraisers

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to six days per year per campus when a food or beverage is sold as part of a District fundraiser. [See CO(LEGAL)]

Rivertree Academy will allow six exempted fundraisers district wide per school year.

Foods and Beverages Provided

Rivertree Academy will comply with state law, which allows a parent or grandparent to provide a food product of his or her choice to classmates of the person’s child or grandchild on the occasion of the student’s birthday or to children at a school-designated function. [See CO(LEGAL)]

In addition, the District has established the following local standards for other foods and beverages made available to students:

Elementary school: *(Insert District’s local standards or guidelines.)*

Middle/junior high school: *(Insert District’s local standards or guidelines.)*

Measuring Compliance with Nutrition Guidelines

Rivertree Academy will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the child nutrition department to TDA, reviewing foods and

beverages that are sold in competition with regular school meals, reviewing items sold as part of approved Rivertree Academy fundraisers, and monitoring the types of foods and beverages made available to students during the school day.

Policy and Plan Evaluation

At least every three years, as required by law, Rivertree Academy will measure and make available to the public the results of an assessment of the implementation of Rivertree Academy's wellness policy. This "triennial assessment" will evaluate the extent to which each campus is compliant with the wellness policy, the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy and plan compare with any state- or federally designated model policies. The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes.

Public Notification

Annually, Rivertree Academy will notify the public about the content and implementation of the wellness policy and plan and any updates to these materials.

To comply with the legal requirement to annually inform and update the public about the content and implementation of the local wellness policy, Rivertree Academy will create a wellness page on its website to document information and activity related to the school wellness policy, including:

1. A copy of the wellness policy [see FFA(LOCAL)];
2. A copy of this wellness plan, with dated revisions;
3. Notice of any Board-adopted revisions to FFA(LOCAL);
4. The name, position, and contact information of Child Nutrition official responsible for oversight and implementation of the wellness policy and wellness plan;
5. Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion;
6. The SHAC's triennial assessment; and
7. Any other relevant information.

Rivertree Academy will also publish the above information in appropriate Rivertree Academy campus publication.

Records Retention

Records regarding Rivertree Academy's wellness policy will be retained in accordance with law and Rivertree Academy's records management program. Questions may be directed to the Child Nutrition Director at Rivertree Academy's designated records management officer. [See CPC(LOCAL)]

Disclaimer: This information is provided for educational purposes only to facilitate a general understanding of the law or other regulatory matter. This information is neither an exhaustive

treatment on the subject nor intended to substitute for the advice of an attorney or other professional adviser. Consult with your attorney or professional adviser to apply these principles to specific situations.