

School Wellness Policy

Mission Statement

Wellness is about nurturing a balanced healthy lifestyle.

Rolling Hills Public Charter School Wellness Policy strives to promote, assist and educate students and their families in the importance of health, fitness, and nutrition.

Defining a School Wellness/Nutrition Committee

1. The RHPCS Wellness/Nutrition Committee is comprised of representatives from some or all of the following: Parents, students, school board members, PE teachers, school health professionals, school food service staff, administrators, and others in the community
2. The mission of the RHPCS Wellness/Nutrition Committee shall be to address nutrition, Smart Snack standards, and physical activity issues and will develop, implement and evaluate guidelines that support a healthy school nutrition environment, in compliance with the wellness policy. Parents, students, school board members, PE teachers, school health professionals, school food service staff, administrators, and others in the community will participate in the development, implementation, review, updates, and offer revisions to the policy as needed.
3. The committee shall, to the extent possible, have annual review of foods being served on the menu. Have input to the planning of the menu and food choices.
4. There will be food and beverage marketing that allows the marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
5. An evaluation conducted once every three years of the wellness policy to the extent to which schools are in compliance, how the district policy compares to model wellness policies, and the progress made in attaining local wellness policy goals.
6. Identify ways to share the wellness policy content and implementation with the public. Including, paper form, student handbook, school website, others.

Physical Fitness

Rolling Hills Public Charter School will:

1. Continue to offer well-rounded physical education for all grades and meet state and national requirements for health and physical education. Weekly opportunity for exercise and wellness activities.
2. Offer an after-school sports program for grades 6th-8th in which participation is promoted and encouraged. The athletic director will continue to promote and provide additional athletic opportunities to students of all grades.
3. The food service director will have the opportunity to encourage a volunteer to be a Fitness Coordinator. The Fitness Coordinator is a volunteer who will promote fitness activities and educational opportunities for students and their families. Activities may include, but are not limited to the following:
 - a. Lunch time fitness activities
 - b. After-school fitness opportunities such as fitness workshops and/or guest speakers.
 - c. Encouragement of fitness activities at home and for the whole family

School Meals

Rolling Hills Public Charter School will:

1. Continue to meet or exceed the nutrition standards established by the U.S. Dept. of Agriculture and the Idaho State Department of Education.
2. To provide a pleasant eating experience for students and adults by adopting the following:

- a. Student input is solicited for meal choices
- b. Adequate time to eat in a pleasant eating environment should be provided.
- c. Adult supervision and role modeling is available during the meal service times to encourage students to eat the meals.
- d. Drinking water and/or drinking fountains will be made available during meals and throughout the day.
- e. School personnel will assist all students in developing the healthy practice of washing hands before eating.
- f. Lunch room supervisors will encourage socializing among students, and between students and adults, using appropriate voice levels. Parents are highly encouraged to dine with students in the cafeteria.
- g. Students will be discouraged from sharing food or beverage with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Goals of the Program: (Rated on a 4 score scale. 1= Need of Improvement, 2= Below Basic, 3= At Level, 4= Model Program)

Breakfast- The goal is to have 30 or more students participating
 1= 0-10, 2= 11-19, 3= 20-29, 4= 30 or more students

Lunch- The goal is to have 40% of the student enrollment participating
 1= 0-29%, 2= 30-39%, 3=40-44%, 4= 45% or more students participating

An evaluation will be conducted once every three years of meeting the goals and evaluate the implementation of the Wellness Policy, and the progress in attaining local wellness policy goals.

Nutrition Education

1. Rolling Hills Public Charter School will follow health education and physical activity standards as outlined by the State Department of Education and/or State Dept, of Education. All students will receive nutrition education within the classroom a minimum of one (1) time per month. Teachers are also encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable. Nutrition Education will be implemented in school wide activities
2. Nutrition Education will be implemented in school wide activities and may include, but are not limited to, the following:
 - a. Nutrition education efforts in the classroom, using appropriate nutritional information and/or materials to be taught in the classroom.
 - b. Guest speakers will be utilized.
 - c. A monthly article(s) on nutrition to be included in the school newsletter,
 - d. Provide teachers and staff with ideas for healthy alternatives to food as rewards in the classroom.
 - e. Provide teachers, students and parents with ideas for healthy alternatives for snacks, and classroom celebrations.

Legal Reference: Child Nutrition and WIC Reauthorization Act of 2004 (PL108-265 Section 204)

Policy History:

Adopted on: 1/12/2012

Revised on: 11-18-15, 11/8/18, 12/18/18