



## **Wellness Policy**

### **Purpose**

Public Law 108-265 reauthorized federal Child Nutrition Programs, which includes the National School Lunch Program, School Breakfast Program and Special Milk Program. Schools and programs participating in the school meal programs must establish a local “school wellness policy” that, at a minimum:

1. Includes goals for nutrition education, physical activity and other school-based activities designed to promote student wellness in a manner that the local educational agency determines appropriate;
2. Includes nutrition guidelines for all foods available on the school campus during the school day;
3. Provides an assurance that guidelines for school meals are not less restrictive than those set by the U.S. Secretary of Agriculture;
4. Establishes a plan for measuring implementation of the local wellness policy; and
5. Involves parents, students and representatives of the “school food authority” (i.e. school nutrition program), the school board, school administration and the public in development of the local wellness policy.

### **General**

Meals served through the National School Lunch and Breakfast Programs will:

1. Be appealing and attractive to children;
2. Be served in clean and pleasant settings;
3. Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
4. Offer a variety of fruits and vegetables;
5. Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives that meet the USDA requirements.
6. Ensure that 100% of the served grains are whole grain.

Food Service staff shall identify healthful and appealing food choices, and will share information about the nutritional content with students upon request. No food will be withheld, limited or varied from the approved menu for disciplinary reasons. Drinking water is available for all students at all meal times. The Business Manager and Cook shall be responsible for all requirements of the National School Lunch Program and the School Breakfast Program per the Oregon Department of Education. Special dietary needs will be accommodated and alternative meals will be provided to students who requires such accommodation. ODE- CNP forms will be used. <http://www.ode.state.or.us/search/page/?id=3429>

### **Breakfast**

Rimrock Trails will operate the School Breakfast Program to ensure that all students have breakfast daily in order to meet their nutritional needs and enhance their ability to learn. Each student shall be offered all components required by the School Breakfast Program.

### **Meal Times and Scheduling**

Rimrock Trails will:

1. Provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
2. Schedule meal periods at appropriate times;
3. Avoid schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.

### **Sharing of Foods and Beverages.**

Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions for some children's dietary needs.

### **Snacks**

Snacks served during the school day will make a positive contribution to student's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Rimrock will serve snacks on school days (no holidays or weekends) after school in conjunction with supervised enrichment activities. Snacks served will meet the Afterschool Snack Program requirements and shall be claimed for reimbursement.

### **Integrating Physical Activity Into the Classroom Setting**

Students need opportunities for physical activity. Each youth will be encouraged to participate in physical activity that will consist of but not be limited to non-competitive sports and staff will encourage those youth to participate in life long physical activity. Toward that end:

1. Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television
2. Opportunities for physical activity will be incorporated into the class schedule and daily program schedule; and
3. Classroom teachers will provide short physical activity breaks as appropriate.

### **Monitoring**

Food Service staff, at the school or program level, will ensure compliance with nutrition regulations within school food service areas and regular physical activity, and will report on this matter to the Executive Director and/or Program Director.