



Ridgeview Global Studies Academy

A Center of Excellence
1000 Dunson Road - Davenport, FL 33896 - (863) 419-3171
Ralph H. Frier, Executive Director



Wellness Policy

As required by law, the Ridgeview Global Studies Academy School Board establishes the following wellness policy for Ridgeview Global Studies Academy as a part of a comprehensive wellness initiative.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the school's students. Furthermore, research supports that there is a positive correlation between a student's health and well-being and his/her ability to learn. Schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs by supporting the development of good eating habits in a healthy school meal environment and by promoting increased physical activity in and out of school.

School personnel, parents, and the public at large must be involved in a community-wide effort to promote, support, and model healthy behaviors and habits with respect to eating and exercise.

The Board sets the following goals to enable students to establish lifelong skills and attitudes that promote good health, healthy nutrition, and physical activity habits:

A. Regarding nutrition education, Ridgeview shall:

1. Include sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the State.
2. Include into other subject areas of the curriculum, when appropriate, knowledge and life skills that complement the standards and benchmarks for health education.
3. Strive to provide nutrition education opportunities that are enjoyable, developmentally appropriate, and include culturally relevant participatory activities, such as contests, promotions, taste testing, and others.
4. Extend nutrition education opportunities beyond the classroom by engaging and involving the school's food service professionals.
5. Extend nutrition and wellness education and opportunities beyond the school by engaging and involving families and the community.
6. Include nutrition education standards and benchmarks that promote the benefits of an inclusive, balanced diet with emphasis on consuming fruits, vegetables, whole grain products, lean meats, fish, poultry, and plant-based proteins, and low-fat and fat-free milk and dairy products.

7. Provide information to parents that is designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom.

B. Regarding physical education, Ridgeview shall:

1. Physical Education

- a. Provide a sequential, comprehensive physical education program to students in grades K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State.
- b. Provide planned instruction in physical education that is sufficient for students to achieve a proficient level with regard to the standards and benchmarks adopted by the State.
- c. Include instruction in physical education that encourages and promotes participation in physical activity outside the regular school day.
- d. Offer students in grades K-12, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), physical education in accordance with F.S. 1003.4282 and 1003.455, which includes the following:
 1. Elementary School Students (Grades K-5) - 150 minutes per week. A minimum of thirty (30) consecutive minutes is required on any day that physical education instruction is provided.
 2. Middle School Students (Grades 6-8). - One (1) class per day for one (1) semester each year.
 3. High School Students - One (1) credit will be earned in physical education with the integration of health.
- e. Require students to be engaged in moderate to vigorous physical activity for at least fifty percent (50%) of scheduled physical education class time.
- f. Utilize teachers properly certificated/licensed to provide instruction in physical education.
- g. Provide professional learning opportunities with a focus on physical education.
- h. Offer planned instruction in physical education that includes teaching cooperation, fair play, sportsmanship, and responsible participation.
- i. Offer planned instruction in physical education that includes teacher skill sets that address the needs of all students, including those who are not athletically gifted.
- j. Offer planned instruction in physical education that is presented in an environment free of embarrassment, humiliation, shaming, taunting, bullying, or harassment of any kind.
- k. Offer planned instruction in physical education that includes a variety of cooperative and competitive games.

- I. The district will ensure that adequate equipment and facilities are available for all students.

2. **Physical Activity**

- a. Physical activity should not be employed as a form of discipline or punishment.
- b. Integrate, when possible, physical activity across the curricula and throughout the school day.
- c. Encourage families to promote and provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.
- d. Allow students in grades 6-12 the opportunity to participate in interscholastic sports programs.
- e. Discourage extended periods of student inactivity, without some physical activity. Structured and organized physical activity outside of physical education will be allowed and promoted.

C. With regard to other school-based activities:

Students shall be provided with access to free drinking water during designated lunch and breakfast mealtimes and may be available throughout the school day in designated areas.

1. Ridgeview shall provide at least ten (10) minutes for students to eat school breakfast meals and at least twenty (20) minutes to each school lunch meals from the time the student is seated to provide enough time to be served and eat their meals.
2. Ridgeview shall schedule mealtimes that promote the school meal programs with minimum disruption from bus schedules, recess, and other special programs or events.
3. Ridgeview shall provide attractive, clean environments and have enough space for seating all students.
4. Ridgeview will work to limit activities, such as tutoring or club meetings, from being scheduled during mealtimes, unless students may eat during those meetings.
5. School personnel will be offered a variety of optional organized wellness programs.
6. Ridgeview may use environmentally friendly practices, such as the use of locally grown foods and non-disposable tableware and dishes.
7. Ridgeview may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.
8. Ridgeview utilizes electronic identification and payment systems for school meals to eliminate any stigma or identification of students eligible to receive free and/or reduced-price meals.

9. Ridgeview provides students with affordable access to the varied and nutritious foods they need to be healthy and to learn well, regardless of unpaid meal balances.
 10. Students are discouraged from sharing their foods or beverages with one another during mealtimes, given concerns about allergies and other restrictions on some students' diets and other food safety concerns.
 11. Meals will not be used as rewards or discipline for student behavior.
 12. Lunch periods shall be scheduled between 10 a.m. and 2 p.m.
 13. Ridgeview's cafeterias should have ample serving stations to ensure students spend minimal time waiting in line.
 14. Students may provide their own meal options from home, to be consumed during their usual mealtimes. This option does not include the delivery of food from third-party vendors.
- D. **With regard to nutrition promotion**, Ridgeview shall provide that any foods and beverages marketed or promoted to students on the school campus, during the school day, will meet or exceed the USDA Smart Snacks in School nutrition standards.

Additionally, Ridgeview shall:

1. encourage students to increase their consumption of healthful foods during the school day;
2. create an environment that reinforces the development of healthy eating habits, including offering and encouraging consumption of the following healthy foods that align with the USDA Dietary Guidelines for Americans and comply with the USDA Smart Snacks in School nutrition standards:
 - a. a variety of fresh produce to include those prepared without added fats, sugars, and/or sodium;
 - b. a variety of vegetables daily to include five (5) specific subgroups outlined in the Dietary Guidelines for Americans and promoted in the MyPlate materials (dark green, red/orange, beans/peas/legumes, starchy and other);
 - c. whole grain, whole and whole grain rice products that meet school lunch and breakfast program requirements and, if offered, Smart Snack in School standards;
 - d. choice of fluid milks from fat-free or low-fat (unflavored and flavored) at program lunch and breaks meals with one (1) choice being unflavored;
 - e. meals planned to meet specific calorie ranges for the age/grade groups served;
 - f. eliminate foods offered in program meals and those offered as part of Smart Snacks in Schools are free of added trans-fat;
 - g. promote and encourage a variety of choices from the fruit component and vegetable component daily within the school lunch program;

- h. require students to select a fruit or vegetable portion meeting the minimum portion requirements as part of a complete reimbursable meal;
 - i. provide opportunities for students to develop the knowledge and skills for consuming healthful foods;
 - j. promote access to the traditional school breakfast program but work to explore additional opportunities for students to participate, such as Grab-n-Go options, Breakfast After the (first) Bell, Breakfast in the Hall, kiosk, Breakfasts in the Classroom, vending machines, etc.
- E. Ridgeview's nutrition department will promote and encourage Farm-to-School efforts in order to provide the healthy foods identified above.
- F. All foods and beverages sold to students as fund-raisers outside of the school meals program during the regular and extended school day for consumption on the school campus shall meet the USDA Smart Snacks in School nutrition standards.

Furthermore, with the objectives of enhancing student health and well-being and reducing childhood obesity, the following guidelines are established:

- A. Ridgeview's food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
- B. The sale of foods of minimal nutritional value in the food service area during the lunch period is prohibited.
- C. All foods and beverages sold to students on the school campus during the school day outside of reimbursable school meals are considered "competitive foods" and must comply with the nutrition standards for competitive food as defined and required in 7 C.F.R. 210.11. Competitive foods include items sold a-la-carte in the cafeteria, from vending machines, school stores, snack bars, and for in-school fundraisers. For the purposes of competitive food standards implementation, "school campus" refers to all areas of the property under the jurisdiction of the school that are accessible to students during the school day. "School day" refers to the period from midnight before to thirty (30) minutes after the end of the official school day.
- E. Unless sold by the Food Service Program, competitive food items sold to students during the school day shall not consist of ready-to-eat combination foods of meat or meat alternate and grain products as defined in 7 C.F.R. 210.11 and incorporated in F.A.C. SP-2.002.
- F. Competitive food and beverage standards may be exempted for the purpose of conducting infrequent school sponsored fundraisers up to five (5) days per school year in elementary schools, ten (10) days per school year in middle and combination schools, and fifteen (15) days per school year in high schools. Each school is responsible for maintaining records documenting the occurrence of any exempted school-sponsored fund raisers to demonstrate compliance with this policy.
- G. No school-sponsored fund raisers, which include the sale of food items, will be permitted to occur until thirty (30) minutes after the conclusion of the last designated meal service period.

- H. All foods offered on the school campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, or from vending machines, for classroom parties, or at holiday celebrations.
- J. The Smart Snacks Product Calculator available online will be used to assess if competitive food items meet the standards.
- K. All food and beverages that are provided, other than through sale, on the school campus during the school day (which may include for classroom parties and at holiday celebrations) align with the current USDA Dietary Guidelines for Americans.

Nutrition Standards

All foods and beverages available to students during the school day shall be served with consideration for promoting student health and well-being and will meet the nutrient standards as defined by USDA Regulation 7 C.F.R. Part 210.11 sections f-m (hereby referred to as USDA nutrient standards).

All food items and beverages sold to students that will be consumed on school campus during the school day must meet the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in Schools nutrition standards.

Promotional activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement, or positive youth development and are in compliance with local guidelines.

School Parties and Other Activities

Food and beverages provided to students outside of the National School Breakfast or Lunch Program shall not be served during breakfast or lunch meal service times.

Exemptions to USDA Nutrient Standards:

Elementary Schools - Any activity during the school day, involving food and/or beverages that do not meet the USDA Nutrient Standards, will be limited to once per month per classroom.

Secondary Schools - Any activity during the school day involving food and/or beverages that do not meet the USDA Nutrient Standards will be limited to ten (10) times per school year.

Classroom Snacks

Classroom snacks will include only healthy choices, which meet the USDA Smart Snacks in schools nutrition standards. Emphasis should be placed on offering fruits and/or vegetables as the primary snack and water as the primary beverage. A list of healthy classroom snacks suggestions can be found on the Student Wellness webpage.

After-school snacks served as part of the Federal After-School Snack Program will meet the Federal guidelines.

Fund-raisers

Food and beverages that are sold during after-school events and concession stands will include healthy choices.

Fundraisers not associated with the school in which food and/or beverages are being sold should not be sold during the school day. (Example: Girl Scout Cookies)

A La Carte Food

Foods may be sold a la carte by the school nutrition department in compliance with USDA Regulation 7 C.F.R. Parts 210 and 220.

Vending

Foods and beverages sold to students through vending machines will meet the USDA nutrient standards.

Evaluation and Measurement of the Implementation of the Wellness Policy

A. Annual Assessment.

Ridgeview will conduct annual assessments of this policy utilizing available online electronic assessment tools. The committee will update and make modifications to the wellness policy based on the results of the annual review and triennial assessments and/or as local priorities change, community needs change, wellness goals are met, new health information and technology emerges, and as new federal or state guidance or standards are issued. Results of these assessments and changes to the wellness policy will be made available as outlined below.

B. Triennial Assessment.

Once every three years, Ridgeview will conduct an assessment of this policy to measure compliance based on the extent to which Ridgeview is in compliance with this policy, how this policy compares to model local school wellness policies, and will give a description of the progress made in attaining the goals of this policy.

C. State Assessment.

The Florida Department of Agriculture and Consumer Services will conduct a periodic Administrative Review of Ridgeview's National School Lunch Program and will review this policy; documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public as consistent with the section on informing and updating the public; and documentation of the triennial assessment of this policy.

Informing the Public

Ridgeview will ensure that the wellness policy and most recent triennial assessment are available to the public at all times. Ridgeview will also actively notify households on an annual basis about any updates made to the wellness policy and the availability of the triennial assessment results, as well as provide information to the community about the school nutrition environment following these guidelines:

B. Ridgeview's wellness policy, annual, and triennial assessments will be available on the school website(s) for the public to view.

C. Reports and updates will be made available in other languages upon request.

Stakeholder Opportunities

Ridgeview is committed to being responsive to community input, which begins with awareness of the Wellness Policy. Ridgeview will actively communicate ways in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the general public can participate in the development, implementation and annual review of the local school wellness policy through a variety of means, including:

- A. Ridgeview will consider student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback through the use of surveys and attention will be given to their comments.
- B. Ridgeview will use electronic mechanisms, such as email or displaying notices on Ridgeview's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of any updates to the wellness policy, as well as how to get involved and support the policy.
- C. At the final public school board meeting of each year, the local school wellness policy will be discussed and all stakeholders will be asked to provide feedback on the policy. All comments and recommendations will be considered.

If you are interested in becoming a member of Ridgeview's Wellness Committee, or if you have any questions or concerns regarding this policy, please contact Ralph Frier at ralph.frier@rgsa.com.