



RSD Wellness Policy: What does it mean for you?

RSD's Wellness Policy

At RSD, *Full Service Community Schools* means that every school is working with its local community to provide programs and services that help make the school and community a safe and healthy place for students, their families and others.

In February 2017, the RSD School Board passed an updated and expanded Wellness Policy that supports our Full Service Community Schools. As required by the federal government's *Healthy, Hunger-Free Kids Act*, the Wellness Policy tells about our goals and what we are doing to make our schools safer and healthier for all students and staff. The policy covers students K-8, including site-based after school programs.

How does the Wellness Policy affect your child's school?

The Wellness Policy covers areas that include healthy food, physical education, health education, a safe and positive school climate, health care, and social services, protecting the environment, and more.

When a school is following the Wellness Policy, here are some of the things you will see:

Healthy Food:

- ◆ Lunches and other meals at school (such as breakfast and after-school snack) are healthy, appealing, and meet the standards for good nutrition. As much as possible, the meals are made from food that is local from California growers and producers.
- ◆ The school might have a garden program where students can work with plants and learn about healthy food.

- ◆ The school might have a weekly produce market where families can buy food that was grown in our local area.



- ◆ The school and families are following the district's guidelines for healthy food at school events, celebrations, and fundraisers.

Physically Active Students:

- ◆ The school is providing the required number of minutes of physical education. In addition, the school is offering other ways for students to be active during recess and after school.

A safe and positive school climate:

- ◆ The school feels welcoming, safe, and secure. Students, staff, and families feel safe and respected.
- ◆ Students, families, and staff are able to safely walk and bike to school.

Health care and health education:

- ◆ Students are learning about health and nutrition.
- ◆ Students are getting a variety of health and behavioral health services.
- ◆ The school is letting students and families know about health insurance and social services programs. It offers help to get signed up.

Protecting the environment

- ◆ To reduce waste, the school recycles and composts its food waste.

How can you help?

Below are ways you could volunteer to help make your child's school healthier and safer. **If you want to volunteer, start by asking at your child's school.** (If you need any help, contact Lacey Piper, RSD Director of Child Nutrition & Wellness at (805)485-3111 or by email (lpiper@rioschools.org)).

- ◆ Join the Districts Wellness Council.
- ◆ Support healthy food at school. For example, you could volunteer to help the salad bar in the school cafeteria. You could help the school produce market.
- ◆ Volunteer to help with the school garden. If there's no garden at your child's school, you could help



start one.

- ◆ Follow the school's guidelines by bringing healthy food to school events and celebrations.
- ◆ If you are involved in fundraising for the school, remind others that the Wellness Policy doesn't allow fundraisers to sell candy or other unhealthy foods.
- ◆ Help with *Walk to School Day* or other programs that supports Safe Routes to school.
- ◆ Volunteer to be a part of the Green Team, helping schools with their recycling and composting programs.



For more about what the Wellness Policy means for you, keep reading

The rest of this handout tells more about different areas covered by the RSD Wellness Policy. It gives the details on the district's guidelines for healthy food at school events, celebrations, and fundraisers.

You can also learn more about our Wellness Policy at our web page on school wellness:

<http://rioschools.org/departments/child-nutrition-services/>

Schools are helping your child eat well and stay healthy

Schools are working hard to make healthy food available for all students and make sure that students do not go hungry.

- ◆ All schools offer lunch, breakfast and supper meals.
- ◆ Meals at school meet or exceed state and federal standards for good nutrition.
- ◆ The Wellness Policy includes food guidelines to promote good health. These guidelines help make sure that healthy food and beverages are served at school events and celebrations. Food and beverages sold outside of the school meal program, including those sold for fundraising purposes, must meet nutrition guidelines and be approved by school administration.
- ◆ Schools are providing water during school meals and making water available throughout the school day and at school events.
- ◆ Schools are teaching students about good nutrition. Schools are also using a variety of ways to encourage healthy eating for students and their families, such as having produce markets and salad bars at schools and having school gardens.

If you would like to help with nutrition programs, ask the school.

The schools are using their school gardens as outdoor classrooms

- ◆ Garden programs are a great way to get young people to eat healthy foods and learn important nutrition information.
- ◆ At all grade levels, schools are using the school gardens as outdoor classrooms where students learn a variety of subjects-science, math, art, cooking, and language arts.
- ◆ Many schools already have school gardens, and the Wellness Policy calls for expanding the garden education program within the district.



If you would like to help with the garden program, ask at the school.

School requirements and programs are helping all students stay active

Studies show that when children are physically fit, they pay more attention in school, do better on state exams, and stay in school longer.

- ◆ Not counting recess, here's how much physical education students should be getting: in grades 1-6, at least 100 minutes a week; in grades 7-12, at least 200 minutes a week. Physical education must be taught by someone with a teaching credential (these requirements are set by the California Education Code).



- ◆ If students have physical, mental, or other health limitations that affect their participation in physical education, the school district will find ways to adapt the activities and equipment so they can participate.
- ◆ California Physical Fitness testing is done for all students in 5th and 7th grades. Every spring, schools need volunteers to help with fitness testing.

If you want to help with fitness testing, ask at the school.

RSD is improving its health education programs

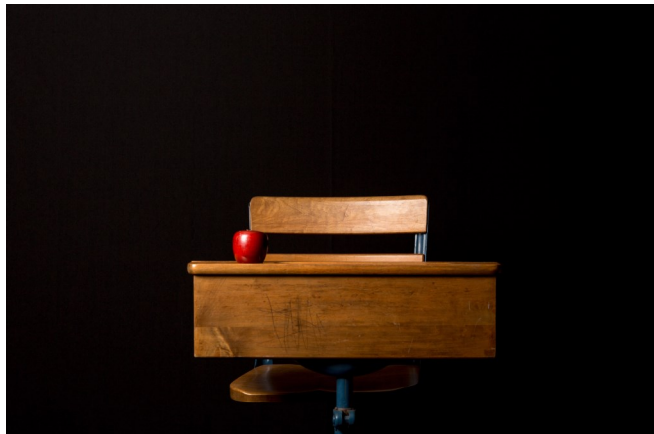
The Wellness Policy calls for comprehensive health education curriculum for all students in grades pre-K-8.

- ◆ As part of revising and expanding the district's health curriculum, RSD is developing a process for reviewing what is to be covered and which instructional materials are to be used.

To focus on learning, students must have a safe and positive school climate

- ◆ RSD is committed to having schools free from bullying, discrimination, and sexual harassment. The Wellness Policy includes policies and programs to help make sure that schools are safe and respectful places for learning.

- ◆ Instead of suspending students, the Wellness Policy calls for using other types of discipline, whenever possible to keep students in school.



RSD is helping students and families receive health care and social services

- ◆ RSD provides a variety of health care services, including nursing services. Many schools have on-site School Health Centers that provide medical, mental health, and health education services for students. At some of the centers, families can also get these services.
- ◆ RSD is making it easier for students, families, and others in the community to enroll in health and social services programs. All year long, the RSD Office of Student and Family Services helps residents get signed up for health coverage and assistance. For details call: (805)981-2892.
- ◆ With help from community partners, RSD offers counseling and other mental health services in schools.



RSD is working to protect the environment and keep our buildings and grounds safe and healthy

To promote safety, the Wellness Policy requires schools to have site safety plans and site safety rules.

- ◆ With help from the city, county agencies, and others, the schools are working to make sure that there are safe routes to school for walking and biking.
- ◆ To reduce health risks in the environment, RSD has policies and programs to help prevent breathing problems. The district and its schools also have pest management and waste management programs.
- ◆ The Green Team Program is working to reduce the “environmental footprint” of schools in Oxnard. The Green Team gets students involved in hands-on learning and real-world problem solving. It empowers students, helps safeguard their health, and saves resources and money for our schools and communities.

If you'd like to help, contact your child's school.



RSD is paying attention to staff wellness

- ◆ The Wellness Policy calls for providing safe and supportive working conditions for our staff.
- ◆ Our staff are role models for our students and are key to improving the health and well-being of our RSD students.