

Wellness Policy Goals: Lind-Ritzville Cooperative Schools

Mission Statement: The mission of Lind-Ritzville Cooperative Schools is to promote a healthy lifestyle for students, parents and staff which will lead to lifelong maintenance of healthy habits. This mission will be accomplished by the development and implementation of our Cooperative Wellness Policy which will incorporate nutrition education and standards, physical activity and any other school related activities.

Nutrition Education Goals

#1 Schools will educate, encourage and support healthy eating by all students of all ages.

Physical Education Goals

#1 Schools will provide opportunities for students to maintain physical fitness.

#2 Schools will adopt or exceed the state standards for physical activity.

Nutrition Standards

Goal #1 Schools will comply with the current USDA Dietary Guidelines for Americans and the Washington Public Schools Nutrition Policy.

The Washington Public School Nutrition Policy establishes a solid base for setting standards to promote healthy eating. Other resources, such as the [CDC School Health Guidelines to Promote Healthy Eating and Physical Activity](#) are available to draw upon.

Goal #2 Schools will comply with the current USDA Dietary Guidelines for Americans, Washington Public School Nutrition Policy as well as adhere to the following restrictions.

*A SCHOOL MAY OPT TO BE MORE RESTRICTIVE

- Student Store

Other School Related Activities

#1 Schools will create a total school environment that is conducive to being physically active.

Nutrition Education Guidelines

Goal #1 Schools will educate, encourage and support healthy eating for all students of all ages.

Guidelines:

- Schools will promote fruits, vegetables, whole grains, low fat & fat free dairy, healthy food preparation and health enhancing nutrition practices.
- Nutrition Education will be part of not only health education classes, but also classroom instruction in other subjects and electives.
- The school cafeteria serves as a “Learning Lab” to all students to apply critical thinking skills taught in the classroom.
- Nutrition Education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- Schools will promote enjoyable, developmentally and culturally appropriate participatory activities.
- Schools will offer nutrition education at each grade level as a part of a sequential, standards based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program.

Physical Activity Guidelines

Goal #1 Schools will provide opportunities for students to regularly participate in physical activity and maintain physical fitness.

Guidelines:

- Children should have several opportunities for physical activity throughout the day.
- Schools will implement physical activities from adopted curriculums.
- Schools will encourage classroom teachers to provide short activity breaks between lessons or classes.
- Elementary schools will provide daily recess period prior to lunch.(starting in 2020-2021)

Goal #2 Schools will adopt or exceed the state standards for physical activity.

Guidelines

- Policies ensure that physical education classes have an acceptable student teacher ratio
- Policies ensure state-certified physical education instructors.
- Time allotted consistent with research and standards, 30 minutes per day or 135 minutes per week, kindergarten through sixth grade.
- Schools will provide opportunities for activity through physical education classes, recess and integration in curriculum.

Nutrition Standards Guidelines

Goal #1 Schools will comply with the current USDA Dietary Guidelines for Americans and the Washington Public Schools Nutrition Policy.

The WASHINGTON PUBLIC SCHOOL NUTRITION POLICY HAS ALREADY PROVIDED A VERY SOLID BASE TO SETTING STANDARDS

*Attach School Nutrition Policy

Goal #2 Schools will comply with the current USDA Dietary Guidelines for Americans, Washington Public School Nutrition Policy as well as adhere to the following restrictions.

A SCHOOL MAY OPT TO BE MORE RESTRICTIVE

*Attach School Nutrition Policy plus record restrictions:

Student Store

- Nutrition information for products offered is readily available near the point of purchase.

Class parties

- Schools and parents will work together to ensure that celebrations, events, and rewards support health by striving to provide healthy foods and beverages at celebrations and events and offer nonfood items for rewards. Ideas for nonfood rewards may include extra time for recess, stickers, or notes of recognition from a teacher or principal.

Others

- Promotional activities to encourage physical activity, academic achievement in compliance with local guidelines.
- Promotional activities connected to healthy lifestyles.

Other School Based Activities Guidelines

Goal #1 Schools will create a total school environment that is conducive to being physically active.

Guidelines:

- After-school programs will encourage physical activity and promote healthy habits.
- Schools will not deny student participation in physical activity as a form of discipline or classroom make-up time.
- Schools will schedule recess for elementary schools before lunch so that children will come to lunch less distracted and ready to eat.(2020-2021)
- Each school's newsletter will provide information about healthy eating and the benefits of physical activity.

Signature

Representative _____

Date _____

Don Vanderholm-Superintendent

Kevin Terris- LRHS Principal

Darrell Lembcke- LRMS/LES Principa

Cindy Deska- RGS Principal

Dana Telecky- Ritzville Central Office/Parent

Tina Schuler- Lind Central Office

Scott Carruth- Ritzville Board Director/Parent

Greg Whitmore- Athletic Director/PE/Health Instructor

Tina Shields- Food Services

Jenny Skaggs- Food Services

Aimee Schell- School Nurse

Julia Klein-student