SCHOOL WELLNESS

It is the Red River Parish School Board's desire to ensure environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, the School Board shall establish goals and procedures that:

- Students in the Red River Parish School District have access to healthy foods throughout the school day – both through reimbursable school meal sand other foods available throughout the school campus – in accordance with Federal and state nutrition standards.
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the School Board and School District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The School Board establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

SCHOOL HEALTH ADVISORY COUNCIL (SHAC)

The Red River Parish School Board shall appoint at least one employee with experience and knowledge of health and wellness to serve as the coordinator of the School Wellness Policy committee. Red River Parish School Board has appointed the School Nurse to be the coordinator of the committee. The School Wellness Policy committee shall be a standing subcommittee of the School Health Advisory Council. The subcommittee shall include members that represent students, parents, teachers, food service professionals, health professionals, and other interested community members in, developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies. Each school in the local educational agency shall have a contact who will participate on the School Wellness Policy committee.

IMPLEMENTATION, MONITORING, AND EVALUATION

Implementation

The Red River Parish School Board shall develop and maintain a plan for implementation to manage and coordinate the execution of the *School Wellness* policy. The plan shall delineate roles, responsibilities, actions and timelines specific to each school; and include information about persons responsible for making changes; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

This *School Wellness* policy and any progress reports shall be maintained on the Red River Parish School Board website.

Triennial Progress Assessments

At least once every three (3) years, the School Board shall evaluate compliance with the requirements of the *School Wellness* policy to assess the implementation of the policy and document the assessment for each school under its jurisdiction. The *School Wellness* policy shall be assessed and updated as indicted at least every three (3) years, following the triennial assessment.

Recordkeeping

The Red River School Board shall retain records to document compliance with the requirements of the *School Wellness* policy at the Red River Parish School Board central office. Documentation maintained in the location shall include, but not be limited to:

- The written *School Wellness* policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the *School Wellness* policy; including an indication of who is involved in the update and methods the School Board used to make stakeholders aware of their ability to participate on the *School Wellness* policy committee;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation n of the *School Wellness* policy;
- Documentation demonstrating the most recent assessment on the implementation of the *School Wellness* policy has been made available to the public.

NUTRITION

School Meals

The Red River Parish School Board is committed to serving healthy meals to children with plenty of fruits, vegetables, whole grains, and fat- free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements.

All public schools within Red River Parish participate in the United States Department of Agriculture (USDA) child nutrition programs, including the National School Lunch Program (NSLP), and the School Breakfast Program (SBP). All public schools within the Red River Parish shall be committed to offering meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.

Water

To promote hydration, free, safe, unflavored drinking water shall be available to all students throughout the school day and throughout every school campus. The Red River Parish School Board shall make drinking water available where school meals are served during mealtimes.

Competitive Foods and Beverages

The Red River Parish School Board is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverage sold and served outside of the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., "competitive" foods and beverages) shall meet the nutrition standards as outlined in 7 CFR 210.11. These standards aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day shall meet or exceed the USDA nutrition standards.

These standards shall apply in all locations and through all services where foods and beverages are sold, which may include, but not limited to, a la carte options in cafeterias, vending machines, school stores and snack or food carts.

Food and Beverage Marketing in School

It is the intent of the School Board to protect and promote student health by restricting advertising and marketing in the schools to only those foods and beverages that are permitted to be sold on campus, consistent with this *School Wellness* policy and its implementation plan.

Other Food and Beverages provided, but not sold, on School Campuses

The School Board has developed the following guidelines for foods and beverages which are provided, but not sold, during the school day:

1. Celebrations and parties. The School Board will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.

2. Classroom snacks brought by parents. The Red River Parish School Board will provide to parents a list of foods and beverages that meet USDA *Smart Snacks in Schools* nutrition standards.

3. Rewards and incentives. The Red River Parish School Board will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

NUTRITION EDUCATION

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff shall receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion shall also include marketing and advertising nutritious food and beverages to students as well as encouraging participation in school meal programs.

Nutrition Education

The Red River Parish School Board shall teach, model, encourage, and support healthy eating by all students. Schools shall provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as access to cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low- fat and fat-free dairy products and healthy food preparations methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/ exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, and other school foods and nutrition-related community services

PHYSICAL EDUCATION AND ACTIVITY

The Centers for Disease Control and Prevention (CDC) recommends 60 minutes of physical activity each day for children and adolescents. Students in grades K-8 are required by state law to receive at least thirty (30) minutes of physical activity per day. The Red River Parish School Board provides at least thirty (30) minutes of time for the grades K-8 to be physically active. High school students receive a fifteen (15) minute break every day and must complete 1.5 PE units and .5 unit of health in order to graduate and shall be encouraged to incorporate physical activity into their day. Physical activity and sports are available to all students after school. To the extent practicable, the School Board shall ensure that its grounds and facilities are safe and that equipment is available to students to be active.

The Red River Parish School Board will:

1. Implement quality physical education programs that emphasize and promote participation in lifelong physical activities and reaching a health enhancing level of physical fitness among all students.
2. The physical education lessons should be aligned with standards, benchmarks, and grade-level expectations.
3. Provide students in grades K-8 with an opportunity to be physically active at recess or in breaks for a total of thirty (30) minutes per day. Each school that includes any of the grades kindergarten through five shall provide at least fifteen

(15) minutes of recess, consisting of supervised, unstructured free play, each school day.

4. Ensure that enough age-appropriate and safe equipment is in place to guarantee that all students are able to be active for physical education and physical activity.
5. Ensure that qualified, certified physical education teachers guide physical activity instructions in all grades.
6. Provide staff development on standards implementation for physical education instructors.
7. Provide a variety of fitness training, motor skills, and team work modules in physical education required at the high school level for graduation.
8. Ensure that all high school students take the state required units of physical education.
9. Integrate physical activity in the academic curriculum.
10. Encourage school staff to participate in physical activities to serve as role models.
11. Continue to encourage and have clubs to increase student participation and interest in being active and healthy; such as walking, running clubs, flag football, basketball/cheerleaders for 3rd, 4th, and 5th graders.

COMMUNICATION

Community Involvement, Outreach and Communications

The Red River Parish School Board is committed to being responsive to community input, which begins with awareness of the *School Wellness* policy. The Red River Parish School Board shall inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and application procedures, and a description of compliance with nutrition standards. The Red River Parish School Board shall use electronic mechanisms, such as e-mail or displaying notices on the School Board'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 the content of, implementation of, and updates to the *School Wellness* policy and activities/ initiatives. The School Board shall ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other way that the School Board and individual schools are communicating important school information with parents.

ANNUAL NOTIFICATION OF POLICY

The Red River School Board shall actively inform families and the public each year of basic information about the *School Wellness* policy, including its content, any updates to the policy and implementation status. The Red River Parish School Board shall make this information available via the School Board's website and/ or district-wide communications.

OTHER ACTIVITIES THAT PROMOTE STUDENT WELLNESS

The School Board shall integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The School Board shall coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

All efforts related to obtaining federal, state or other organizational recognition for efforts, or grants/funding opportunities for healthy school environments shall be coordinated with and complementary of the *School Wellness* policy, including but not limited to ensuring the involvement of the *School Health Advisory Council*.

DEFINITIONS

In accordance with 7 CFR 210.11, for purposes of this policy:

School day shall be defined as beginning at midnight until thirty (30) minutes after the official school day ends.

School campus shall be defined as all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

Approved: July 17, 2006	Revised: July 10, 2017
Revised: April 6, 2010	Revised: December 11, 2023
Revised: March 21, 2011	

Ref: 42 USC 1751 et seq. *(Richard B. Russell National School Lunch Act)*
42 USC 1771 et seq. *(Child Nutrition Act of 1966)*
7 CFR 210 *(National School Lunch Program)*
7 CFR 210.31 (*Local School Wellness Policy*)
7 CFR 220 *(School Breakfast Program)*
PL 108-265 (*Section 204, Child Nutrition and Women, Infants, and Children (WIC) Reauthorization Act of 2004)*
La. Rev. Stat. Ann. §§17:17.1, 17:17.7, 17:197.1
Board minutes, 7-17-06, 4-6-10, 3-21-11, 7-10-17, 12-11-23

Red River Parish School Board