

Riverdale School District

Local Wellness Policy Triennial Assessment Report Card

Date Completed: October 23, 2024

A local wellness policy guides efforts to create a healthier school environment. Effective wellness policies support a culture of well-being by establishing healthful practices and procedures for students, staff, and families. Schools/districts participating in the federal Child Nutrition Programs are required to complete an assessment of their local wellness policy, at minimum, once every three years. This report summarizes policy objectives and details the results of the most recent evaluation. For questions regarding the results, contact Jeff Campbell.

Section 1: Policy Assessment

Overall Rating:

3

Ratings are based on a four-point scale to measure success in meeting/complying with each policy objective.

0 = objective not met/no activities completed
1 = objective partially met/some activities completed
2 = objective mostly met/multiple activities completed
3 = objective met/all activities completed

Nutrition Standards for All Foods in School	Rating
The District is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.	3
All schools in the District participate in USDA child nutrition programs, including NSLP	3
All meals are accessible to all students	3
Withholding food as a punishment shall be strictly prohibited	3
All meals are appealing and attractive and served in clean and pleasant settings.	3
Drinking water is available for students during mealtimes.	3
Students are provided at least ten minutes to eat breakfast and at least twenty minutes to eat lunch after being seated	3
Lunch shall be served between 11:00 am and 1:00 pm.	3
Menus shall be created/reviewed by a Registered Dietician or other certified nutrition professional.	0

Nutrition Promotion	Rating
The District is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media	3

Nutrition Education	Rating
The primary goal of nutrition education is to influence students' lifelong eating behaviors. Nutrition education, a component of comprehensive health education,	3

Nutrition Education	Rating
shall be offered every year to all students of the District. The District aims to teach, model, encourage, and support healthy eating by providing nutrition education. Nutrition curriculum shall be offered as part of a sequential, standards-based program designed to provide students with the knowledge and skills necessary to promote health. The curriculum will place an emphasis on:	
Promotion of adequate nutrient intake, healthy food preparation techniques, food safety, and healthy eating practices based on the Dietary Guidelines for Americans and MyPlate;	3
Skill development, such as reading labels to evaluate the nutrient quality of foods, meal planning, analysis of health information; and	3
Media literacy and the problems associated with food marketing to children.	3

Physical Activity and Education	Rating
Children and adolescents should participate in 60 minutes of physical activity every day. The District shall provide students with age and grade appropriate opportunities to engage in physical activity. The District shall provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The District shall also provide opportunities for students to participate in physical activity in addition to physical education. The District shall develop a comprehensive, school-based physical activity program (CSPAP), that includes the following components: physical education, recess; classroom-based physical activity; walk to school; and out of school time activities.	3
A. Elementary schools shall offer at least 20 minutes of recess on all or most days during the school year (early dismissal/late arrival days are exempt)	3
B. Outdoor recess shall be offered weather permitting. Recess will be indoors if any of the following conditions exist: 1. Wind chill below zero 2. Temperature below zero 3. rain	3
C. Recess monitors/teachers shall encourage students to be active during recess.	3
D. Schools shall provide physical activity opportunities for all students before and after school. Activities include physical activity classes/clubs, physical activity in aftercare, intramurals, and varsity sports.	3
E. District facilities shall be made available to students and community members provided there are no conflicts with student activities.	3
F. The District shall support active transport to and from school by engaging in the following activities: 1. Crossing guards are used 2. Crosswalks exist on streets leading to schools. 3. School zone flashing lights.	3
G. All District high school students are required to receive 1.5 credits of physical education prior to graduation.	3
H. Waivers, exemptions, or substitutions for physical education classes are not granted	3
I. Students shall be moderately to vigorously active for at least 50% of class time during all physical education class sessions.	3
J. All physical education classes are taught by licensed teachers who are certified to teach physical education.	3

Physical Activity and Education	Rating
K. Physical education staff shall receive professional development on a yearly basis.	3
L. In health education classes, the District shall include topics of physical activity, including: the physical, psychological, or social benefits of physical activity; how physical activity can contribute to a healthy weight; how physical activity can contribute to the academic learning process; how an inactive lifestyle contributes to chronic disease; and decreasing sedentary activities.	3

Other School-Based Wellness Activities	Rating
As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle. The District supports the implementation of other programs that help create a school environment that conveys consistent wellness messages in an effort to promote student well-being. Students shall be allowed to bring and carry throughout the day approved water bottles filled with only water.	3
Application of Smart Snacks nutritional standards for foods and beverages in vending machines available to staff members.	3
Educational activities for school staff members on healthy lifestyle behaviors.	3
Organization of employee physical activity clubs	0
Administration of flu shots at school	3

Policy Monitoring and Implementation	Rating
The District wellness policy shall be updated as needed based on evaluation results, District changes, the release of new health science information/technology, and/or issuance of new federal or state guidance.	3

Section 2: Progress Update

The last year has provided several rewarding opportunities along with challenges for our school district. The district PE held fun activities during Halloween. Food pantry donations were collected. The school held a flu shot clinic which was free to all staff and students. Elementary school students are able to participate in a field day each year which is hosted by our PE teachers.

Section 3: Model Policy Comparison

A required component of the triennial assessment is to utilize the Rudd Center's Wellness School Assessment Tool (WellSAT) for comparison of the Local Wellness Policy to a Model Wellness Policy. The WellSAT includes 67 best practice policy items related to nutrition education; nutrition standards for foods; physical education and activity; wellness promotion and marketing; and implementation, evaluation, and communication. The comparison identified policy strengths and areas for improvement.

Local Wellness Policy Strengths

The district scored high in Nutrition Education, Standards for USDA Child Nutrition Programs and School Meals, Implementation, Evaluation, and Communication, and Physical Education Activities.

Areas for Local Wellness Policy Improvement

Sections of the WellSAT that the district scored lower in were Nutrition Standards for Competitive and Other Foods and Beverages, and Wellness Promotion and Marketing.

