

RCS School Wellness Policy

Student wellness, including good nutrition and physical activity, shall be promoted in the School's educational program, school activities, and meal programs.

The President or designee will ensure:

1. The school complies with this policy; and
2. The policy is available to the community on its website.

Goals for Nutrition Education and Nutrition Promotion

The goals for addressing nutrition education and nutrition promotion include the following:

- RCS will support and promote sound nutrition for students.
- RCS will foster the positive relationship between sound nutrition, physical activity, and the capacity of students to develop and learn.
- Nutrition education will be part of the School's comprehensive health education plan.

Goals for Physical Activity

The goals for addressing physical activity include the following:

- RCS will support and promote an active lifestyle for students.
- Physical education will be taught in all grades and shall include a developmentally planned and sequential curriculum that fosters the development of movement skills, enhances health-related fitness, increases students' knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle.

Nutrition Guidelines for Foods Available During the School Day

Students will be offered and RCS will promote nutritious food and beverage choices during the school day. In addition, in order to promote student health and reduce childhood obesity, the President or designee shall:

1. Restrict the sale of competitive foods, as defined by the USDA, in the food service areas during the meal periods; and
2. Comply with all ISBE rules.

Guidelines for Reimbursable School Meals

Reimbursable school meals served shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program.

ADOPTED: December, 2021