

# RIALTO UNIFIED SCHOOL DISTRICT WELLNESS POLICY



The Board of Education recognizes the importance between a healthy diet and a student's ability to learn. The Board has established the following practices to support their commitment to creating an environment that fosters healthy nutrition habits and physical activity.

## **NUTRITION EDUCATION WILL BE:**

- Integrated Nutrition Education
- Taught with standards aligned curriculum
- Delivered by staff that has received professional development
- Shared with families to create a culture of nutrition education in the home & community



## **SCHOOL CHILD NUTRITION PROGRAM WILL:**

- Provide access to a variety of nutritious food through all available Federal Child Nutrition Programs, at no cost
- Food and beverages served or sold will meet nutritional standards and guidelines set by Federal and State Government
- Nutritious food will be culturally diverse, age appropriate and appealing to students
- Ensure SB12 non-compliant foods are not sold, such as candy or soft drinks
- Serve meals in a courteous, caring and positive manner, with adequate time to eat, and near the middle of the day as possible
- Support eating areas that foster good manners and respect for fellow students
- Ensure drinking water is available for students during meal service



## **PHYSICAL ACTIVITY EDUCATION WILL BE:**

- Integrated Physical Education
- Taught with standards aligned curriculum
- Safe and enjoyable for students
- Instruction inclusive of competitive and non-competitive team sports
- Inclusive of daily recess, which is not to be used as a reward or punishment



## **OTHER SCHOOL BASED ACTIVITIES WILL INCLUDE:**

- Access to health clinics, screenings, and assistance with enrolling eligible children in Medi-Cal and other state health insurance programs
- After school programs that encourage activity and healthy habits
- Local Wellness and Nutrition Council to plan, implement and improve nutrition and physical activity in school environment

*Board Policy 5030/ Adopted 4/25/2024*

*Administrative Regulation 5030/ Adopted 4/25/2024*

*Policy transcripts can be found on [rialtousd.org](http://rialtousd.org)*

Join our Nutrition &  
Wellness Committee

