



Richfield Residential Hall

College & Career Preparatory Program

Wellness Policy

2024-2025

It is the belief of the Richfield Residential Hall Governing Board and Administration that health and wellness contributes to positive gains in all aspects of life. Students who receive proper nutrition and exercise perform better in school, have greater success in athletics and even feel better emotionally. As such, Richfield Residential Hall places a high value on the health and wellness of every student and staff member associated with our program.

General Policies are as follows:

Nutritional:

1. Foodservice Department shall comply with federal, state, tribal and local requirements.
2. Foodservice programs shall be accessible to all children and shall be provided at no cost to the child.
3. Each year the Foodservice Director will use dietary guidelines to evaluate and improve the healthy choices within “competitive food sales” and coordinate these choices with foodservice workers and administration.
4. Include fruits, vegetables, salads, whole grain products and low-fat dairy and protein products while restricting the frequency of breaded and fried items.
5. Food cannot be used as a reward or punishment.
6. Where possible, activities shall not be scheduled at times they would conflict with meal schedules.
7. Encourage and provide healthier options in snack items, to include vending machines, if applicable.
8. Foodservice Department will provide healthy snacks after each school day.
9. All staff and students will receive regular instruction nutrition education.
10. No food will be sold on campus outside the school breakfast program during the school day.
11. Any food incorporated into student activities will meet *Smart Snack* guidelines.
12. No marketing of any food and beverage will take place on RRH Campus. The only signage related to food and or beverage will be in compliance with the spirit of this policy and approved by the Wellness Committee.

Physical:

1. Ensure physical activities are scheduled regularly on the student activity calendar.
2. Plan, organize and conduct at least one structured 5k race/walk each year.
3. Ensure adequate space for physical activities (campus lawns, basketball courts, etc.).
4. Schedule monthly fitness classes such as *Zumba*, *CrossFit*, etc. at no cost to students and ensure all students have access to these free classes.

5. Sustain partnerships with *Impact Fitness* and *Lifetime Fitness* to ensure that all RRH students and staff have unlimited free access to exercise equipment and classes.
6. Sponsor recreation league teams in Richfield City Recreation to allow students to participate in basketball, volleyball, dodgeball, etc.
7. Administration will work towards designation as a Presidential Fitness school and will support a Presidential Fitness Awards Program.

In each of the past ten years, as the Richfield Residential Hall Governing Board has set the annual goals that guide the program, health and wellness have always been near the top of the list. In 2018, the Richfield Residential Hall Governing Board stated:

GOAL # 3: *Enhance Physical Fitness & Healthy Lifestyle Education for all Students*

Objective 1: Ensure that physical activities are included in Student Activity calendar. Involve students in planning and carrying out these activities.

Objective 2: Ensure that meals are nutritious, made from scratch and that healthy portions are served for each meal of the day. Include fresh fruits and vegetables each day. Make healthy snack options available.

Objective 3: Ensure that every student eats breakfast each morning before going to school.

Objective 4: Staff will model healthy lifestyles for students.

Objective 5: Students will receive education about nutrition, healthy food practices and healthy lifestyles throughout the year. Host or participate in a health fair.

Objective 6: Work towards President's Award for Healthy Schools.

Objective 7: Invite guest speakers to address health and fitness matters in conjunction with Self Respect and Healthy Lifestyles themes.

Objective 8: Provide relevant substance abuse prevention education for all students.

The Richfield Residential Hall Governing Board, Administration and Staff develop these goals cooperatively while incorporating input from students, parents and other stakeholders. RRH is actively striving to attain each of these goals in an ongoing basis. These policies and goals are communicated to parents through quarterly newsletters and advertised on program websites and social media platforms.

Wellness Committee:

The Richfield Residential Hall Wellness Committee is the body that ensures implementation and evaluates the efficacy of the aforementioned policies. The Wellness Committee is comprised of all members of the Richfield Residential Hall Management Team, the Richfield Residential Hall Governing Board, Richfield Residential Hall Action Team President (Student), and a parent/relative of a current student.

The Wellness Committee will ensure compliance with these policies. The Wellness Committee will continually monitor, evaluate and update wellness programs and policies as appropriate. At a minimum, the Wellness Committee will stay abreast of policy and regulation changes as well as best practices and will incorporate this information into any policy suggestions. The Wellness Committee will solicit feedback and suggestions related to the Wellness Policy from all stakeholders in April and May of each calendar year. That feedback will be reviewed and considered by the Richfield Residential Hall Governing Board in their annual Corporate Work Session, held each summer. The purpose of the Corporate Work Session is to develop and approve policies and procedures that will be in effect for the coming year. As such, the Richfield Residential Hall Wellness Policy will be reviewed and updated based on feedback and suggestions from all stakeholders on an annual basis.

Reviewed and Approved on the 26th day of June, 2024