

Local Wellness Policy:

Riverside Elementary School District No. 2

3 schools • 875 students

Where can you find the Local Wellness Policy?



Physical copy at the schools



On the District website



Through the District food & nutrition services department

We have a district wellness committee!



They meet twice per year

Who is invited?

- Parents
- School nutrition services staff
- Teachers
- School health professionals
- School administrators

Wellness activities offered at all RESD schools:



Recess



Breakfast in the classroom



Physical Education

Since the creation of the RESD Local Wellness Policy, there has been lots of improvement in these areas:



Nutrition Education in the classroom



Physical activity throughout the day



Physical education classes and/or breaks



School meal participation



Competitive foods & beverages sold to students during the school day



Marketing of food that meets "Smart Snack" standards



Stakeholder input and communications



Staff wellness opportunities

The Riverside Elementary School District Student Wellness Policy includes:

- Nutrition guidelines for all food and beverages, during school hours and for other activities and events
- Goals for nutrition education & promotion
- Goals and policies for physical education & physical activity
- Goals for other school-based wellness activities and events

Looking for more information about the Riverside Elementary School District Local Wellness Policy?

Visit: resdonline.org