

Riverview's Wellness Program strives to create an integrated culture of wellness by bringing students and faculty together in engaging and interactive community building pursuits of wellness. The overall goal is for our students to develop a wellness mindset, learn skills to support this mindset and internalize healthy living habits that will guide them in life after Riverview.

Nutrition Promotion and Education:

1. Nutrition concepts and learning opportunities are incorporated into both academic classes and residential programming.
2. A progressive specialized nutrition curriculum that has been designed and reviewed by a licensed nutritionist is instructed at every grade level.
3. Students receive nutrition education that teaches the skills necessary to internalize and maintain a balanced nutrition practice such as meal planning, reading nutrition labels, portion size, food & kitchen safety and basic cooking skills.
4. Students grade 6-10 will participate in a 8 lesson unit and students grade 11-15 participate in a 12 lesson unit.
5. School staff members are encouraged to model balanced nutrition practices throughout the day.

Physical Activity:

1. Riverview School provides an inclusive environment that encourages safe and enjoyable activities for all students, not limited by ability.
2. Riverview School's comprehensive, standards-aligned physical education curriculum indefinites the progression of skill development in all students. Physical education curriculum review will follow a periodic review cycle congruent to other academic subjects and be instructed by a certified/licensed teacher who is endorsed to teach physical education.
3. All students are offered physical education time blocks, with a requirement of 180 hours in total by grade 12, unless a physician provides a medical exemption.
4. Students are provided opportunities for physical activity during the school day through physical education classes, movement breaks, after school recreation & athletics and the integration of physical activity into the academic curriculum where appropriate.
5. Students are encouraged to participate in physical activity a minimum of 3 times per week, which may include a variety of the following: physical education classes, wellness electives, group exercise classes, recreational sports, athletics and outdoor recreational activities.
6. School staff are encouraged to be physically active role models and to participate in physical activity themed wellness initiatives.

Mindfulness & Other Wellness Activities:

1. Mindfulness is a vital component of wellness and we encourage students to participate in regular mindfulness programming.
2. Mindfulness programming is integrated to academic curriculum where appropriate, clinical advisor sessions and after-school recreation programming.
3. Drugs, alcohol and tobacco products are not permitted on campus.

Nutrition Guidelines:

Riverview makes every effort to provide a variety of nutritious food within our community. We offer well-balanced meals for students through our dining services as well as through cooking instruction that takes place in the academic and residential setting. The below guidelines are used to support students in making balanced choices and building a nourishing food practice. These guidelines are regularly evaluated and were updated following feedback from families, staff and our Board of Trustees and an in-depth review of our school-wide policies in collaboration with, Dr. Caroline Apovian, our nutritional consultant. We ask that families partner with us to establish an environment that embraces these guidelines, resulting in nutrient dense foods as the primary default option available in dormitories.

Riverview provides only the following for on-campus meals and snacks:

- Fruit and/or vegetables at every meal and snack
- 100% whole grains, as determined by confirming that the first item listed in the ingredients contains a whole grain
- Whole and minimally processed foods
- Plain water, skim & low-fat milk and 100% fruit/vegetable juice
- Special diet options (gluten, dairy, soy, nut free, vegetarian etc.)

Riverview does not provide, promote, advertise or sell the following on-campus:

- Foods that contain nuts or peanuts, Riverview is a nut-aware campus
- Foods that list sugar or other refined sweeteners as one of the first three ingredients (high fructose corn syrup, rice syrup, juice concentrates, etc.), or is primarily sweetened with artificial sweeteners
- Foods that contain more than 8 grams of added sugar per serving
- Sugar sweetened beverages
- Ultra Processed Foods (UPFs) as defined by the NOVA food classification system**

*All menus are reviewed by a nutritionist and exceptions may be made to allow some food items with limited frequency and portions for special occasions (birthdays, holidays, end of school year celebrations, etc).

**Additionally, exceptions may be made by the school nutritionist if the health benefits of a NOVA Group 4 food outweigh the risks associated with processing. Tufts Univ Food Compass will be used as reference.

Nutrition Guidance & Standards:

All foods provided or sold on campus also meet or exceed the standards and nutrition guidelines of the National School Lunch Program as defined in 7 CFR 210 and outlined below:

- Meet all of the competitive food nutrient standards as outlined in 7 CFR 210.11; and
- Be a grain product that contains 50 percent or more whole grains by weight or have as the first ingredient a whole grain; or
- Have as the first ingredient one of the non-major food groups: fruits, vegetables, dairy or protein foods (meat, beans, poultry, seafood, eggs, seeds); or
- Be a combination food that contains $\frac{1}{4}$ cup of fruit and/or vegetable; or
- If water is the first ingredient, the second ingredient must be one of the food items listed above.
- All fruit and vegetables will be fresh, frozen or canned with no added ingredients except water or packed in 100% fruit juice.
- Total fat content of each package or serving is not more than 35% of the total calories and saturated fat is not more than 10% of total calories.
- Total sugar content of each package or serving is not more than 35% of weight.
- Calorie and sodium content for snack items and side dishes will not have more than 200 calories and 200 mg of sodium per item as packaged or served.
- Calorie and sodium content for entree items will not have more than 350 calories and 480 mg of sodium per item as packaged or served.
- Beverages served are as follows: plain water, fat-free or low-fat 1% milk and 100% fruit/vegetable juice with no added sweeteners.

Food Sourcing and Handling

Applies to food purchases made by Riverview staff:

Food for dormitories that is sourced from local grocery stores must follow the below procedures and all staff complete a food safety and allergen training.

- All food orders are created using an approved foods list that has been reviewed by a licensed nutritionist.
- A three step review process is used to ensure foods purchased meet our food allergen requirements and nutritional standards
 1. Time of order: Order created using a nutritionist approved list
 2. Delivery/Arrival: Residential staff will be reviewing and verifying the ingredient list of each food received in grocery orders to ensure it is free of peanut/tree nut allergens, or other applicable life-threatening food allergens in individual dormitories.
 3. Time of preparation: foods/ingredients will be reviewed before being prepared and/or served

For foods purchased and brought onto campus by students:

- Delivery/Arrival: Food brought in by students or families will be examined by dorm staff and a sticker will be placed on the item before it is stored. Stickers will serve as confirmation that the ingredient list has been reviewed and the item meets our food allergen requirements.
- Time of preparation: Foods/ingredients will be reviewed before being prepared and/or served

Off-Campus Food Purchases and Care Packages

- Student off-campus food purchases that will be brought back on-campus should meet the above guidelines (ex: No candy, sugar sweetened beverages or foods primarily sugar based).
- Students are encouraged to follow the above guidelines when purchasing meals/snacks for off-campus consumption and these situations will be used as teaching opportunities about balanced choices and portion size.
- Families are encouraged to follow the above guidelines when sending food in care packages. Please be mindful of frequency and quantity when sending foods to the dormitory that do not support the guidelines.

Specialized Meals

When students require specialized meals prescribed by a doctor, our staff, as instructed by the Health Care Center, will prepare such meals when such preparations do not compromise the preparing and serving of the main meal. Please note it is the family's responsibility to provide special food items should these items not be amongst those that are ordered to provide the weekly meals to all other students. Examples of special food items that need to be provided by parents are:

- Allergen free foods outside of what is available through the dining service/typical dorm grocery shopping
- Foods for students with limited diets that are not a part of the school's daily menu
- Specific food preferences, like non-GMO, organic, etc.

Due to limited storage space, a family may be responsible to provide a storage unit dependent upon the level of food storage needed. Should a student's dietary needs exceed the resources and training of our staff, Riverview will make every effort to welcome, support, and facilitate the services of a specialist chosen and paid for by the family.

Evaluation:

1. The wellness committee will meet quarterly to assess the wellness policy, monitor goals and set action items.
2. The wellness committee will conduct an assessment of the wellness policy every three years to determine compliance, alignment with policies and progress towards goals using the WellSAT 3.0 and/or Massachusetts Local Wellness Policy Implementation Evaluation Form. Next assessment will be completed Fall 2025
3. Triennial assessment summary report will include the extent to which Riverview is in compliance with the wellness policy and a description of the progress made in attaining goals of the school wellness policy. The results from the triennial assessment will be made available to the public on the school website.
4. The wellness committee will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly. Including, a review of education curricula and materials pertaining to wellness for accuracy, completeness, balance and consistency with the state educational goals and standards. The Riverview School Wellness Policy will be made available to the public on the school website.