

Richmond Elementary School District Health and Wellness Policy

2026 update for Board consideration | Superintendent Brian Boyer

This policy establishes districtwide goals and practices for nutritious meals, nutrition education, physical activity, and a healthy school environment. It applies to Richmond Elementary School and any other district school participating in the National School Lunch Program or School Breakfast Program. The Superintendent is responsible for implementation and for reporting progress to the community.

1 Leadership and community participation

Brian Boyer, Superintendent, is the district official responsible for implementing and monitoring this policy at each participating school, convening the Wellness Committee, keeping required records, and coordinating the triennial assessment. District office: 700-585 Richmond Road East, Susanville, CA 96130; telephone 530-257-2338. The district will publish current contact information with the policy.

The district will invite parents and guardians, students, school nutrition representatives, physical education teachers, school health professionals, the Board, school administrators, staff, and members of the public to help develop, implement, review, and update this policy. The Richmond School Site Council may serve as a forum for this work; participation will remain open to the other required stakeholder groups. Meeting invitations and opportunities for written input will be made public. The committee will review implementation at least annually and recommend updates as needed.

2 Nutrition and school meals

Each school day, the district will make a nutritionally adequate breakfast and lunch available at no charge to every student who requests a meal, consistent with California Education Code (EC) 49501.5 and applicable National School Lunch Program and School Breakfast Program meal patterns. Menus will be shared with families, including through the district website when available. Students will have age-appropriate opportunities to offer input on menus and school meal service.

School nutrition personnel will meet applicable USDA hiring and annual training standards. Meals and service will accommodate disability-related dietary needs as required by law and support access for all students without stigma. The district will encourage fruits, vegetables, whole grains, and culturally responsive choices within applicable meal standards.

3 Water and foods offered outside reimbursable meals

Free, fresh drinking water will be available to students during mealtimes in school food service areas, consistent with EC 38086 and 7 CFR 210.10(a)(1)(i). The district will encourage water throughout the school day and maintain safe access points.

Foods and beverages sold to students on campus outside reimbursable meals will comply with federal Smart Snacks rules and California competitive food and beverage requirements, including EC 49430–49434 and Title 5 California Code of Regulations (CCR) 15500–15501 and 15575–15578. For California competitive food sales, the regulated period generally runs from midnight before the school day to 30 minutes after the end of the official school day. Staff and school groups will check compliance before sales. California allows no exemption for noncompliant fundraisers during this period; nonfood fundraisers are encouraged.

For classroom celebrations, snacks, and rewards that are provided rather than sold, the district will promote nutritious options, water, and nonfood recognition. Staff will avoid using food as a routine reward or withholding food as punishment, and will consider allergies and documented dietary needs. Foods provided at school will follow district food safety procedures. These local practices do not convert foods brought from home into competitive food sales.

During the school day, food and beverage marketing on school property, in materials, and on equipment will be limited to products that meet applicable standards for sale on campus, consistent with 7 CFR 210.31 and EC 49431.9. The district will apply the statutory rules for existing durable items and contract renewals.

4 Nutrition education and promotion

The district will provide developmentally appropriate, standards-aligned nutrition education through classroom instruction and schoolwide activities. Instruction may use school meals, gardens or agricultural activities, posters, and practical food choices as learning opportunities. School communications will share healthy eating information with families without singling out students on the basis of body size or medical condition.

The district will promote handwashing and illness prevention. Age-appropriate health education, including substance-use prevention and any grade-specific health topics, will be provided under the district's separate curriculum requirements and applicable parental notice rules. Health staff will coordinate required screenings and student supports under applicable district procedures.

5 Physical education and activity

The district will provide standards-aligned physical education in grades 1–6 for at least 200 minutes every 10 school days, exclusive of recess and lunch, under EC 51210 and 51223. Students in grades 7–8 will receive at least 400 minutes every 10 school days under EC 51222. Kindergarten will receive developmentally appropriate movement and physical education consistent with its adopted course of study. The district will maintain schedules or other records showing instructional minutes and will provide appropriate access and accommodations.

Recess, active classroom breaks, outdoor learning, and extracurricular activity will supplement physical education. Staff will encourage inclusive activities that support participation by students of differing abilities. The district will administer the California Physical Fitness Test to

students in grades 5 and 7 during the state testing window in accordance with EC 60800 and current state instructions.

6 Notice, assessment, and records

At least annually, the district will inform families and the public of this policy, how to obtain it, and how to participate in review and updates. The policy and the most recent triennial assessment will be made available to the public, including through the district website when available. Notices will use the district's regular family communication channels.

At least once every three years, the Superintendent will assess each participating school's compliance with this policy, compare the policy with model wellness policies, and describe progress toward its goals. The results will be made public and used to inform any revision. The district will retain the current policy; annual notice records; evidence of stakeholder participation and policy updates; and the most recent assessment, as required by 7 CFR 210.31.

Annual implementation measures

- Confirm and document that breakfast and lunch are offered at no charge each instructional day, and review student feedback and meal participation.
- Review a sample of competitive food and fundraiser offerings for state and federal compliance; confirm access to free drinking water at meals.
- Review grade-level physical education schedules, and document grade 5 and 7 fitness testing participation.
- Document nutrition education activities, committee participation, and public notice of the policy and assessment.

Legal and guidance references

Federal: 7 CFR 210.31 (local school wellness policy); 7 CFR 210.11 (competitive foods); 7 CFR 210.10 (school meal requirements).

California: EC 38086 (water); 49430–49434 (competitive foods and marketing); 49432 (public notice); 49501.5 (universal meals); 51210, 51222, 51223 (physical education); 60800 (fitness testing); 5 CCR 15500–15501 and 15575–15578 (competitive foods).

Implementation guidance: California Department of Education, Local School Wellness Policy Final Rule Revised, SNP-03-2026; Competitive Foods and Beverages Overview, SNP-14-2026; California State Meal Mandate, SNP-05-2026; and Physical Education FAQs. Current guidance should be checked as rules change.

Board adoption date: 10/8/2026 Next triennial assessment due: AUG 2029

Richmond Board of Trustees
Regular Meeting
Thursday, October 8, 2026
Open Session 6:00 P.M.
The meeting will be held in the **Library**.

The Board of Trustees of the Richmond School District welcomes you to this meeting. Members of the public may be heard on any item on the Board's agenda. Comments of the public on an item that appears on the agenda will be allowed during consideration of that item by the Board. While not required, the Board would appreciate it if you would identify yourself with your name and your address when addressing the Board.

1. **Open Session** **Call to Order at 6:00 p.m.**
 - 1.1 Flag Salute
2. **Public Comments**

This is an opportunity for any member of the public to address the Governing Board on any matter not on the agenda but which is within the jurisdiction of the Board.
3. **Approval of Agenda**
4. **Reports from Richmond Organizations and Staff**
 - 4.1 **RCA**
 - 4.1.1 RCA Report
 - 4.2 **Superintendent/Principal Report**
 - 4.2.1 Campus Security
 - 4.2.2 CBEDS Enrollment
 - 4.3 **Buildings and Grounds**
 - 4.3.1 Buildings and Grounds report
 - 4.4 **Certificated Staff and Classified Staff Report**
 - 4.4.1 Certificated Staff Report
 - 4.4.2 Classified Staff Report
5. **Curriculum/Student Performance**
6. **Business**
 - 6.1 Discussion of Districts 10, 20, 30 Year Growth Plan INFORMATIONAL
[Attachment: Growth & Facilities Plan](#)
 - 6.2 Approval/Discussion of 2026/27 Master Agreement w/LCOE ACTION
[Attachment: 26/27 Master Agreement](#)
 - 6.3 Approval/Discussion of Bill of Sale for surplus vehicle ACTION
[Attachment: Bill of Sale](#)

- 6.4 Approval/Discussion of **Resolution 26/27-5 - Adopting a Non-Justification Study and Finding that The District is Unable to Justify Collecting Developer Fees** ACTION
Attachment: Resolution 26/27-5
- 6.5 Approval/Discussion of District Wellness Plan ACTION
Attachment: District Wellness Plan
- 6.6 Approval/Discussion of the 2025/2026 Prop 28: Art and Music in School Funding Annual Report Attachment: Prop 28 Report ACTION
7. **Minutes**
- 7.1 Approval of minutes of the regular meeting on September 10, 2026 ACTION
Attachment: September Minutes
8. **Policy**
9. **Warrants**
- 9.1 Approval of warrant list(s) for October Attachment: Warrants ACTION
10. **Correspondence**
- 10.1 Letter from Patricia Gunderson, County Superintendent of Schools, regarding Richmond Elementary School District's 2025-26 Unaudited Actuals. Attachment: Letter
11. **Information: Comments from Board Members**
12. **Closed Session**
- 12.1 Pursuant to Government Code Section 54957.6, the Board will meet in Closed Session regarding Labor Negotiations for the following:
- Richmond Classified (CSEA 810)
- 12.2 Pursuant to Government Code Section 54957.6, the Board will meet in Closed Session regarding Labor Negotiations for the following:
- Richmond Certificated (RTA)
13. **Reconvene to Open Session**
- 13.1 Announcement of action taken in Closed Session
14. **Adjournment**

November Meeting

- Annual notification of organizational Board meeting
- Williams Act quarterly statement

2026 Meeting Calendar

November 12, 2026 December 17, 2026

Richmond Board Agenda
October 8, 2026
Posted October 5, 2026