

Riverview Charter
2023 Checklist Summary

Getting Started 26

Category Points	26	
Total Points Achieved	149	
<p>1. Select the months you held wellness committee meetings. 1 point for each meeting (must meet at least 4 times). September: 9/25/2023 November: 11/20/2023 January: 1/22/2024 May: 5/20/2024</p>	4	verified! by Amy Tourtellot @ 5/3/2024 5:07:51 PM
<p>2. Maintain a wellness committee with at least three members. 1 point for each member (only list individuals once). Principal: Rob Bechtold, Director Food Service Manager: Lisa Melton, Chef School Nurse: Cathy Bridgers, School Nurse School Mental Health Professional (i.e., school counselor, social worker, or psychologist): Heidi Van Esselstyn, Social Worker. Hina Patel, School Counselor PE Teacher: Jon Strebe and Jared Lutz, PE teachers Other Staff Member: Liz O'Brien, Director of Operations Wellness Lead: Bethany Byrne, School Nurse, Bethany.byrne@riverviewcharterschool.org</p>	7	You have great goals for this year! Verified during meeting on 11/21/2023. by Amy Tourtellot @ 12/6/2023 8:35:56 AM
<p>3. A student is on your wellness committee.</p>	0	
<p>4. A doctor adopts your school wellness committee (MD or DO - Dr. of Osteopath).</p>	0	
<p>5. Another health professional from outside the school is on your wellness committee (ex. DC, DMD, PT, PA, NP, RD, RN).</p>	0	
<p>6. Attend a MUSC Boeing Center start-of-year wellness training or schedule one-on-one training with your Program Coordinator. 1 point: Meeting with Amy 11/21/23</p>	1	Claim your points here for meeting on 11/21/2023 by Amy Tourtellot @ 12/6/2023 8:35:36 AM
<p>7. Attend a MUSC Boeing Center focus group or complete year-end survey.</p>	0	
<p>8. Develop and/or update a wellness mission statement for your school. 1 point: See attached. Uploads RCS Wellness Mission Statement.pdf</p>	1	Capture your mission statement here that was discussed on 12/6/23. by Amy Tourtellot @ 3/27/2024 11:44:41 AM Verified! by Amy Tourtellot @ 4/26/2024 10:16:19 AM
<p>9. Collaborate with your Wellness Committee to complete or update the Healthier Generation's Healthy Schools Assessment or Thriving Schools Integrated Assessment or complete the new SC Healthy Schools Assessment.</p>	10	Verified by Angela! by Angela Wicke @ 5/1/2024 3:01:24 PM

<p>10. Complete a wellness action plan by creating three (3) SMART goals for the year. 3 points for completing a wellness action plan and the establishment of at least three SMART goals for the school year: See attached Uploads Wellness Action Plan Fall 2024.docx-3.pdf</p>	3	<p>Capture your wellness SMART Goals here that was discussed at site visit on 12/6/23. by Amy Tourtellot @ 3/27/2024 11:40:34 AM Verified by Amy Tourtellot @ 4/26/2024 10:16:26 AM</p>
<p>11. Describe how your wellness committee spent last year's wellness award money, i.e., how funds were spent and how much was spent. Describe how funds were spent: Our wellness committee is working with a local landscape company and our school community to develop a walking trail through a portion of our campus that is wooded. Initial assessment of the land has been done, trail path is being determined, hoping to have this completed next school year.</p>	0	<p>So excited to see this come to life! by Amy Tourtellot @ 4/26/2024 10:16:34 AM</p>
Category Points		26
Total Points Achieved		149

Nutrition 24

Category Points		24
Total Points Achieved		149
<p>1. Provide salads as an option for students at lunch DAILY.</p>	2	<p>Verified on site visit on 12/6/23. Pre-packaged individual salad bar looked so good! by Amy Tourtellot @ 3/27/2024 11:45:11 AM</p>
<p>2. Prohibit the preparation and serving of fried foods to students and staff on school grounds.</p>	1	<p>Verified on site visit on 12/6/23. by Amy Tourtellot @ 3/27/2024 11:45:17 AM</p>
<p>3. Incorporate Nutrition Education into organized after-school programs. Ex. JROTC, Kaleidoscope, Save the Children, Extended Day, tutoring/mentoring programs 1 point: A cooking class is offered during our after school program, Tide Watch. Cooking with Chef Lisa, grades K-2nd & 3rd-8th. Cooking for Kids with 4H Healthy Lifestyle Program. Riverview's own Chef Lisa will educate and excite students to learn cooking basics and healthy lifestyle choices through hands on experiences in the kitchen all while making delicious treats with friends!</p>	1	<p>Love this! Verified by Amy Tourtellot @ 4/26/2024 10:16:47 AM</p>
<p>4. PROMOTE entrees in the cafeteria that are made from scratch or semi-scratch. Ex. Signage and marketing materials displayed on serving lines, walls, menu boards.</p>	1	<p>Claim Point here. Made from scratch sign was displayed and cafeteria entry. Verified on site visit on 12/6/23. by Amy Tourtellot @ 3/27/2024 11:48:35 AM</p>
<p>5. Provide school breakfast options for students.</p>	2	<p>Verified on site visit on 12/6/23. by Amy Tourtellot @ 3/27/2024 11:48:43 AM</p>

<p>6. Require all students to be seated for 20 minutes or more at lunch daily. The bell schedule should reflect no less than 25 minutes for the lunch period.</p> <p>Uploads lunchroom schedule 2023-2024.pdf</p>	1	<p>Verified! by Amy Tourtellot @ 4/26/2024 10:16:53 AM</p>
<p>7. All beverages meet USDA Smart Snacks regulations</p> <p>All schools standards allow:</p> <ul style="list-style-type: none"> - Plain water (with or without carbonation) - Unflavored low fat milk - Unflavored or flavored fat free milk and milk alternatives - 100% fruit or vegetable juice - 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners. <p>High Schools standards allow:</p> <ul style="list-style-type: none"> - Additional no calorie and lower calorie beverage options - No more than 20 fluid ounce portions of calorie-free flavored water (with or without carbonation) - Other flavored and/or carbonated beverages that contain < 5 calories per 8 fluid ounces or 10 calories per 20 fluid ounces - No more than 12 fluid ounce portions of beverages with 40 calories per 8 fluid ounces or 60 calories per 12 fluid ounces 	2	<p>Verified on site visit on 12/6/23. by Amy Tourtellot @ 3/27/2024 11:53:45 AM</p>
<p>8. All food and snacks sold at school meet USDA Smart Snacks regulations.</p> <p>Calorie Limits:</p> <ul style="list-style-type: none"> - Snacks with <200 calories - Entrees with <350 calories <p>Sodium limits:</p> <ul style="list-style-type: none"> - Snacks <200 mg sodium - Entrees <480 mg sodium <p>Fat limits:</p> <ul style="list-style-type: none"> - <35% of calories from total fat - <10% of calories from saturated fat - 0 grams of trans fat <p>Sugar limit:</p> <ul style="list-style-type: none"> - <35% of weight from total sugars <p>Uploads RCS snacks.jpg</p>	2	
<p>9. Promote water drinking school-wide through an ongoing water drinking campaign or challenge.</p> <p>3 points: We don't have an ongoing campaign, but we do have a challenge during our Health and Wellness week that is focused on hydration. Age appropriate videos shown to each cycle, then classroom discussion. Discussion questions attached here.</p> <p>Uploads Hydration lesson, Wellness Week 2024-3.pdf</p>	3	<p>Verified! Loved how you discussed the importance of drinking water during this week. by Amy Tourtellot @ 4/26/2024 10:17:03 AM</p>
<p>10. Have a Nutrition Services staff member(s) attend a professional development training where nutrition is the training topic this school year. This does not include food safety trainings such as ServSafe.</p>	0	

<p>11. Provide a staff professional development opportunity on a nutrition topic or attend a professional development webinar on a nutrition topic. 3 points for all staff attending a school-level professional development opportunity: 8/10/23 - Martha Kester, a local Board Certified Health Coach and Founder of PAUSE Wellness Company, shared some tips about how to keep our minds and bodies healthy. In addition to nutrition and lifestyle tips, she made sure to emphasize that knowing yourself and laughing often are always good for you!</p>	3	
<p>12. Offer a gardening, healthy cooking, or culinary club to students. <i>This does not include culinary arts classes.</i> 2 points: After school a cooking class is offered: Cooking with Chef Lisa, for grades K-8th, Cooking for Kids with 4H Healthy Lifestyle Program. Riverview's own Chef Lisa will educate and excite students to learn cooking basics and healthy lifestyle choices through hands on experiences in the kitchen all while making delicious treats with friends!</p>	2	Verified! by Amy Tourtellot @ 4/26/2024 10:17:10 AM
<p>13. Invite local chefs, farmers, Registered Dietitians or others to teach students about healthy eating or cooking.</p>	0	
<p>14. Schedule field trips, in person or virtual, to local farms or farmers markets related to healthy eating and nutrition. 1 point: 4/24/24 and 4/25/24 - 1st grade students attended the Gullah Co-op on St. Helena Island to learn about the farms, crops grown there, how they packaged and shipped, and how the farm works.</p>	1	Verified! by Amy Tourtellot @ 4/26/2024 10:17:16 AM
<p>15. Maintain a food-based garden project at your school. Must upload a photo. 1 point for an accessible garden project for those with physical limitations: All 3rd grade students plant and learn about cabbages, this is done in pots and placement is accessible to all students in the school. Uploads IMG_7568.jpg IMG_7566.jpg IMG_7567.jpg</p>	1	Verified accessible garden project. by Amy Tourtellot @ 4/26/2024 10:17:21 AM
<p>16. Utilize the school garden to teach nutrition education lessons.</p>	0	
<p>17. Offer a fresh fruit or vegetable tasting event for students at least four times this school year.</p>	0	
<p>18. Cafeteria serves at least 2 locally grown (in your state) fruits or vegetables per month. Ask cafeteria manager to provide the order form or delivery form. Cafeteria, promotes locally grown fruits and vegetables in the school cafeteria, e.g., signage and marketing materials displayed on serving lines, walls, menu boards.</p>	0	
<p>19. Host a school-based farmers market at your school.</p>	0	
<p>20. Provide students, families, or staff with boxes of fresh produce to be picked up at your school. These boxes can be donated or offered at cost to schools. Examples include partnerships with FoodShare, local food banks, CSAs, etc.</p>	0	

<p>21. Implement a nutrition education curriculum for students consistent with your state's nutrition education standards, the Dietary Guidelines for Americans, and MyPlate.</p> <p>Elementary: Implement a nutrition curriculum for all students in grades K-5 Middle: Implement a nutrition curriculum in at least one grade level. High: Include a nutrition education unit in at least two courses required for graduation.</p> <p>Or:</p> <p>Provide nutrition education lessons on USDA MyPlate or the Dietary Guidelines for Americans in at least one class.</p>	2	
<p>22. Offer a healthy nutrition class, cooking class, or grocery shopping tour to students. This is separate from a health and wellness fair.</p>	0	
<p>23. Participate in an MUSC Boeing Center for Children's Wellness supported nutrition related opportunity.</p>	0	
Category Points	24	
Total Points Achieved	149	

Physical Activity 22

Category Points	22	
Total Points Achieved	149	
<p>1. Increase physical activity of students by incorporating brain breaks, deskercises, or other physical activity breaks into classrooms. May include exercises over the school intercom or newscast. <i>Claim yoga under Social-Emotional Learning #6.</i> 3 points if in every classroom at least weekly: Brain breaks are a part of our standard day at school, it's part of our Responsive Classroom standards.</p>	3	<p>Verified brain breaks weekly. by Amy Tourtellot @ 4/26/2024 10:18:02 AM</p>
<p>2. Meet minimum requirements for Physical Education (PE) minutes. Elementary: All students are required to participate in a minimum of 60 (or 90) minutes of PE per week Middle: All students are required to receive PE in a minimum of 1 grade (or 2 grade levels) High: All students are required to receive PE in a minimum of 1 course (or 2 courses) Uploads Master Schedule 2023-2024 7.30.23.pdf</p>	7	<p>Verified with wellness lead by email on 5/3/24. "all students K-8 have PE class year round" by Amy Tourtellot @ 5/3/2024 4:11:00 PM</p>
<p>3. Provide integrated physical education activities for all student ability levels or a Unified PE course to support inclusion. Inclusion assumes all children, regardless of ability or disability, have the right to be respected and appreciated as valuable members of the school community, fully participate in all school activities, and interact with peers of all ability levels with opportunities to develop friendships differences and learn and respect. 2 points: All students at Riverview participate in PE. Accommodations are made as necessary, for example wheelchair accessibility, headphones as needed for sensory needs, and a wide variety of activities in order to engage all students.</p>	2	<p>Verified by email from wellness lead on 5/3/24. "special ed students attend PE with their gen ed homeroom class, all activities support inclusion." by Amy Tourtellot @ 5/3/2024 4:11:53 PM</p>

<p>4. Provide kinesthetic (movement) desks and/or chairs in some or all classrooms. <i>This does not include alternative seating such as couches, bean bags, etc.</i></p>	1	<p>Verified on site visit on 12/6/23. I love all the different kinesthetic chairs you have in the classrooms. by Amy Tourtellot @ 3/27/2024 12:24:17 PM</p>
<p>5. Incorporate Action Based Learning (ABL) strategies in the classroom. These strategies incorporate meaningful movement into the standard curriculum in the classroom to support learning. <i>Claim kinesthetic equipment under Physical Activity #4</i></p>	0	
<p>6. Utilize an Action Based Learning lab with at least one grade level regularly to incorporate movement into the standard classroom curriculum</p>	0	
<p>7. Schedule recess before lunch for ALL classes year round.</p>	0	
<p>8. Provide a minimum of 20-minute recess for all students daily.</p>	1	<p>Verified on site visit on 12/6/23. I love how this is included in all grade levels! by Amy Tourtellot @ 3/27/2024 12:15:40 PM</p>
<p>9. Offer daily physical activity opportunities for students before school year-round (examples include open gym, track, and access to sports equipment or weight rooms)</p>	0	
<p>10. Incorporate physical activity into organized after school programs. Ex. JROTC, Kaleidoscope, Extended Day, tutoring/mentoring programs. 5 points if 5x/week: After school programs include a variety of activities, including sports teams, gymnastics class, dance class, and yoga. In addition, students enrolled in basic after school care and/or homework helper also have dedicated time to go outside and play. These programs are offered every day there is a full day of school.</p>	5	<p>Verified! by Amy Tourtellot @ 5/3/2024 4:12:21 PM</p>
<p>11. Provide additional non-competitive physical activity opportunities to students. Must be separate from PE and organized after school programs (examples include Zumba, tennis, dance, Girls On The Run) <i>Claim yoga under Social Emotional Wellness #6</i></p>	0	
<p>12. Participate as a team of at least three students in a community walk, run, bike, or other physical activity event. 1 point: 11/4/2023 - Swing Bridge Run, students from cross country team 1 point: 3/23/2024 - Beaufort Twilight Run, event hosted by Riverview, students in grades K-8 participated. Uploads BTR 2024.png 1 point if parents join school team in at least one of the events: 3/23/2024 - Beaufort Twilight Run Uploads BTR fam.png</p>	3	<p>Sounds like a great activity event! Make sure to upload your school's team photo from the event. by Amy Tourtellot @ 4/26/2024 10:44:02 AM Verified by Angela by Angela Wicke @ 5/3/2024 5:08:27 PM</p>
<p>13. Participate in Walk, Bike, or Roll to School Days.</p>	0	
<p>14. Collect and record student BMIs using CDC BMI Calculator spreadsheet or FitnessGram software for all students in grades 5, 8, and at least once in grades 9-12. Must provide de-identified class summary sheet, only the CDC spreadsheet or FitnessGram report will be accepted.</p>	0	
<p>15. Conduct fitness education and assessment using the FitnessGram software for all students in grades 5, 8, and at least once in grades 9-12. Must provide de-identified class summary sheet.</p>	0	

16. Adopt and promote: Open Community Use - individual school allows free community access to outdoor physical activity facilities before or after school hours. School can provide policy or signage showing open community use.	0	
17. Provide community organizations with access to school facilities to host programs and activities related to physical activity through a Facility Use Agreement.	0	
18. Provide a staff professional development opportunity on a physical activity topic or attend a professional development webinar on a physical activity topic.	0	
19. Participate in an MUSC Boeing Center for Children’s Wellness supported physical activity related opportunity.	0	
Category Points	22	
Total Points Achieved	149	

Social Emotional Wellness 16

Category Points	16	
Total Points Achieved	149	
1. Conduct a school-wide SEL Assessment utilizing Healthier Generation’s RISE Index or CASEL’s Schoolwide SEL Rubric and integrate findings into your schools wellness action plan.	0	
2. Implement a school-wide, evidence-based, comprehensive SEL program. 5 points for implementing school-wide SEL program: Responsive Classroom is required in all classrooms, grades K-8. All staff, including non-teaching staff, and required to be trained.	5	Responsive Classroom is a verified school-wide SEL program. Make sure to put which grade levels this is implemented in to claim the five points. by Amy Tourtellot @ 3/27/2024 12:25:47 PM
3. Implement individual SEL lessons or activities in addition to or separate from a school-wide SEL program.	0	-2 points. Textbox was left blank, unable to verify. by Angela Wicke @ 5/1/2024 3:07:39 PM
4. Implement an evidence-based substance misuse prevention program. This should not be a one time lesson, project or campaign.	0	
5. Implement an evidence-based bullying prevention program. This should not be a one time lesson, project, or campaign.	0	
6. Implement ongoing yoga or mindfulness programs for students that are separate from PE.	0	- 2 points. Textbox read: "GEMS". Per email GEMS = Growth, Empowerment, Movement, Spirit. No other information was provided. by Angela Wicke @ 5/3/2024 5:09:58 PM
7. Offer a mentoring program supporting Social Emotional Wellness of students. (Examples include Motivated Young Men, Doors to Dreams, Young Gentlemen, Girls with Pearls, Dads on Duty, etc.)	0	-1 point. No description or documentation provided, unable to verify. by Angela Wicke @ 5/1/2024 3:08:24 PM

<p>8. Implement school-wide trauma-informed strategies, inclusive of restorative practices, that support all students in all classrooms following the three R's (Regulate, Relate, and Reason).</p>	0	
<p>9. School-based mental health supports are available to all students and their families (can include telemental health).</p>	2	<p>Verified by email on 5/3/24 by wellness lead. "We have four counselors/social workers on campus for a student population of 700 kids. There is always someone available for students and their parents. We also have counselors from outside agencies that come in, those are scheduled visits for specific needs." by Amy Tourtellot @ 5/3/2024 4:29:28 PM</p>
<p>10. Create and display classroom shared agreements developed by teachers and their students that foster a culture of respect and collaboration.</p>	0	<p>-5 points could not provide photos of 5 different classroom shared agreements. by Amy Tourtellot @ 5/3/2024 4:30:15 PM</p>
<p>11. Create a designated calming space for students.</p>	3	<p>Verified calming space for students from 3 different classrooms via email from Wellness Lead on 5/3/24. by Amy Tourtellot @ 5/3/2024 4:31:30 PM</p>
<p>12. Provide sensory outlets for students.</p>	4	<p>Verified sensory tools and sensory paths by email with wellness lead on 5/3/24 by Amy Tourtellot @ 5/3/2024 4:17:56 PM</p>
<p>13. Implement a sequential health education curriculum. Must be consistent with South Carolina Standards for Health and Safety Education (2017) or the national standards. Lesson topics must include the five SEL competencies: Self-awareness, Self-management, Social awareness, Relationship skills, Responsible decision-making and not focus on reproductive health education alone. Grades K-6: Classroom teacher implements health education curriculum for all students for 75 minutes per week year round. Grades 7-8: Implement health education curriculum for one nine week course. Grades 9-12: Students must receive comprehensive health education at least once during grades 9-12 as part of an existing course or separate course.</p>	0	

<p>14. Invite local organizations to teach students about Social Emotional Wellness topics. 1 point: 9/18/23 - Katie Godowns 1 point: 9/25/23 - Katie Godowns</p>	2	<p>Verified 1 point for 9/18/23 Katie Godowns topic was Good Decision Making and risk taking per email received 05/03/2024. by Angela Wicke @ 5/3/2024 5:11:42 PM</p> <p>Verified 1 point for 9/25/23 Katie Godowns topic was health and wellness focused on vaping per email received 05/03/2024. by Angela Wicke @ 5/3/2024 5:12:09 PM</p> <p>- 1 point. Textbox read: "CA PA - all dates and grades" No additional information was provided. by Angela Wicke @ 5/3/2024 5:12:36 PM</p>
<p>15. Community partner provides a staff professional development opportunity on a Social Emotional Wellness topic OR attend a community-based professional development webinar on a social emotional wellness topic.</p>	0	
<p>16. Engage parents in your school's Social Emotional Wellness opportunities.</p>	0	
<p>17. Implement a universal social emotional behavioral screener.</p>	0	
<p>18. Participate in an MUSC Boeing Center for Children's Wellness supported social emotional wellness related opportunity.</p>	0	
Category Points	16	
Total Points Achieved	149	

Establishing a Wellness Culture 32

Category Points	32	
Total Points Achieved	149	
<p>1. Include an educational message about nutrition, physical activity, or social emotional learning at least once per week in morning announcements.</p>	1	<p>I love all of the topics you showed me on the morning announcement chart for your school on site visit 12/6/23. Verified. by Amy Tourtellot @ 3/27/2024 12:29:11 PM</p>
<p>2. Hold non-food or healthy food fundraisers that meet USDA Smart Snack regulations. (Funds raised must be for the school.) <i>Claim Wellness Committee fundraisers under Sustainability #4.</i> 2 points: 3/24/2024 - Beaufort Twilight Run, includes Kids fun run, kids 1-mile run, 5K, and 8K. Money raised supports the schools annual budget. 2 points: Uniform Free Friday once per month. Money raised supports students Capstone trips. 2 points: Spirit Days once per month. Money raised supports students Capstone trips. 2 points: Discount cards, offer discounts to local restaurants and stores - sold by students who are earning money to go on a Capstone trip.</p>	8	<p>verified by Angela by Angela Wicke @ 5/3/2024 5:14:45 PM</p>

<p>3. Distribute and implement a list of strategies and alternative ideas for behavior management that include non-food rewards and other ideas that neither deny nor require physical activity as a punishment.</p> <p>2 points : This information is included every year in our handbook, and revisited at the beginning of the year during preplanning meetings with teachers. It is also reinforced at faculty meetings, particularly before big holidays. A small portion of the handbook is attached here.</p> <p>Uploads Food info.pdf</p>	2	<p>Verified by Amy Tourtellot @ 5/1/2024 3:13:41 PM</p>
<p>4. Adopt and promote a school-wide non-food reward policy stating students do not receive any type of food or certificate for free unhealthy food as a reward. This policy must be signed by principal or in the current school handbook.</p> <p>2 points for a new or existing policy: Link to the handbook: https://riverviewcharterschool.org/wp-content/uploads/2023/08/2023-24-Family-Handbook-Rev12-23.pdf</p>	2	<p>Verified by Amy Tourtellot @ 5/1/2024 3:16:00 PM</p>
<p>5. Adopt and promote a school-wide monthly birthday celebration policy stating all the birthdays that month are celebrated on the same day OR a policy where birthdays are not recognized with unhealthy foods. This policy must be signed by principal or in the current school handbook.</p> <p>2 points for a new or existing policy: Link to the handbook: https://riverviewcharterschool.org/wp-content/uploads/2023/08/2023-24-Family-Handbook-Rev12-23.pdf</p>	2	<p>Verified by Amy Tourtellot @ 5/1/2024 3:16:09 PM</p>
<p>6. Adopt and promote a school-wide celebration policy stating classroom or club achievements are not celebrated with unhealthy foods. This policy must be signed by the principal or in the current school handbook.</p> <p>2 points for a new or existing policy: Link to the handbook: https://riverviewcharterschool.org/wp-content/uploads/2023/08/2023-24-Family-Handbook-Rev12-23.pdf</p>	2	<p>Verified by Amy Tourtellot @ 5/1/2024 3:16:16 PM</p>
<p>7. Adopt and promote a school-wide policy stating water is the only drink permitted in the classroom and hallways during the course of the school day. This policy must be signed by principal or in the current school handbook.</p> <p>2 points for a new or existing policy: Link to the handbook: https://riverviewcharterschool.org/wp-content/uploads/2023/08/2023-24-Family-Handbook-Rev12-23.pdf</p>	2	<p>Verified by Amy Tourtellot @ 5/1/2024 3:16:21 PM</p>
<p>8. Adopt and promote a school-wide policy promoting physical activity by neither denying nor requiring physical activity as a means of punishment. This policy must be signed by principal or in the current school handbook.</p> <p>2 points for a new or existing policy: Link to the handbook: https://riverviewcharterschool.org/wp-content/uploads/2023/08/2023-24-Family-Handbook-Rev12-23.pdf</p>	2	<p>Verified by Amy Tourtellot @ 5/1/2024 3:16:45 PM</p>
<p>9. Adopt and promote a school-wide policy outlining rules against bullying, reporting procedures, and accessing your school's support system for victims of bullying. This policy must be signed by the principal and in the current school handbook.</p> <p>2 points for a new or existing policy: Link to the handbook: https://riverviewcharterschool.org/wp-content/uploads/2023/08/2023-24-Family-Handbook-Rev12-23.pdf</p>	2	<p>Verified by Amy Tourtellot @ 5/1/2024 3:17:15 PM</p>
<p>10. Adopt and promote a school-wide breastfeeding policy. This policy must be signed by principal or in the current school handbook.</p>	0	
<p>11. Provide a designated lactation room. Must have signage, door that can lock, privacy curtain, and seating. This room may not be a bathroom.</p>	1	<p>Claim your point here for lactation room. Verified on 12/6/23. by Amy Tourtellot @ 3/27/2024 12:40:22 PM</p>

<p>12. Students advocate in support of wellness changes at the local, state or national level. Ex. Write to legislators or speak publicly to school board or government body.</p>	0	
<p>13. Implement a school-wide, year-round program for students that positively reinforces nutrition, physical activity, and social emotional wellness. Ex: Health tickets provided to students following observation of healthy behaviors that can be used to earn non-food prizes or privileges. Please note, the healthy reward must be for making healthy choices related to nutrition, physical activity, AND social emotional wellness.</p>	0	
<p>14. Support a student-led wellness committee with a minimum of three students who meet at least four times per year and promote wellness to peers.</p>	0	
<p>15. Support a project or campaign related to nutrition, physical activity, or social emotional wellness. (<i>Spirit weeks or dress-down days DO NOT count.</i>) 1 point for a school-wide project or campaign related to nutrition, physical activity, or social emotional wellness: Health and Wellness Week, March 18-22, 2024. Overview of lessons provided for teachers attached. In addition, daily messages sent home with activities for families to do at home that were related to the daily topic. Uploads Wellness Week 2024 Links for Teachers.pdf 2 points for student-led project or campaign related to nutrition: Video created by 7th grade media arts class for Wellness Week Tasty Tuesday: https://youtu.be/3ZcwUz80_YU 2 points for student-led project or campaign related to physical activity: Video created by 7th grade media arts class for Wellness Week Movement Monday: https://youtu.be/2SZ2hO8TP1g Video created by 7th grade media arts class for Wellness Week Wellness Wednesday: https://youtu.be/48F7dZ3yu1w 2 points for student-led project or campaign related to social emotional wellness: Video created by 7th grade media arts class for Wellness Week Thoughtful Thursday: https://youtu.be/K53hOV82_RI</p>	7	<p>Verified. by Angela Wicke @ 5/3/2024 5:15:51 PM</p>
<p>16. Integrate nutrition, physical activity, or social emotional wellness as the focus of an art, creative writing, or STEM project in more than one class.</p>	0	<p>-6 points Wellness Lead could not provide information via email on 5/3/24. by Amy Tourtellot @ 5/3/2024 4:21:32 PM</p>
<p>17. Host a student vs. staff recreational game or relationship building event at the school. 1 point: Annual end of the year kickball game, 8th graders vs faculty and staff</p>	1	<p>Verified on site visit on 12/6/23. Such a fun activity! by Amy Tourtellot @ 3/27/2024 12:46:43 PM</p>
<p>18. Host a health and wellness fair at the school for families which includes presentations and demonstrations from community partners on healthy food choices, nutrition education, physical activity stations, social emotional wellness, community health resources, etc.</p>	0	
<p>19. Promote your wellness initiative to the community by submitting a press release to local news media or sharing highlights on social media. Tag us #MUSCboeingcenter</p>	0	
<p>20. Offer a healthy nutrition class, cooking class, or grocery store tour to caregivers. <i>This is separate from a health and wellness fair.</i></p>	0	
<p>21. Implement fresh fruit or vegetable tastings at parent meetings or family events. <i>This is separate from a health and wellness fair.</i></p>	0	
<p>22. Implement physical activity breaks at parent meetings or family events. <i>This is separate from a health and wellness fair.</i></p>	0	

23. Implement mindfulness activities at parent meetings or family events. <i>This is separate from a health and wellness fair.</i>	0	
24. Include wellness topics related to nutrition, physical activity, or social emotional wellness in communication with families at least quarterly.	0	- 2 points. Unable to access newsletters in the parent square app provided via email on 05/03/2024 by Angela Wicke @ 5/3/2024 5:16:49 PM
25. Mentor a school that has not participated in the School-based Wellness Initiative or has a new wellness leader. The school must submit a qualifying checklist this year.	0	
26. Participate in an MUSC Boeing Center for Children's Wellness supported wellness related opportunity.	0	
Category Points	32	
Total Points Achieved	149	

Staff Wellness 15

Category Points	15	
Total Points Achieved	149	
1. Conduct a wellness needs or interest survey with staff this year.	0	
2. Offer staff health screenings at your school for cholesterol, BMI, glucose, blood pressure, or preventative cancer screenings. 1 point for Cholesterol screening: 5/2/2024 - on campus in the conference room, PEBA, provided by state health plan. 1 point for BMI screening: 5/2/2024 - on campus in the conference room, PEBA, provided by state health plan. 1 point for Glucose screening: 5/2/2024 - on campus in the conference room, PEBA, provided by state health plan. 1 point for Blood Pressure screening: 5/2/2024 - on campus in the conference room, PEBA, provided by state health plan. 1 point for Cancer Preventative screenings: 5/2/2024 - on campus in the conference room, PEBA, provided by state health plan.	5	Verified! by Amy Tourtellot @ 5/3/2024 4:24:02 PM
3. Promote staff health screenings organized by the district to be conducted at a central location (not at your school). 1 point for promoting district health screenings: Health screenings offered by state health plan, offered at all district schools - can attend the screening at any school. Can also download a waiver from our health plan to be seen at a local doctor's office. Assist staff in finding a location and date that works for them if our onsite screening does not.	1	Verified! by Amy Tourtellot @ 5/3/2024 4:24:27 PM
4. Implement a staff wellness challenge at school for staff.	1	Verified on site visit on 12/6/23. I love the monthly wellness challenges you implement for your staff! by Amy Tourtellot @ 3/27/2024 12:51:25 PM

5. Offer fitness classes at school for staff. Ex. Zumba, kickboxing, pilates.	1	I love how you offer Pranayama classes monthly for staff. Verified on 12/6/23. by Amy Tourtellot @ 3/27/2024 12:51:34 PM
6. Provide access to weight and fitness rooms to all staff.	0	
7. Participate as a team of at least three staff members in a community walk, run, or sporting event. Ex. 5k, tennis, kayaking. 1 point: 11/4/23 - Swing Bridge Run, coaches and teachers with student 1 point: 11/23/23 - Turkey Trot 1 point: 3/23/24 - Beaufort Twilight Run	3	Verified! by Amy Tourtellot @ 5/1/2024 3:22:42 PM
8. Create an organized staff walking or running group with at least three staff members participating.	0	
9. Connect with chiropractors or massage therapists to offer free massages at your school for staff.	0	
10. Provide ongoing social emotional wellbeing programs for staff at school such as yoga, mindfulness, or book clubs. (These must be an on-going program, not one-time activities.)	0	
11. Provide a staff professional development opportunity on a Staff Wellness topic or attend a professional development webinar on a Staff Wellness topic. 1 point for a staff member attending a professional development opportunity: 8/7/23 - Speaker Martha McDuff came to campus and offered a health and wellness session to all staff. 1 point for a staff member attending a professional development webinar: 1/17/24 - Bethany Byrne attended Staff Wellness webinar - presented by WholeSpire and the South Carolina Schools Network and the South Carolina Governor's Council on Physical Fitness.	2	Verified! by Amy Tourtellot @ 5/1/2024 3:22:56 PM
12. Incorporate intentional opportunities into existing staff meetings to encourage team building and connectedness. <i>These programs must be ongoing, not one-time activities.</i>	0	
13. Incorporate physical activity breaks into existing staff meetings. <i>These programs must be ongoing, not one-time activities.</i>	0	
14. Create and display staff shared agreements developed by all staff that foster a culture of respect and collaboration.	0	
15. Implement a school-wide, year-round program for staff that positively reinforces healthy choices and behaviors surrounding nutrition, physical activity, and social emotional wellness. <i>(This does not include weight management program or staff walking or running clubs.)</i>	0	
16. Create a designated relaxation space for staff to use. Space can be inside or outside and must be separate from workroom area and students.	0	
17. Distribute and promote Employee Assistance Program information to all staff.	0	
18. Share a universal self-assessment tool for staff to reflect on personal wellbeing, such as the Professional Quality of Life Measure, Resilience at Work Scale, etc.	0	

<p>19. Include wellness topics related to nutrition, physical activity, or social emotional wellness in communication with staff at least quarterly (must be separate from communication to families).</p> <p>Uploads Riverview Charter School Mail - 2024 Blood drive at Riverview, please consider giving!.pdf Riverview Charter School Mail - Heather Teacher, Healthier Classroom - recap and links :).pdf Riverview Charter School Mail - Staff Challenge Recap.pdf Riverview Charter School Mail - November Challenge Crew!.pdf Riverview Charter School Mail - Save the date - May 2nd!.pdf</p>	2	Verified by Amy Tourtellot @ 5/1/2024 3:24:36 PM
20. Provide duty-free lunch for at least one grade level monthly throughout the school year.	0	
21. Participate in an MUSC Boeing Center for Children’s Wellness supported staff wellness related opportunity.	0	
Category Points	15	
Total Points Achieved	149	

Sustainability 12

Category Points	12	
Total Points Achieved	149	
<p>1. Apply for wellness-related grants to improve student or staff nutrition, physical activity, or social emotional wellness. 1 point for applying for each wellness-related grant. See Sustainability #2 to claim additional points for grants received. 1 point for applying for a wellness-related grant: American's Healthiest Schools, through Alliance for a Healthier Generation. Tried to upload application, failed to upload? I can send it separately if needed.</p>	1	Verified by Amy Tourtellot @ 5/1/2024 3:25:00 PM
2. Receive a wellness-related grant for which your school applied.	0	
3. Staff member(s) attend a community-based wellness training. These include: state cooperative extension gardening training, Farm to School training, Action Based Learning training. For any other wellness-related trainings not listed here, please contact your coordinator for consideration.	0	
4. Host a non-food fundraiser or healthy food fundraiser (must meet USDA Smart Snack regulations) to raise funds for your wellness committee.	0	
<p>5. Maintain a community partnership with a business or organization that provides time, services, or items to collaborate on wellness activities, other than presentations, at your school. 2 points: Teddy Bear Clinic - Battery Creek High School HOSA 2 points: Backpack Buddies - Lowcountry Food Bank 2 points: Beaufort Twilight Run - Sheriff’s Department, County EMS, Burton Fire Department, Habersham Community 2 points: Mentor Programs - Individuals within the community and National Honor Society Students at local high schools 2 points: Bereavement group for middle school students - Friends of Caroline Hospice. Elementary group run by our counselors in house.</p>	10	Verified! by Amy Tourtellot @ 5/1/2024 3:25:31 PM
6. Maintain a community partnership that provides funding to your school wellness committee. Must see a copy of the check.	0	

<p>7. Share a success story from this year's wellness initiative. 1 point: Last year we held a 21-day health and wellness challenge for our faculty in the spring. Participation was high and many people made significant changes... and requested we do another one in the fall! This year held one in the fall and one in the spring, great participation in both!</p> <p>Uploads Fall Fitness Fun Daily Planner-3.pdf Faculty and Staff 2024 Wellness Challenge Daily Planner-5.pdf</p>	1	<p>Verified! by Amy Tourtellot @ 5/1/2024 3:25:41 PM</p>
Category Points		12
Total Points Achieved		149

Bonus 2

Category Points		2
Total Points Achieved		149
<p>1. Claim up to four points for one nutrition, one physical activity, and one social emotional wellness related item your school implemented not already captured in the other checklist categories. These will be reviewed individually before points are awarded.</p> <p>1 point Physical Activity Bonus: A group of eight Riverview students won a school auction item of a 3-mile run with two of their teachers. The run was completed on 12/2/2023.</p> <p>1 point Social Emotional Wellness Bonus: Eighth Grade- Eighth grade students are exploring the Big Idea of Balance by answering the question, "How can we balance awareness and empathy to make a difference in our own community?" Students aim to lift spirits, bring joy and promote self-care by making care packages for local cancer patients. In science class, students are exploring the disease process and research the most common forms of cancer. In math class, students are collecting bivariate data regarding the prevalence of cancer in their families. In ELA class, students are writing notes of encouragement to place in the care packages.</p>	2	<p>-1 point for Nutrition Bonus - already claimed Tasty Tuesday video in EWC. -1 point for Staff Wellness Bonus - already claimed in Staff Wellness #4 by Angela Wicke @ 5/1/2024 3:27:00 PM</p>
Category Points		2
Total Points Achieved		149