

**TITLE: Health and Wellness Policy**

**Purpose**

The Tiverton School Department (TSD) is committed to providing school environments that promote and protect children's health, well-being, and ability to learn. Students who are fit, healthy, and ready to learn are better able to achieve their academic potential. The TSD is concerned with the health and well-being students, including the prevalence of childhood obesity and consequent health implications. The promotion of health and wellness extends to staff, as well. Healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. Thus, TSD is committed to supporting healthy eating, nutrition education and physical activity.

The purpose of this policy is to set forth goals for our schools to provide children and adolescents with a healthy environment where they can consume nutritious meals, snacks and beverages; get regular physical activity; and learn about the importance of lifelong healthy behaviors. Goals will be provided in the following categories:

- Health and Wellness Subcommittee
- Nutrition Education
- Nutrition Guidelines for All Foods on School Campus
- District Food Service Program
- Food Safety and Security
- Eating environment
- Physical Activity and Education
- Employee Wellness
- Implementation, Monitoring and Reporting

**3021.1 Health and Wellness Subcommittee**

TSD will use the Center for Disease Control and Prevention's Coordinated School Health approach to comprehensive school wellness. The Coordinated School Health model includes 8 areas of school health: (1) safe environment; (2) physical education; (3) health education; (4) staff wellness; (5) health services; (6) mental and social health; (7) nutrition services; and (8) parent/family involvement.

In accordance with the attached RIGL§ 16-21-28, the school committee shall establish a district-wide Health and Wellness Subcommittee (HWS), to be chaired by a member of the full school

committee. The subcommittee will make recommendations regarding the district's health education curriculum and instruction, physical education curriculum and instruction, and nutrition and physical activity policies to decrease obesity and enhance the health and well being of students and employees.

The school health and wellness subcommittee shall consist of members of the general public, a majority of whom are not employed by the school district, including at least one parent, and are encouraged to include teachers; administrator; students; community and school-based health professionals; business community representatives; and representatives of local and statewide nonprofit health organizations.

This Subcommittee shall have the following responsibilities:

- Review the District's Health and Education and Physical Education curricula and instruction in collaboration with K-12 PE/Health Teachers and School Nurses on a bi-annual basis to identify aspects which could be changed in order to improve its focus on decreasing obesity and enhancing the health and well-being of students and making recommendations to the Superintendent and/or School Committee regarding any potential changes.
- Collaborate and coordinate resources to drive school health objectives, periodically review and suggest updates to the Wellness Policy, make recommendations to the Superintendent and the School Committee regarding issues related to healthy students, and annually prepare all district, state, and federal reports required of HWSs.
- Ensure that the content of the Health and Wellness policy is communicated to all staff, families and community members on a regular basis.
- Engage families in meeting the district wellness goals, by providing information through district and school websites, school newsletters, and other means of communication, as appropriate. This includes a description of the school meal program, menus, and nutrition information for school meals (e.g., calories, saturated fat, sugar)

### **3021.2 Nutrition Education**

Nutrition education is necessary for students to understand what constitutes healthy eating and to adopt lifelong healthy eating behaviors. Nutrition education should be integrated into the Health Education curriculum and other subjects, as appropriate at each grade level to provide students with the knowledge and skills necessary to promote and protect their health. School staff plays an important role in modeling and promoting healthy behaviors.

Schools are strongly encouraged to collaborate with the Food Service Provider in offering presentations for students, staff, and families related nutrition education.

To be effective, nutrition education for children should be appropriate for the students' ages, reflect their cultures, and provide opportunities for them to practice nutrition skills and have fun. Nutrition education will meet at a minimum state and federal regulations.

### **3021.3 District Food Service Program**

The purpose of the National Breakfast Program and National School Lunch Program, operated by TSDs Food Service Provider, is to safeguard the health of our community's children. In order to achieve this purpose, Food Service Provider must provide students adequate and high quality nutrition during the school day, which will help them learn good nutrition practices and how those contribute to their health – and indirectly to their learning. Programs will comply with all federal, state and local regulations.

The Food Service Providers shall feature and encourage students to eat more fruits and vegetables, locally-sourced produce, lean protein items, whole grains, and vegetarian options. School food services will continue to increase their offerings of minimally processed food that is low in fat, sugar and sodium and is of higher nutritional value and lower energy density. It is especially important that TSD adhere to the nutrition standards for the a la carte items sold during school meals by the Food Service Provider. The Food Service Provider should lead, by example, school district efforts to provide healthy options for students.

The Food Service Provider will work with the school administration to promote participation in breakfast and lunch programs through strategies such as:

- Promoting the availability of the breakfast and lunch program through the district and school websites and school newsletters;
- Developing reasonable alternatives to barriers such as morning bus schedules that limit student access to food service programs,
- Providing periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu.

In addition, the Food Service Provider will work with the Director of Administration and Finance and the Chairperson of the Health and Wellness Committee to establish a Food Service Advisory Committee.

The committee will consist of two or more members of the Health and Wellness Committee, representatives from the District's Food Service Provider Building Principals (one from each level) and two students from each grade level. The committee will conduct Food Service Advisory Committee Meetings two times per year in each school for the purpose of providing input to the school meal program.

### **3021.4 Nutrition Guidelines for All Foods on Campus**

The integrity of the school nutrition environment depends on the quality of *all* foods and beverages sold or served at school. Foods that provide little nutritional value compete with healthy school meals, send mixed messages to students, undermine nutrition education efforts, District Nutrition Guidelines shall be in accordance with state and federal regulations and address all food and beverages sold or served to students from vending machines; in school stores; as well as a la carte items sold during school meals. Snacks provided to students during the school day by school staff, students or parents must comply with the District Nutrition Guidelines, with the exception of the school events listed below. Recommendations for healthy food choices are available through the school nurses. In addition, the use of food as a reward is strongly discouraged.

Decisions about the sale of all foods will focus on nutrition goals for students, and all food sales mentioned above shall comply with applicable federal, state, and district regulations.

The *following events are exempt* from the District Nutrition Guidelines:

- Occasional school celebrations including, but not limited to, birthdays and holidays, may offer alternate food choices. However, it is strongly encouraged that celebration activities promote healthy nutrition and physical activity
- After-school concessions
- Fundraising for sale and consumption of foods outside of the school day.

In addition, the marketing of unhealthful products which do not meet school nutrition guidelines is prohibited. Advertisements displayed within schools shall promote healthy choices and behaviors, including signage on vending machines, posters, banners, and informational flyers.

### **3021.5 Food Safety/Food Security**

The food offered to students in the schools must not only be nutritious, but must also comply with state and local food safety and sanitation regulations. The quality of the food is determined both by the foods' nutrient value and by the standards by which it was prepared.

All schools in which one or more students have a food allergy will take the following steps, in accordance with state regulations:

- Post a notice at school entrances and within the cafeteria providing notice that a student in the school has an allergy to a specific food source;
- Prohibit the sale of peanuts/tree nuts, peanut butter and other peanut-based products in the school cafeteria;
- Designate one peanut/tree nut free table in the cafeteria; and designate a classroom(s) per grade to be peanut/tree nut free, as needed, based on food allergy concerns.
- Develop an Individual Health Care Plan (IHCP) and an Emergency Health Care Plan(EHCP) for each student identified with a food allergy with potentially serious health consequences.

Schools will communicate food allergy concerns to all staff and parent groups and recommend alternatives to providing foods for school celebrations and classroom activities. Classroom teachers and school staff will discourage students from sharing food, to further protect students with food allergies.

### **3021.6 Eating Environment**

A well-designed and pleasant eating environment is important to the promotion of students' healthy eating habits. Schools need to assess traffic flows, time allotted for school meals, and cafeteria layout to ensure that students are actually encouraged to eat the nutritious foods being provided to them during the school day.

Meal periods are to include at least 20 minutes for lunch and, at least 10 minutes for breakfast. In addition, students and staff will have access to free drinking water within the eating environment and in other locations throughout the school setting.

### **3021.7 Physical Education and Activity**

Definitions for the purposes of this policy:

**Physical Education (PE)** - a sequential, developmentally appropriate K-12 curriculum, in accordance with the RI Physical Education Framework, enabling students to develop the knowledge, motor skills, self-management skills, attitudes and confidence needed to adopt and maintain physical activity throughout their lives.

Physical activity is critical to a child's healthy weight and healthy lifestyle, as well as to his/her ability to focus in the classroom. To ensure that all children are staying active, physical activity needs to be incorporated into the daily school curriculum and prioritized as essential to each child's social and academic achievement. Physical Education courses will provide an environment in which students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge of personal fitness goals and practices.

1. TSD will teach an evidence-based physical education and health education curriculum that is consistent with federal and state law.
2. Physical education classes will have the same student/teacher ratios used in other classes.
3. The physical education program shall be provided adequate space and equipment and conform to all applicable safety standards.
4. Schools must provide a minimum of 30 minutes of moderate to vigorous physical activity daily for all students in grades 1-4, including a minimum of 20 minutes of daily recess scheduled before lunch. Kindergarten teachers will incorporate daily physical activity, as appropriate with their half day kindergarten program.
5. TSD will provide all school students with 100 minutes per week of instruction from certified health and physical education teachers.
6. Structured/unstructured recess and other physical activity (such as, but not limited to, physical activity time, physical education or intramurals) shall not be taken away from students as a form of punishment, and severe and/or inappropriate exercise may not be used as a form of punishment for students.
7. TSD will encourage schools to offer structured physical activity opportunities before or after school through clubs, classes, intramural or interscholastic activities.

### **3021.8 Employee Wellness**

The Wellness Coordinator will develop a plan to encourage, promote, reward, and support staff health and wellness.

### **3021.9 Monitoring, Implementation and Evaluation**

1. This policy and any proposed updates will be posted and accessible on the school district website.

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2. The Superintendent will designate a Wellness Coordinator to provide ongoing technical support and leadership for the implementation of all school wellness initiatives and the district Wellness Policy. The Wellness Coordinator will be responsible for monitoring the implementation of the Wellness Policy in the schools and will consult with school building administrators about Wellness Policy compliance issues.
3. The principal of each school is responsible for providing the leadership necessary to be in compliance with the Wellness Policy. The Food Service Provider/Director is responsible for meeting the nutrition regulations set forth in this policy. The Superintendent and the School Committee are responsible for providing resources necessary for the achievement of the Wellness Policy Goals.
4. The Wellness Coordinator, working with the Food Service Provider/staff and school administration, will report publicly to the Superintendent and the School Committee on Wellness Policy implementation and evaluation on an annual basis. This report will be based as much as possible on objective data collection (including the submission of any forms or reports required by the Superintendent or designee) and will include detailed assessments of the following elements:
  - a. The extent to which schools are in compliance with the Wellness Policy;
  - b. How the Wellness Policy and practices compare to other school districts and model policies;
  - c. A description of the progress made in attaining the goals of the Wellness Policy.
  - d. A Wellness Policy implementation plan at the district and school level with measurable objectives for attaining each goal of the Wellness Policy

### 3021.10 Regulations and Procedures

The Superintendent shall develop regulations and procedures for the implementation of this policy.

**Local Wellness Policy References and Citations  
For federal and RI laws/regulations  
(January 2013)**

**District Health & Wellness Sub Committee**

- RI General Law (16-21-28) requires the establishment of a district wide coordinated school health & wellness subcommittee chaired by a full member of the school committee. The subcommittee will make recommendations regarding the district's health education curriculum and instruction, physical education curriculum and instruction, and nutrition and physical activity policies to decrease obesity and enhance the health and well being of students and employees. The subcommittee shall consist of members of the general public, a majority of whom are not employed by the school district, including at least one parent, and are encouraged to include teachers; administrators; students; community and school-based health professionals; business community representatives; and representatives of local and statewide nonprofit health organizations.

See:

<http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-21/16-21-28.HTM>

**Physical Education**

- Physical Education is required for all students in grades 1-12 according to RI General Law (16-22-4) and Sec. 3.5 of the Rules and Regulations for School Health Programs. Students should receive an average of 100 minutes per week of health/physical education. Recess, free play, and after-school activities are not counted as physical education. School PE curricula must be aligned with the standards and performance indicators in *The Rhode Island Physical Education Framework*.

See:

<http://webserver.rilin.state.ri.us/Statutes/title16/16-22/16-22-4.HTM>

**Nutrition Guidelines**

- RI General Law (16-21-7) requires that elementary, middle, junior high and senior high schools sell *only* healthier beverages and healthier snacks, except when items are sold by pupils away from the premises of the school; by pupils one hour or more after the end of the school day; or during a school sponsored pupil activity after the end of the school day.

See:

<http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-21/16-21-7.HTM>

[http://www.thriveri.org/documents/RINutrition\\_GuidelinesVending\\_AlaCarte-FINAL.pdf](http://www.thriveri.org/documents/RINutrition_GuidelinesVending_AlaCarte-FINAL.pdf)

- At a minimum, reimbursable meals served through the National School Lunch and Breakfast Programs must meet USDA nutrition requirements and Rhode Island Nutrition Requirements (RINR) as well as follow the principles of the (current) USDA Dietary Guidelines for Americans.

See:

<http://www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm>

[http://www.thriveri.org/documents/RINR2009\\_%20BOR\\_%20Mandated%2011%205%2009.pdf](http://www.thriveri.org/documents/RINR2009_%20BOR_%20Mandated%2011%205%2009.pdf)

<http://www.health.gov/dietaryguidelines/>

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