

TITLE: Health and Wellness Policy**#1142****Purpose**

The Tiverton School Department 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 district is concerned with the health and well-being of our students, including the prevalence of childhood obesity and its 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, our district is committed to supporting health and wellness in general, including healthy eating, nutrition education, social emotional learning, and physical activity.

The purpose of this policy is to set forth expectations 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. Expectations are 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
- Social Emotional Learning
- Employee Wellness
- Implementation, Monitoring and Reporting

Health and Wellness Subcommittee

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.

The district will use the Center for Disease Control and Prevention's Whole School, Whole Community, Whole Child (WSCC) framework for comprehensive school wellness. The WSCC model is student-centered and emphasizes the role of the community in supporting the school, the connections between health and academic achievement and the importance of evidence-based school policies and practices. The WSCC model has 10 components: (1) physical education and physical activity; (2) nutrition; (3) health education; (4) social and emotional school climate; (5) physical environment; (6) health services; (7) counseling, psychological and social services; (8) employee wellness; (9) community involvement; and (10) family engagement.

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, social emotional learning, and nutrition and physical activity practices to decrease obesity and enhance the health and well-being of our 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.

The school health and wellness subcommittee will meet no less than 4 times yearly and meetings will be public and posted on the district website and the website of the Rhode Island Secretary of State.

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.)

Periodically review and update the district wellness policy based on new federal and/or state regulations or inclusion of new evidence-based strategies, recommendations and assessments.

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 and faculty are encouraged to collaborate with the Food Service Provider in offering presentations for students, staff, and families related nutrition education. Nutrition education and wellness promotion will be linked with the entire school food environment with consistent nutrition messaging throughout cafeteria programs, fieldtrips, school programs and events.

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 be part of the comprehensive Health curriculum for grades K-12 in accordance with RIGL 16-22-4 that includes themes and topics from the RI Dept. of Education Health Education Framework.

Food Service Program – Reimbursable Meals

The purpose of the district's school meal program, operated by the district's TPS Food Service Provider, is to safeguard the health of our community's children. In order to achieve this purpose, the district will participate in the full USDA School Breakfast Program and National School Lunch Program. The 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. All foods served in these programs will meet both the USDA Nutrition Standards for school meals as well as the RI Nutrition Requirements. These standards can be found here:

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

Schools will utilize an electronic identification/payment system for all students to support participation in the school meal programs in order to prevent any social stigma. The district will ensure that all children eligible for free/reduced meals will have the opportunity to participate by means of frequent outreach to families and coordination with appropriate state agencies.

The Food Service Provider shall procure, serve and promote 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.

Qualified nutrition professionals will administer the meal program, and professional training and development will be offered for all food service staff working in the schools in accordance with continuing education/training requirements of the USDA Professional Standards for Child Nutrition Professionals. Training sessions will be offered for staff working directly under the food service provider and educational materials will be provided to staff assigned to meal supervision duty in order to best promote the importance of food safety, healthy eating, and positive lifestyle choices.

It is especially important that the district and all school faculty adhere to the nutrition standards for the a la carte items sold to students 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, Principals or their designees and 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.

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 and undermine nutrition education efforts. All foods and beverages sold outside of the reimbursable school meal program on school premises, before, during, and up to one hour after school, must comply with the USDA Smart Snacks in Schools regulations and RI General Law 16-21-7 for the sale of only healthier snacks and beverages. This includes cafeteria ala carte, vending, school stores and fundraising. Snacks and beverages provided during the school day or sold at school-sponsored events outside the school day are encouraged to meet the nutrition standards for meals or for foods and beverages sold individually or, at a minimum, offer an equal number of healthy options. In addition, all foods and beverages provided by the school or any outside provider during before/after school daycare should meet the guidelines of USDA Smart Snacks in Schools and RIGL 16-21-7.

Recommendations for healthy food choices are available through the school nurses.

The use of food as a reward or incentive is strongly discouraged. Offering non-food rewards, including physical activity, is strongly recommended.

State nutrition guidelines are available here:

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

The *following events are exempt* from federal and state 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 and away from school

Any groups, organizations or individuals who wish to sell food outside of the school day (PTO events, sporting events) shall be made aware of the nutrition standards of this policy. All groups will be encouraged to purchase items through the district Food Service Provider and to utilize the services and expertise of a certified food manager for events.

In addition, the marketing of unhealthful products which do not meet federal USDA and RI Nutrition Standards is prohibited as per RIGL 16-21-7.1. Advertisements displayed within schools shall promote healthy choices and behaviors, including signage on vending machines, posters, banners, and informational flyers.

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.

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.

Physical Education and Activity

Physical Education (PE) is 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 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.

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 and goes beyond PE. To ensure that all children are staying active, physical activity needs to be incorporated into the daily school activities and prioritized as essential to each child's social and academic achievement.

1. All schools will teach an evidence-based physical education and health education curriculum, aligned with the standards and performance indicators of the RI Physical Education Framework, that is consistent with RIGL 16-22-4
2. All schools will provide all school students with an average of 100 minutes per week of instruction over the course of the school year from certified health and physical education teachers
3. Professional development in PE/Health content areas will be provided to PE/Health teachers
4. The physical education program shall be provided adequate space and equipment and conform to all applicable safety standards
5. 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, as per RIGL 16-22-4.2, scheduled before lunch
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. Opportunities for physical activity will be incorporated into other subject areas, as appropriate
8. Our district encourages schools to offer structured physical activity opportunities before or after school through clubs, classes, intramural or interscholastic activities.
9. School facilities may be made available to students, staff and community members outside of the school day and may be made available to community agencies and organizations offering physical activity programs with the proper approval of school officials.
10. The district may work with community partners and local agencies to support and encourage safe walking and biking to schools.

Social Emotional Learning

The district will develop a comprehensive approach to incorporate the core competencies of social emotional learning K-12 as endorsed by the Rhode Island Council for Elementary and Secondary Learning. These competencies include recognizing and managing our emotions, developing caring and concern for others, establishing positive relationships, making responsible decisions, and handling challenging situations

constructively and ethically. Competencies will be addressed through instruction in specific skills, school-wide culture and climate strategies, embedding SEL into teacher instructional practices, as well as positive behavioral support and intervention,

Employee Wellness

The Wellness Coordinator will develop an annual plan to encourage and promote staff health and wellness.

Monitoring, Implementation, Evaluation & Reporting

This policy, any proposed updates and progress and compliance reports will be posted and accessible on the school district website

1. 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.
2. The principal of each school is responsible for providing the leadership necessary to be in compliance with the Wellness Policy. The Food Service Provider 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.
3. The Wellness Coordinator, working with the Food Service Provider and school administration, will report publicly to the Superintendent and the School Committee on the 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

Regulations and Procedures

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

Approved: 09/10/13

Revised: 02/25/20