

9090: WELLNESS POLICY

PURPOSE:

The purpose of this policy is to establish guidelines and recommendations for all K-12 students in the areas of nutrition, physical activity, health education, and physical education.

POLICY:

The goal of the Coventry School Committee Wellness Subcommittee is to promote and encourage the healthy lifestyles of our students and staff by offering opportunities to learn about and practice proper nutrition and improved physical fitness.

This policy meets the mandates of the new provision of Title 16 of Rhode Island General law. This law broadens the powers and duties of school committees to include health and wellness of students and employees, requires that the school committee establish a School Health and Wellness Subcommittee responsible for recommending policies, strategies and implementation plans to meet the requirements of the Child Nutrition and WIC Reauthorization Act of 2004. The law also requires that district strategic plans include strategies to decrease obesity and improve the health and wellness of students and employees through nutrition, physical activity, health education and physical education.

This policy requires the necessity of program maintenance and development that:

- A) Provides a comprehensive learning environment of developing and practicing lifelong wellness behaviors for students and staff.
- B) Supports and promotes proper dietary habits contributing to student and staff health status and student academic performance.
- C) Provides for increased opportunities for students and staff to engage in physical activity.
- D) Demonstrates the Coventry Public Schools is committed to complying with No Child Left Behind as it relates to the whole child, including both wellness and academics.
- E) Establishes and maintains a district-wide coordinated School Health and Wellness Subcommittee of the District School Committee.

Programs will be guided by standards related to:

- 1. Parent/Student & Staff Nutrition Education
- 2. Physical Activity Education
- 3. Nutrition Standards
- 4. Other School-Based Activities to Promote Student Wellness
- 5. Measurement and Evaluation

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9090: WELLNESS POLICY – Administrative Directive

THE SCHOOL COMMITTEE HAS SET FORTH THE FOLLOWING STANDARDS AND EXPECTATIONS:

- A. Provide a comprehensive learning environment of developing and practicing lifelong wellness behaviors for students and staff.

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence the understanding, beliefs and habits of students and staff as they relate to good nutrition and regular physical activity. Decisions for a healthy environment should not be based on revenue.

- B. Support and promote proper dietary habits contributing to student and staff health status and students' academic performance.

All foods available on school grounds and at school sponsored activities during the instructional day should meet or exceed the State Nutrition Standards, using the RI Nutrition Guidelines for school vending and a la carte foods. Emphasis should be placed on foods that are nutrient dense per calorie.

- C. Provide more opportunities for students and staff to engage in physical activity.

A quality physical education program for all students to learn about and participate in physical activity will be provided. Physical activity should be included in a school's daily education program from grades pre-K through 12. Physical activity should include regular physical education, in accordance with The Rhode Island Physical Education Framework, as well as co-curricular activities, and recess. Encourage increased physical activity among staff.

- D. The Coventry School District is committed to improving academic performance for all students so that no child is left behind.

To ensure students' basic nourishment and activity needs are met, educators, administrators, parents, health practitioners and communities must consider the critical role student health plays in academic stamina and performance and adapt the school environment. To ensure widespread understanding of the benefits of health and wellness programs to school environments, a public awareness campaign should be conducted.

- E. Establish and maintain a district-wide coordinated School Health and Wellness Subcommittee of the District School Committee that shall consist of:

- Members of the district's school communities, a majority of whom are not employed by the school district. Such members shall include parents, students, representatives from community and business agencies, local and statewide non-profit health organizations and health professionals.
- A member of the school committee
- District Food Service Director/Manager
- School personnel including, but limited to:
 - School nurse-teacher
 - Staff member representative from each school
 - District administration
 - Physical education and health program leader
 - Family & Consumer Sciences teacher
- The Chairperson must be a member of the School Committee
- The Chairperson may appoint a Co-Chairperson as needed.

The purpose of the subcommittee is to recommend to the administrative staff, through the office of the Assistant Superintendent:

- Development of health and wellness strategies and implementation
- The district's health education curriculum

- The district's physical education curriculum
- Nutrition and physical activity policies to decrease obesity and enhance the health and well-being of students and employees
- The evaluation of the policy's progress
- Serve as a resource to school sites

Responsibilities may include, but not be limited to:

- Review of district nutrition, physical activity, and professional development standards and activities
- Encouragement of healthful eating
- Prepare an annual report each year that includes, but may not be limited to:
 - District menus and meal and vending counts
 - Listing of physical activity and wellness programs

To accomplish these goals, Coventry Schools will address the following goals:

NUTRITION EDUCATION

Student Nutrition Education:

The Coventry School District will develop a comprehensive curriculum approach to nutrition in pre-kindergarten through 12th grade. Beginning with the 2006-2007 school year, all PK-12 instructional staff will integrate nutritional themes from the Rhode Island Department of Education Health Education Framework and/or the Rhode Island Family & consumer Science Framework into daily lessons when appropriate. The health benefits of food nutrition should be emphasized. Nutritional themes include but are not limited to:

Knowledge of the Food Guide Pyramid	Health heart choices
Sources & variety of foods	Dietary Guidelines for Americans
Diet and disease prevention	Understanding calories
Healthy snacks	Healthy breakfast
Food labels	Bone health & osteoporosis
Major nutrients	Multicultural influences
Serving portion sizes	Proper food safety/sanitation

Promote and identify high nutrient dense foods
The district will make resources and training available to staff.

Parent Nutrition Education:

- Nutrition education will be provided to parents at all elementary, middle and high school levels.
- Nutrition education may be provided in the form of handouts, postings on the district website, articles and information provided in district or school newsletters, presentations that focus on nutritional value and healthy lifestyles, and through any other appropriate means available for reaching parents.

Staff Nutrition & Physical Activity Education:

Nutrition and physical activity education opportunities will be offered to all school staff at the elementary, middle and high school levels. These educational opportunities may include, but not be limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional value and healthy lifestyles, health assessments, fitness activities,

and other appropriate nutrition and physical activity-related topics. The purpose of staff nutrition and physical activity education will be to:

- Encourage all school staff to improve their own personal health and wellness
- Improve staff morale
- Create positive role-modeling
- Build the commitment of staff to promote the health of students
- Build the commitment of staff to help improve the school nutrition and physical activity environment

PHYSICAL ACTIVITY

Definitions for the purpose of this policy:

Physical Activity (PA) – *is any leisure or non-leisure movement of the body that expends energy, such as exercise, sports, dance, mobility training or physical therapy, brisk walking, swimming or other body movements that result in an increased heart rate.*

Physical Education (PE) – *a sequential, developmentally appropriate K to 12 curriculum, in accordance with the Rhode Island 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.*

Adapted Physical Education and Physical Activities – *are those designed for a student whose special needs or other health conditions require alternative safe and appropriate physical activities that meet their specific needs.*

Physical Education: PE and/or adapted PE will be available for all students.

1. Every student in grades K-12 should participate in regular PE and directed PA for the entire school year with the state mandated requirement as the minimum time allotment.
2. District shall maintain specific learning goals and objectives for Physical education. A sequential, developmentally appropriate curriculum shall be designed, implemented, and evaluated to help students develop the knowledge, motor skills, self-management skills, attitudes, and confidence needed to adopt and maintain physical activity throughout their lives.
3. District will implement recommended guidelines for school PE/PA leaders established by the National Association for Sport and Physical Education (NASPE) enabling students to achieve and maintain a high level of personal fitness:
 - Expose students to a wide variety of physical activities
 - Teach physical skills to help maintain a lifetime of health and fitness
 - Encourage self-monitoring enabling to set and achieve fitness goals
 - Individualize fitness/activity programs
 - Help students to establish a personal fitness baseline and create individual fitness benchmarks to monitor progress
 - Be active/positive role models
4. District will implement design PE/PA guidelines for students PK-12 based on the NASPE guidelines:
 - Children should accumulate at least 60 minutes of age appropriate physical activity most days of the week.
 - Children should engage in a variety of physical activities daily
 - Children should participate in a variety of age appropriate physical activities designed to achieve optimal health
 - Extended periods of daytime inactivity are discouraged for children
5. District will implement health-related fitness assessments:
 - Introduce developmentally appropriate components of a health-related fitness assessment (e.g. FitnessGram, President's Challenge) in grades 1, 3, 5, 7, 9, 11.
 - Students/parents should receive confidential results to understand student level of fitness for creating fitness plans.
 - Aggregate results will be used to measure and report the policy impact.

6. All high school students must receive two health/PE credits to be eligible for graduation.

Physical Activity: PA and/or adapted PA opportunities will be available for all students and staff on a regular basis: before, during and/or after school.

1. Provide adequate, developmentally appropriate, safe facilities and recreation areas for PA.
2. Develop student understanding of all procedures and information to minimize risks associated with PA.
3. Collaborate with qualified professionals and organizations in the community contributing to PA opportunities.
4. Follow NASPE Guidelines throughout all district PA activities.
5. Provide opportunities and resources for Staff to engage in physical activity.
6. Avoid restrictions on physical activity for disciplinary purposes.

NUTRITION STANDARDS FOR ALL FOODS AVAILABLE ON SCHOOL CAMPUS DURING THE SCHOOL DAY

- The USDA Reimbursable School Meal Programs (school food service):
- The school breakfast and lunch programs will comply with the USDA Requirements for Federal School Meals Programs.
- The school food service program including vending, a la carte and foods sold on campus will follow the District's Nutrition Standards when determining the items offered in the cafeteria as a la carte and for competitive food offerings.
- The food service director will work closely with the district-wide coordinated School Health and Wellness Subcommittee.
- Offer alternative breakfast program

A La Carte, Vending and All Foods Sold on Campus

Food:

- Encourage the consumption of nutrient dense foods, i.e. whole grains, fresh fruits and vegetables and dairy products
- Any given food item for sale prior to the start of the school day and throughout the instructional day, will meet the RI Nutrition Guidelines for school vending and a la carte foods.

Beverages:

- ONLY milk, water and beverages containing 100% fruit juices with no added artificial sweeteners may be sold on school grounds immediately prior to, and throughout the instructional day. This includes vending machines.

Cafeteria Environment:

- A cafeteria environment that provides students with a relaxed, enjoyable climate shall be developed
- The cafeteria environment is a place where students have:
 - Adequate space to eat and clean, pleasant surroundings
 - Adequate time to eat meals – at least 20 minutes for lunch; and
 - Convenient access to hand washing or hand sanitizing facilities before meals.

Fundraising:

- All fundraising projects that include the sale of food items will be outside of the instructional day.
- Non-food based fundraisers are encouraged
- Fundraisers that promote physical activity are strongly encouraged

Teacher-to-Student Acknowledgements and Incentives:

It is the intent of the school district that acknowledgements and incentives do not undermine efforts put forth in the nutrition policy. Therefore, the use of food as a reward, acknowledgement or incentive in the classroom or in the school environment is prohibited

Classroom Snacks

Classroom snacks are used frequently during long state testing periods. Classroom snacks provided must comply with RI Nutrition Guidelines for school vending and a la carte foods. Exceptions to this policy need to be documented in an IEP or a 504 plan. Suggested snacks and guidelines: www.kidsfirstri.org

Celebrations:

Celebrations include, but are not limited to, birthdays, holidays, pot-lucks, etc. The school may choose to handle celebrations in a variety of ways:

- Non-food celebrations only
- It is strongly encouraged that celebrations comply with RI Nutrition Guidelines for school vending and a la carte foods

Exploring Cultural Diversity/Experiences:

Recognizing the importance of studying other cultures and that many cultural traditions and practices may include food, cultural events including food items, occurring during the school day, will follow the RI Nutrition Guidelines for school vending and a la carte foods as much as possible.

- These should be limited to a designated number of times per year and must be approved by the principal.

School Stores and After-School Events:

School stores who sell food during the school day must comply with the RI Nutrition Guidelines for school vending and a la carte foods

Any school sponsored events occurring after school and using the district's building and property will offer at least 50% of foods that comply with the RI Nutrition Guidelines for school vending and a la carte foods. This includes PTA/PTO sponsored events.

OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

Access for school nutrition programs: The district will work with the food service provider to develop a means for students to obtain food in a non-stigmatizing manner, regardless of their economic status.

Time and scheduling for meals: The district will assure students have an adequate amount of time to eat and will work to assure events and schedules do not interfere with school nutrition programs.

Surroundings for eating: The district will assure students and staff has a clean, pleasant place to eat.

Sustainable food practices: The district will work with the food service provider to engage in environmentally-friendly practices such as the use of locally grown and seasonal foods and school gardens.

Access to facilities for health and nutrition activities after school hours: The district will maintain after-hours program to expand upon its nutrition education program and allow access to facilities for recreational leagues and other physical activities.

Staff wellness: The district will offer opportunities for staff to participate in physical activities and nutrition programs.

Community/Family involvement: The district will communicate to the community at large, families of our students and staff on health and nutrition topics, including data about the health and wellness of our students and staff, food safety and suggestions on healthy snacks, lunches, and meals.

MEASUREMENT AND EVALUATION:

Funding: The district will provide funds in its operating budget on a yearly basis for staff and equipment necessary for the implementation and monitoring of this policy, including equipment and personnel to measure the obesity levels in the schools.

Measurement and Evaluation: The district will maintain a Wellness Sub-Committee, chaired by a member of the School Committee, to review the effectiveness and implementation of the policy. An annual report from each school's principal will be given to the Superintendent, who will provide a summary report to the School Committee regarding fundraising, concessions, incentives and celebrations.

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