

HEALTH AND WELLNESS POLICY

Policy Intent

The Bristol Warren Regional School District promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as part of its total learning environment. Because of the critical role health plays in academic success, the intent of the Health and Wellness Policy is to encourage proper nutrition and physical fitness for all students and staff.

District Health and Wellness Subcommittee

The District's Health and Wellness Subcommittee is responsible for establishing and measuring the implementation of the District's Health and Wellness Policy. Subcommittee members work collaboratively to offer multiple health and wellness recommendations that are in-line with the District's educational and budgetary goals and fulfill the requirements of the Healthy, Hunger-Free Kids Act of 2010.

Mission

The District's Health and Wellness Subcommittee's mission serves the following purposes:

- Recommends standards for all foods and beverages available to students on each school campus during the entire school day;
- Recommends goals for student nutrition, education, physical activity, and other school-based activities designed to promote student wellness;
- Develops guidance and serves as a resource to school sites for Health and Wellness Policy implementation;
- Establishes a plan for monitoring, measuring, and evaluating Health and Wellness Policy implementation;
- Reviews and evaluates the Health and Wellness Policy standards and implementation;
- Recommends all policy related standards for final approval, and reports findings of policy implementation to the Bristol Warren Regional School Committee on a yearly basis and makes this information available to parents, staff, and the public through school websites, newsletters or other means.

Membership

The Health and Wellness Subcommittee membership will include at least one of each of the following:

- A School Committee member
- A representative of the school administration
- A representative of school food services
- Student representatives

- Parent representatives
- A representative of the local community

Optional members may include at a minimum:

- A staff/faculty representative by building or discipline
- A school health practitioner
- A community health practitioner
- Representatives of local/ state non-profit health organizations
- School Physical Education/Health Educator

The Health and Wellness Subcommittee Chairperson will be a member of the School Committee charged with the primary responsibility for coordinating subcommittee activities related to health and wellness goals established by the Subcommittee, policy implementation and monitoring, and reporting to the Bristol Warren Regional School Committee.

District's Nutrition Standards

1. Bristol-Warren School Meals

The school meals program will operate in accordance with the National School Lunch Program and National School Breakfast Program (current) standards and applicable laws of the Rhode Island Nutrition Requirements of 2009 and of the current USDA regulations. All food service personnel will be provided with adequate training in food service operations through our current foodservice provider (or other provider as utilized by the District).

Schools will offer varied and nutritious food choices that are consistent with the federal government's current Dietary Guidelines for Americans; in addition, the school food management company will adhere to the RI Nutrition Requirements 2009. Menus will be planned with input from students, family members, and other school personnel and should take into account students' cultural norms and preferences. This information will be obtained by information gathered at regularly scheduled food advisory meetings.

School meals will be prepared in a way that maximizes nutrient density and will include produce, whenever feasible, from participation in the Farm-to-School program and by purchasing of locally grown produce.

All a-la-carte snacks and beverages offered for sale as part of the program comply with the RI School Health Law 16-21-7, as amended from time to time, and USDA Competitive Foods Nutrition Standards.

Nutritional information on all foods served within the school environment should be readily available to students, parents, and the school community.

Attractive and current nutrition education materials will be prominently displayed in the cafeteria areas.

School meals will be marketed to appeal to all students to encourage them to take the entire meal.

Students and staff will have access to free, safe, and fresh drinking water throughout the day.

2. Parent Nutrition Education

Parents are encouraged to support a healthy school environment by providing their children with a variety of nutritious foods and meals when they are brought in from home and to provide for and encourage their children to start their day with breakfast.

Nutrition education may be provided to parents in the form of handouts, our school or district websites, presentations that focus on nutrition and healthy lifestyles and through any other appropriate means available to reach parents.

3. Student Nutrition Education

Nutrition education is necessary for students to understand what constitutes healthy eating in order to adopt lifelong healthy eating behaviors. 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.

4. Snacks, Beverages and Fundraising

All snacks and beverages, sold or marketed in the school environment, for any reason, including student fundraisers during school hours, shall meet RI Nutrition Guidelines for School Vending and A La Carte Foods.

- Non-food based fundraisers are encouraged
- Fundraisers that promote physical activity are strongly encouraged

Exemptions:

- Schools may permit the sale of beverages and snacks that do not comply with the "healthier beverages and healthier snacks" as part of school fundraising in any of the following circumstances in accordance with RI School Health Law 16-21-7 (as amended from time to time):
 - *The items are sold by students of the school and the sale of those items takes place off and away from the premises of the school.*
 - *The items are sold by students of the school and the sale of those items takes place one hour or more after the end of the school day.*
 - *The items are sold by students during a school-sponsored pupil activity after the end of the school day.*

5. Teacher-to-Student Acknowledgements and Incentives

It is the intent of the school department that acknowledgements and incentives do not undermine efforts put forth in this policy. Therefore, the use of food as a reward, acknowledgement or incentive in the classroom or in the school environment is discouraged, except when recommended by a physician or when detailed as part of a student's Individualized Education Plan or 504 Plan. Non-food alternatives or healthy foods are encouraged to be used whenever possible.

6. Classroom and Afterschool Program Snacks

Classroom and after school program snacks provided by the teachers and/or afterschool personnel, must adhere to the Healthier Snacks and Beverage requirements as outlined in RI School Health-Law 16-21-7 (as amended from time to time). Healthier Beverages are defined as water, including carbonated water, flavored or sweetened with 100% fruit juice and containing no added sweetener; or 2% fat milk, 1% fat milk or skim milk. Healthier snacks include individually sold portions of cheese packaged for individual sale, fruit, vegetables, low fat yogurt, fortified grain or grain products. For a complete list, visit Rhode Island Nutrition Guidelines for School Vending and A La Carte Foods.

7. Celebrations/Events:

Classroom celebrations/events should not be centered on food, except if the food items are part of a curriculum-related activity. While not prohibited, parties should be planned to discourage the consumption of unhealthy food items and encourage food items that comply with RI Nutrition Guidelines for School Vending and A La Carte Foods.

- Non-food celebrations are encouraged.
- It is strongly encouraged that when celebrations include food, a licensed food service provider should be utilized whenever feasible to ensure food safety standards are met to reduce the risk of food-borne illness.

Student Physical Activity

Bristol Warren Regional School District shall provide physical activity and physical education opportunities, aligned with the Rhode Island Physical Education Framework. This Framework provides students with the knowledge and skills to lead a physically active lifestyle.

The Bristol Warren Regional School District Administration shall disseminate information about, guide, and encourage the implementation of the following recommendations and practices in the schools:

- Physical education classes or physical activity opportunities should be available for all students. Recess should only be withheld as a disciplinary tool at the sole discretion of the building administrator.
- Physical activity opportunities should be offered daily before school, during school (recess) or after school.
- The National Association of Sport and Physical Education (NASPE), recommends that school leaders of physical activity and physical education shall guide students through a process that will enable them to achieve and maintain a high level of personal fitness.
- Availability and use of the middle and high school's fitness centers during non-school hours is encouraged.

The Health and Wellness Subcommittee encourages use of the Current Guidelines from National Association for Sports and Physical Education (NASPE) for physical activity which recommends:

- Children should accumulate at least 60 minutes, and up to several hours, of age appropriate physical activity on all, or most days of the week.
- Children should participate in several bouts of physical activity lasting 15 minutes or more each day.
- Children should participate each day in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits.
- Physical Education should be sequential throughout the academic year.

Staff Wellness

The District recognizes the importance of staff wellness and the positive effect of role modeling by staff and employees. The District encourages all staff to access local and district wellness/nutrition programs and appropriate physical activities to achieve the following benefits:

- Improved staff health and wellness
- Improved staff morale
- A committed staff to promote the health of students

Measurement and Evaluation

- Each school Health and Wellness liaison will report to the Health and Wellness Subcommittee and make recommendations for review, which includes their Best Practices that promote the goals outlined in this policy.
- The Bristol Warren Health and Wellness Subcommittee will regularly review and evaluate the District's Health and Wellness Policy and all the District's schools' adherence to its components and may make recommendations to the School Committee annually or as needed.

LEGAL REF: RI Gen Law 16-21-7
RI Gen Law 16-21-29

<http://webserver.rilin.state.ri.us/Statutes/title16/16-21/16-21-7.HTM>

<http://webserver.rilin.state.ri.us/Statutes/title16/16-21/16-21-29.HTM>

REFERENCES: Federal Government Dietary Guidelines for Americans
Healthy Hunger-Free Act of 2010 (Public Law 111-296)
Section 204
National School Breakfast Program
National School Lunch Program
RI Nutrition Guidelines for School Vending and A La Carte
Foods
http://www.thriveri.org/documents/3.5_RI_Nutrition_Guidelines.pdf
RI Nutrition Requirements 2009
USDA Competitive Foods Nutrition Standards

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