

**BRISTOL WARREN REGIONAL SCHOOL DISTRICT
HEALTH AND WELLNESS POLICY**

I. POLICY INTENT

The Bristol Warren Regional School District (BWRSD) believes that physical, mental, and social-emotional health are critical to student success and promote healthy schools by supporting emotional 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 provide all students, faculty, staff, and administrators the health and wellness support they need for excellent teaching and learning in all of our schools.

II. PURPOSE AND SCOPE

The purpose of this policy is to establish district goals and expectations for all of the BWRSD, including for social-emotional, physical and health education, nutrition guidelines and education, and encouraging students to adopt lifelong healthy behaviors that can protect students' health and well-being in addition to reducing the risk of chronic disease. The policy will also hold the district accountable to meeting the requirements of federal and state mandates as they relate to the wellness of students and staff as noted in the policy Addendum.

III. DEFINITIONS

Competitive foods means all foods and beverages, other than meals reimbursed under the Richard B. Russell National School Lunch Act and the Child Nutrition Act, available for sale to students on the school campus during the school day.

Food insecurity means being without access to sufficient and affordable nutritious food.

School campus means all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

School day means the period from midnight before, to sixty (60) minutes after, the end of the official school day.

IV. IMPLEMENTATION

A. Health and Wellness Subcommittee

The BWRSD will establish and maintain a Health and Wellness Subcommittee that shall be responsible for establishing goals for the wellness program and conducting periodic reviews and updates of this policy to ensure BWRSD compliance with state and federal regulations. The Health and Wellness Subcommittee will be chaired by a member of the School Committee. Its membership should include:

- Members of the general public, a majority of whom are not employed by the district, including at least one parent.

Other members of the subcommittee may include:

- School Administrator
- School Nurse
- Staff member representative from each school in the district
- Physical Education Teacher
- Health Education Teacher
- District Food Service Representative
- Students

The Subcommittee will meet no less than four times during the school year. All meetings will be public and will be posted on the district website. The Subcommittee will make recommendations to the Superintendent and the School Committee regarding issues related to health and physical education instruction and district practices, to enhance the health and well-being of students, staff, and families. It will annually prepare all district, state, and federal reports required of the Health and Wellness Subcommittee.

B. Educational Programs

1. Health and Physical Education

The BWRSD shall have a comprehensive, age-appropriate health and physical education program for grades K-12, aligned to state standards. This includes the following:

- An average of 100 minutes per week of Physical Education(PE)/Health. Students will be moderately to vigorously active for at least 50 percent of PE time.
- Recess, free play, and after-school activities are not counted as PE.
- Student involvement in other physical activity (interscholastic or intramural sports) will not be substituted for PE.
- Waivers for PE are prohibited unless provided by a qualified physician or medical provider.
- Students in grades K-5 are provided a minimum of 20 minutes of sustained free play recess every day in accordance with RIGL 16-22-4.2.

Information on nutrition and healthy lifestyles shall be provided to families and staff on a regular basis through handouts, websites, presentations, and other means of communication.

2. Physical Activity

Withholding recess and/or physical activity as a disciplinary strategy in the classroom or in the school environment is prohibited.

Activity or brain breaks—short breaks in whole-class lessons that give students a chance to move and interact are recommended in every classroom. Activity breaks are found to increase focus, motivation, learning, and memory.

C. School Meal Program

All food served as part of the School Breakfast Program and the National School Lunch Program will meet or exceed both the USDA Nutrition Standards for School Meals as well as the RI Nutritional Requirements. This includes meals that promote fresh fruits and vegetables, whole grains, and low-fat and low-sodium unprocessed items, in accordance with the current USDA Dietary Guidelines for Americans.

1. Food Advisory Meetings

Information will be gathered at regularly scheduled food advisory meetings and periodic taste-testings in addition to promotion efforts for new, healthy menu items. Students and families will have regular opportunities to provide direct feedback on menus. Nutritional information and ingredient lists on all foods served within the school environment should be readily available to students, parents, and the school community.

2. School Meal Payment

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 BWRSD will engage in outreach to families and will coordinate with local agencies involved in food insecurity issues. In accordance with BWRSD Food Services Policy DO, students who have an unpaid balance on their food service account will not be given a meal that looks different from that provided to their peers.

3. Food Service Personnel

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.

4. Locally Sourced Foods

The BWRSD will participate in the RI Farm-to-School program to teach students about the origins of food and how it is grown. Food service will procure, serve and promote locally sourced products as much as possible.

5. Meal Periods, Facilities and Standards

Meal periods shall be scheduled to allow sufficient time for students to obtain the meal and have adequate eating time.

Principals/administrators will consider strategies to maximize eating/recess time. Recess before lunch is an example of one strategy to achieve this goal.

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

D. Other Foods and Beverages

The BWRSD believes that maintaining a high-quality school wellness culture relies on the good nutritional quality of *all* foods available, including in vending machines, a la carte offerings, in school stores, at health fairs, for fundraisers, during classroom events, as rewards, and during school celebrations.

1. Competitive Foods and Beverages

During the School day, schools shall only sell foods and beverages that meet the USDA standards. This includes food sold by the food services provider and/or staff, families, students, or community members. The USDA standards require that foods:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable.

In addition, foods must meet the following nutrient standards for calories, sodium, sugar, and fats:

| Nutrient | Snack | Entrée |
|----------------------|---------------------------|---------------------------|
| Calories | 200 calories or less | 350 calories or less |
| Sodium | 200 mg or less | 480 mg or less |
| Total Fat | 35% of calories or less | 35% of calories or less |
| Saturated Fat | Less than 10% of calories | Less than 10% of calories |
| Trans Fat | 0 g | 0 g |
| Sugar | 35% by weight or less | 35% by weight or less |

Only milk (low fat white or fat free white or flavored), water, and beverages containing 100% fruit or vegetable juices may be sold; serving size for elementary schools is 8 oz and secondary schools 12 oz. Beverages with added sugar or caffeine cannot be sold.

It is encouraged that foods and beverages offered or sold at school-sponsored events during and outside the school day meet the nutrition standards for meals or for foods and beverages sold individually. In addition, all foods and beverages provided by classroom teachers, district personnel and/or any outside provider before, during, or after school should meet the guidelines of USDA Smart Snacks in Schools and RIGL(16-21-7). This includes foods and beverages provided by school staff, families, and students.

2. Food Fundraising

Any food fundraising sales on school premises during the School day must comply with the nutrition standards listed above. Non-food fundraisers and fundraisers that promote physical activity are strongly encouraged.

Schools may permit the sale of foods and beverages as fundraisers that do not comply with the above standards in any of the following circumstances:

- The items are sold by pupils of the school and the sale of those items takes place off the school premises, in accordance with BWRSD Fundraising Sales and Solicitations policy IGDF; or
- The items are sold by pupils of the school and the sale of those items takes place after the end of the School day.

3. Food Rewards & Incentives

The use of food or candy as a reward, incentive, or punishment in the classroom or school environment is discouraged, unless as part of a student's Individualized Education Plan or 504 Plan. Offering physical activity as a reward is strongly recommended, and school staff is encouraged to use other non-food alternatives as rewards, such as recognition and announcements, etc.

The distribution of candy by staff, families, or students in the classroom and on School Campus is prohibited.

4. Classroom and School Celebrations

Classroom celebrations and school-day events should not be centered on food, except if the food items are part of a curriculum-related or associated cultural activity. Due to concerns about food allergies, food safety and regard for household and cultural practices, parents/guardians should be notified in advance of any classroom or school-wide event where food will be shared, and can choose to decline their child's participation and/or ask for, or provide an alternative.

It is strongly encouraged that when school wide celebrations include food, a licensed food service provider is utilized whenever feasible to ensure food safety standards are met to reduce the risk of foodborne illness.

E. Food Marketing in Schools

Schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals and/or Competitive foods and beverages, as defined above. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, and sports equipment.

V. IMPLEMENTATION, MONITORING, EVALUATION, REPORTING

This policy, along with updates and progress reports, will be posted and accessible on the BWRSD website (www.bwrsd.org) to inform the school community and the public about the content and implementation of this policy.

The Superintendent (or his/her designee) will be responsible for leading the district's implementation plan. Building principals will work with the Health and Wellness Subcommittee to document compliance with all provisions of the policy in order to assess progress and determine areas in need of improvement.

The Health and Wellness Subcommittee will conduct a review of this policy on a yearly basis and forward any recommended revisions and updates due to new federal and/or state laws and/or regulations or evidence-based best practices to the Superintendent and School Committee.

Cross References:

- BWRSD Food Services Policy DO
- BWRSD Fundraising Sales and Solicitations Policy IGDF

ADDENDUM:

1. USDA Local School Wellness Policy Regulation:
<http://www.fns.usda.gov/tn/local-school-wellness-policy>
2. RI General Law (16-21-28), Health and Wellness Subcommittee:
<http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-21/16-21-28.HTM>
3. RI General Law (16-22-4), Instruction in Health and Physical Education:
<http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-22/16-22-4.HTM>
4. RI General Law (16-21-7.1), Unhealthy Food/Beverage Advertising:
<http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-21/16-21-7.1.HTM>

5. RI General Law (16-21-7), Healthier Snacks and Beverages:
<http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-21/16-21-7.HTM>
6. Public Law (111-296, Section 204), Healthy Hunger-Free Kids Act of 2010:
<http://www.fns.usda.gov/school-meals/healthy-hunger-free-kids-act>
7. Public Law (108265, Section 204), Child Nutrition WIC Reauthorization Act:
<http://www.fns.usda.gov/tn/healthy/108-265.pdf>
8. Rhode Island Nutrition Requirements (RINR):
http://www.rihsc.org/uploads/8/2/7/6/82768452/ride_2018_regulations_governing_nutritional_requirements_for_school_meals_and_competitive_foods.pdf
9. USDA Nutrition Standards for School Meals:
<https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>
10. USDA Competitive Foods/Beverage Nutrition Standards ("Smart Snacks"):
<http://fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks> (Link not working- used [USDA: A Guide to Smart Snacks in School for 2019-20](#))
11. RI General Law (16-22-4.2) Free Play
Recess:<http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-22/16-22-4.2.HTM>.us/PublicLaws/law16/law16157.htm
12. RI Physical Education ,.and Health Education
Framework:<http://www.ride.ri.gov/instructionassessment/othersubjects.aspx>
13. USDA Dietary Guidelines for Americans:<http://www.health.gov/dietaryguidelines/>
14. RI General Law (16-21-7.1), Food/Beverage Marketing and Advertising
<http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-21/16-21-7.1.HTM>

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