

Health and Wellness

The School Department promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment.

The School Department supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. Schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity. Moreover, the School Department recognizes that improved health optimizes student performance.

The School Department shall provide a comprehensive program that encompasses a combination of learning experiences and environmental supports designed to facilitate behavioral and environmental adaptations that are conducive to health.

The School Department shall provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

The School Department shall provide regular opportunities for students to engage in physical activity.

The full meal school programs shall continue to follow the United States Department of Agriculture (USDA) Requirements for federal school meals programs.

Nutrition and physical activity education opportunities shall be provided to school staff at all levels.

The Health and Wellness Subcommittee will address school health and wellness issues for students and employees as required by law. The health and wellness subcommittee shall make recommendations to the School Department and the School Committee regarding matters of health, wellness and nutrition programming, including but not limited to the goal of decreasing the incidence of childhood obesity, and the enhancement of the health and well being of students and employees as the subcommittee deems appropriate.

Legal Reference

Rhode Island General Laws §§16-2-9(a)(24) and 16-2-9(a)(25)

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