

## **Barrington Health and Wellness Policy**

### **PURPOSE:**

The purpose of this policy is to establish guidelines and recommendations for all K-12 students in the areas of physical education and physical activity, health education, and nutrition in part to align with the *Healthy, Hunger-Free Kids Act of 2010*.

### **POLICY INTENT:**

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 to prevent obesity. Moreover, the School Department recognizes that improved health optimizes student and staff performance potential.

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.

### **PHYSICAL EDUCATION AND PHYSICAL ACTIVITY**

The Barrington School Department will deliver a challenging sequential, developmentally appropriate Kindergarten to 12<sup>th</sup> grade physical education curriculum, aligned with the Rhode Island Physical Education Framework, to develop physically educated individuals who have the knowledge, skill, and confidence to enjoy a lifetime of healthful physical activity.

- Instruction in health and physical education is provided during periods, which shall average at least twenty (20) minutes in each school day. Recess, free play, and after-school activities shall not be construed as physical education.
- Students are given opportunities for physical activity during the school day through daily recess periods, physical education (PE) classes, walking programs, and the integration of physical activity into the academic curriculum.
- Students are given opportunities for physical activity through a range of after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
- Schools work with the community to create ways for students to walk and bike safely to and from school.

- Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- Withholding recess and/or physical activity as a disciplinary strategy in the classroom or in the school environment is prohibited.

### **HEALTH EDUCATION:**

The Barrington School Department will deliver a challenging, sequential, and differentiated K-12 health curriculum, that is aligned with the Rhode Island Health Education Framework and Rhode Island Department of Education Comprehensive Health Instructional Outcomes, resulting in students who possess the knowledge and skills to live a healthy life.

- Instruction in health and physical education is provided during periods, which shall average at least twenty (20) minutes in each school day.
- Health education will include instruction in the following content areas appropriate to grade or developmental level:
  - Personal health
  - Mental and emotional health
  - Injury prevention
  - Nutrition
  - Sexuality and family life
  - Disease control and prevention
  - Substance use and abuse prevention
    - The Town of Barrington Substance Abuse Task Force (The BAY Team) will collaborate with schools, parents, and community members to provide strategies and activities aimed at reducing risk factors of substance abuse and promoting protective factors.

### **NUTRITION PROMOTION:**

- Students in grades K-12 will receive nutrition promotion initiatives that are interactive, aligned with State and national standards, and that teach the skills they need to adopt healthy eating behaviors.
- Nutrition promotion will be offered with coordination between the foodservice staff and teachers.

- Students receive consistent nutrition messages throughout schools, classrooms, cafeterias, homes, community and media.
- Schools are enrolled as Team Nutrition Schools, and they conduct nutrition promotion activities that involve parents, students, and the community.
- Parent Nutrition promotion may be provided in the form of handouts, postings on the district website, articles and information provided in school newsletters, presentations that focus on nutritional value and healthy lifestyles, and through any other appropriate means available for reaching parents.

### **NUTRITION STANDARDS FOR ALL FOODS AVAILABLE ON SCHOOL GROUNDS**

- The school breakfast and lunch programs will comply with the USDA Requirements for Federal School Meals Programs and the RI Nutrition Requirements (RINR, see addendum).
- The school food service program including vending, a la carte and foods sold on school grounds will follow the RI Nutrition Guidelines for School Vending and A La Carte Foods (see addendum), 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. The Health and Wellness Subcommittee will periodically review menus to insure consistency with USDA and RINR guidelines.

### **A La Carte, Vending and All Foods Sold on School Grounds**

#### **Food:**

- ONLY “healthier snacks” may be sold or distributed on school grounds both prior to and throughout the school day, including vending machines and school stores in accordance with the Healthier Snacks and Beverage Law (16-21-7) effective in all RI elementary, middle, and senior high schools beginning January 1, 2008 (see addendum).
- Encourage the consumption of nutrient dense foods, i.e. Whole grains, fresh fruits and vegetables and dairy products as outlined in the 2010 Dietary Guidelines for Americans (see addendum).

#### **Beverages:**

- ONLY “healthier beverages” may be sold or distributed on school grounds both prior to and throughout the school day, including vending machines and school stores in accordance with the Healthier Snacks and Beverage Law (16-21-7) effective in all RI elementary, middle, and senior high schools beginning January 1, 2008 (see addendum).
- Water, defined as one of the healthier beverages, will be available and encouraged for all students.

**Cafeteria Environment:**

- The cafeteria environment is a place where students have:
  - adequate space to eat and clean, pleasant surrounding
  - adequate time to eat meals – 20 minutes or more for lunch; and
  - convenient access to hand washing or hand sanitizing facilities before meals.

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

**Fundraising:**

- Non-food based fundraisers are encouraged
- All food fundraisers that do not meet the Healthier Snacks and Beverage Law (16-21-29) must be sold off and away from school grounds (see exemptions).
- 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 law (16-21-7):
    - 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 sold by students during a school sponsored pupil activity after the end of the school day.

**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 prohibited, except when recommended by a physician or an evaluation team.

**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 Law (16-21-29). (see addendum)

**Celebrations/Events:**

Celebrations/events include, but are not limited to, birthdays, holidays, pot-lucks, etc. The school/PTO 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

- The School Department's food service provider should be utilized wherever possible and appropriate to ensure food safety standards are met and to reduce the risk of food borne illness.
- See District Allergy Policy for additional guidance.

**School Stores and After School Events:**

School stores that sell food during the school day must comply with Healthy Snacks and Beverage Law.

Any school sponsored events occurring after school and using the district's building and property will offer foods that comply with RI Nutrition Guidelines for school vending and a la carte foods and the 2010 Dietary Guidelines for Americans. This includes PTO sponsored events. (see addendum)

**Concessions:**

Operators of school concessions are strongly encouraged to offer foods and beverages that comply with the RI Nutrition Guidelines for vending and a la carte foods and/or the 2010 Dietary Guidelines for Americans.

**STAFF WELLNESS**

Staff voluntary wellness programs encourage individuals to take measures to prevent the onset or worsening of a disease or illness and to lead lifestyles that are healthier.

- Barrington Public Schools will collaborate with district teachers and staff to determine needs and interests of teachers and staff in voluntary wellness programs.
- School department will offer opportunities for staff to participate in wellness promotion activities such as nutrition programs and physical activities.
- 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

**MEASUREMENT AND EVALUATION**

- Each school shall have a Health & Wellness liaison to report and make recommendations to the Health and Wellness Subcommittee for review.
- 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 Superintendent will provide a summary to the School Committee with regard to policy implementation including fundraising, concessions, incentives and celebrations.

- Best Practices that promote the goals outlined in this policy will be shared by building principals and district administration annually.

**AREAS OF IMPORTANCE OUTSIDE OF NUTRITION AND PHYSICAL EDUCATION/ACTIVITY**

The Health and Wellness subcommittee recognizes that additional topics pertaining to health and wellness, including but not limited to personal health, mental and emotional health, injury prevention, nutrition, sexuality and family life, disease control and prevention, and substance abuse and abuse prevention may be reviewed by the committee and recommendations will be forwarded to the full school committee for policy review.

Legal Reference

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

Approved 04/06/06

Revised 10/20/11