

Foster School District

Health and Wellness Policy

PURPOSE:

The purpose of this policy is to establish guidelines and recommendations for all K-5 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 Foster School District promotes healthy schools, by supporting wellness, good nutrition and regular physical activity as part of the total learning environment. The School District 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 Foster School District recognizes that improved health optimizes student and staff performance potential. Recent research has documented a link between physical fitness, health and academic achievement.

The Foster School District 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 Foster School District will deliver a challenging sequential, developmentally appropriate Kindergarten through grade 5 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.

- Every student in grades K-5 should participate in Health/PE for the entire school year in accordance with the state mandated minimum time allotment of 100 minutes per week.
- A developmentally appropriate PE 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.
- 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 as well as reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle.
- 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.
- All students will receive 20 minutes of supervised recess, preferably outdoors. This period shall be held prior to their lunchtime.

- Withholding recess and/or physical activity as a disciplinary strategy in the classroom or in the school environment is prohibited.
- The school will discourage extended periods of inactivity (periods of two or more hours). Teachers are expected to provide students periodic breaks during which they are to get up from their chairs and be moderately active. Consistent school-wide daily movement practice is our ultimate goal.
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NUTRITION EDUCATION:

The Foster School District has a comprehensive curriculum approach to nutrition in Kindergarten through 5th grade. All K-5 instructional staff will be encouraged to integrate nutritional themes from the RI Department of Education *Health Education Framework* into daily lessons when appropriate. The health benefits of good nutrition should be emphasized.

The Foster School District is encouraged to seek enhancement of nutrition education through the many opportunities that exist within the school and the community. Examples may include coordinated school health initiatives, cafeteria based nutrition education, after school programs and nutrition promotions, events and initiatives such as school/community health fairs and school gardens.

NUTRITION PROMOTION:

- Students in grades K-5 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.
- Foster 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 Foster School District 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.

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 from the time students are seated with their food; 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. Studies indicate that physical activity prior to lunch can increase the nutrient intake and reduce food waste.

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.

- As a measure to combat obesity, protect students with food allergies, as well as to protect students from unsafely prepared foods, there will be only non-food celebrations during the school day.
- Students are allowed to bring food to school for their own consumption, but sharing of food with other students in the classroom is prohibited.

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 PTG sponsored events. (see addendum)

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.

- Foster Public Schools will collaborate with district teachers and staff to determine needs and interests of teachers and staff in voluntary wellness programs.
- The Foster 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

- The Foster School District Health & Wellness liaison will 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, incentives, celebrations and physical activity breaks.
- 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

Revised 1/12

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