

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 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 Portsmouth School Department will deliver a challenging sequential, developmentally appropriate, Kindergarten to Grade 12 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 shall comply with Rhode Island standards. 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 afterschool 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 strongly discouraged.

HEALTH AND WELLNESS (cont.)**HEALTH EDUCATION**

The Portsmouth 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 is integrated into the classroom or provided as a class period.
- 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 Portsmouth Prevention Coalition 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.

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HEALTH AND WELLNESS (cont.)

- 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 districtwide 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.
- 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.
- Water, defined as one of the healthier beverages, will be available and encouraged for all students.

HEALTH AND WELLNESS (cont.)**Cafeteria Environment**

- The cafeteria environment is a place where students have:
 - ✓ adequate space to eat, and a 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.
- 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.

HEALTH AND WELLNESS (cont.)**Classroom and Afterschool Program Snacks**

Classroom and afterschool program snacks provided by the teachers and/or afterschool personnel must adhere to the Healthier Snacks and Beverage Law (16-21-29).

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.
- Food brought in for celebrations or activities must adhere to safety issues regarding allergies (i.e. peanut free and shall be packaged with an ingredient list and be consistent with goals of this policy.)
- 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.

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.

STUDENTS

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HEALTH AND WELLNESS (cont.)

STAFF WELLNESS

The School Department will develop a staff wellness program effective for the 2012-13 school year.

MEASUREMENT AND EVALUATION

- Each school shall have a Health and Wellness liaison to report and make recommendations to the Health and Wellness Subcommittee for review.
- The district will maintain a Wellness Subcommittee, chaired by a member of the School Committee, to review the effectiveness and implementation of the policy. An annual report from the 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.
- The principal of each school shall be responsible for implementation of this health and wellness policy in his/her school.

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)