

## Barrington Health and Wellness Policy

### PURPOSE

The purpose of this policy is to establish guidelines and recommendations for all Kindergarten - 12<sup>th</sup> grade 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

Barrington Public Schools (BPS) promotes healthy schools, by supporting wellness, respect, safety, good nutrition and regular physical activity as part of the total learning environment. BPS 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 education through the support and promotion of good nutrition, physical activity, and overall wellness. Moreover, BPS recognizes that improved health optimizes student and staff performance potential.

BPS 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

BPS will deliver a challenging sequential, developmentally appropriate K-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 healthy physical activity. Physical Education (PE) Classes will be instructed by Rhode Island certified Physical Education Teachers, who receive annual professional development and training in PE standards, curriculum, and instruction.

#### Physical Education

- Instruction in health and physical education (PE) is provided during periods, which shall average at least twenty (20) minutes in each school day or 100 minutes per week (RIGL

- 16-22.4). Recess, free play, and after school activities shall not be construed as physical education.
- Waivers for physical education are only permitted for medical reasons. Physical activity offered through external or extra-curricular opportunities may not be used as a substitute for physical education.

### Physical Activity

- Students are given opportunities for physical activity during the school day through daily recess periods, PE classes, walking programs, and the integration of physical activity into the academic curriculum. Students in grades PK-5 are provided a minimum of 20 minutes of sustained free play recess every day (RIGL 16.22.4.2).
- 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/guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events. Opportunities are provided for families to participate in physical activity with their children through such events as 5Ks, obstacle courses, and relays.
- Withholding recess and/or physical activity as a disciplinary strategy in the classroom or in the school environment is prohibited.

### HEALTH EDUCATION

BPS will deliver a challenging, sequential, and differentiated K-12 health curriculum that is aligned with the [Rhode Island Physical 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
- Barrington's Prevention Coalition (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, and cafeterias, and to homes, community and media.
- Schools are enrolled as USDA [Team Nutrition Schools](#), and they conduct nutrition promotion activities that involve parents, students, and the community.

## NUTRITION STANDARDS FOR ALL FOODS AVAILABLE ON SCHOOL GROUNDS

### USDA Meals Program

- The schools will provide students with access to both a breakfast and lunch meal program. The school breakfast and lunch programs will comply with the [United States Department of Agriculture National School Lunch Program](#) (NSLP). and the Rhode Island Department of Education Rhode Island Nutrition Program (RINR).
- Eligible students may receive their breakfast and lunch at free or reduced prices following current federal regulations, [Eligibility Manual for School Meals Guidelines](#) and district policy, [Free and Reduced-Price Meals and/or Free Milk Policy](#). The district will follow strict protocols to ensure confidentiality and adherence to the guidelines of free and reduced regulations. Documentation for free and reduced lunch will be maintained as a confidential document, and will only be used for the purposes of determining free and reduced lunch status.
- Innovative strategies to increase student participation in the programs include but are not limited to offering student samples, providing opportunities for students to prepare foods, creating unique menus that are thematic, and celebrating the use of local produce.

- The schools, through the food service provider, will participate in the Rhode Island Farm-to-School program, and institute innovative strategies to increase breakfast and lunch program participation.
- The food service provider and all staff receive training on an annual basis in accordance to USDA Professional Standards.
- The foodservice director will work closely with the district-wide coordinated Health and Wellness Subcommittee. The Health and Wellness Subcommittee will periodically receive menu updates to ensure consistency with NSLP and Rhode Island Nutrition Regulations guidelines (RINR). All nutrition information will be posted on the district website link to the food service provider's website.

**Cafeteria Environment:**

- The cafeteria environment is a place where students have:
  - adequate space to eat in 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/school administrators will consider strategies to maximize eating/recess time. Recess before lunch is an example of one strategy to achieve this goal.

**Nutrition Standards for Competitive Foods/Beverages:** Only snacks and beverages identified within the law may be sold or distributed on school grounds both prior to and throughout the school day, including vending machines, fundraisers, school stores, or anywhere where food/beverages are sold in school in accordance with the USDA Competitive Foods/Beverages Nutrition Standards – Smart Snacks in Schools and RIGL 16.21.7 effective in all Rhode Island elementary, middle, and senior high schools. These regulations are in effect before, during and up to one hour after the instructional day.

- The school foodservice program including vending, a la carte and foods sold on school grounds will follow the USDA Competitive Foods/Beverages Nutrition Standards – Smart Snacks in Schools, when determining the items offered in the cafeteria as a la carte and for competitive food offerings.
- Encourage the consumption of nutrient dense foods, i.e. whole grains, fresh fruits and vegetables and dairy products as outlined in the current [Dietary Guidelines for Americans](#).

- Water, defined as one of the healthy beverages, will be available and encouraged for all students.
- If food items are not allowable for sale under state and federal regulation or school policy, they may not be marketed.

**Fundraising:**

- Non-food based fundraisers are encouraged
- All food fundraisers that do not meet the [Healthy Snacks and Beverage Law](#), USDA Competitive Foods/Beverages Nutrition Standards – Smart Snacks in Schools and RIGL 16.21.7, must be sold off school grounds;
- Fundraisers that include the sale of food may not occur during the instructional day, before school and must be at least one hour after the school day;
- If food items are not allowable for sale under state and federal regulation or school policy, they may not be marketed and
- Fundraisers that promote physical activity are strongly encouraged.

**Teacher-to-Student Acknowledgements and Incentives:**

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.

The use of physical activity as an incentive is highly encouraged. Recess may not be removed as a punishment, as physical activity is essential to the physical and social-emotional well-being of students. Teachers are encouraged to model healthy choices in nutrition, beverage and physical activity in their classrooms. Teachers and staff are required to adhere to the Health and Wellness Policy.

**Shared Snacks:**

BPS teachers and/or BPS personnel will discourage the sharing of snacks during the school day, as well as during before and after school programs to limit exposure to food allergens.

**After School Program Snacks:**

After school program snacks provided by BPS teachers and/or BPS personnel, must adhere to the [Healthy Snacks and Beverage Law](#), USDA Competitive Foods/Beverages Nutrition Standards – Smart Snacks in Schools and RIGL 16.21.7. and follow any Individual Health Care Plan (IHCP) for food allergens in place for students in the program. Please note non-BPS programs including PTO are not provided with IHCP and/or Emergency Health Care Plans (EHCP). Parents should work directly with non-BPS programs if they have health related concerns.

#### **Celebrations/Events During School Day:**

Although non-food celebrations are strongly encouraged, the school/PTO may choose to handle celebrations in a variety of ways:

- Non-food celebrations only
- Utilize BPS's foodservice provider to ensure food safety standards are met and to reduce the risk of food borne illness and allergies.
- Celebrations must comply with [USDA Competitive Foods/Beverages Nutrition Standards – Smart Snacks in Schools](#)., the BPS Food Allergies Policy, and the IHCPs as it pertains to food present in the class/school.
- Please note that the PTO is not provided with IHCP as it pertains to school, and they should work with the school nurse and classroom teacher when planning events held during the school day.

#### **School Stores and After School Events:**

School stores that sell food during the school day must comply with the [Healthy Snacks and Beverage Law](#), USDA Competitive Foods/Beverages Nutrition Standards – Smart Snacks in Schools and RIGL 16.21.

Any school sponsored events occurring after school and using BPS property will offer foods that comply with [Healthy Snacks and Beverage Law](#), USDA Competitive Foods/Beverages Nutrition Standards – Smart Snacks in Schools and RIGL 16.21.7, and the Current [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 [Healthy Snacks and Beverage Law](#), USDA Competitive Foods/Beverages Nutrition Standards – Smart Snacks in Schools and RIGL 16.21.7, and/or the Current [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 healthy. BPS will collaborate with teachers and staff to determine needs and interests.
- BPS 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

## **Implementation, Evaluation and Reporting**

- In accordance with RIGL 16.21.28, BPS will maintain a Health and 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.
- The Health and Wellness Subcommittee will include two district administrators, a liaison from each school, a district school nurse teacher, student representation, representation from the food service program, and equal representation from parents and community members.
- Each school shall have a Health and Wellness liaison to report and make recommendations to the Health and Wellness Subcommittee for review based

upon the school's annual wellness review, utilizing the [Rhode Island Healthy School Checklist](#).

- On an annual basis, the middle school and high school will reach out to interested student participants in September.
- Each school will craft and report on an annual Health and Wellness Goal utilizing the Rhode Island Healthy Schools Action Plans for Schools, reporting progress three times per year. These reports will be made available annually during the submission of school improvement goals and during the three annual reporting periods to the school committee.
- The Health and Wellness policy and goals will be shared annually to parents, with encouragement and opportunity to understand and ask questions relative to the policy and goals. Parents will be updated on their role in supporting the successful implementation of the policy. Parents will be provided September newsletters which include contact information for the Health and Wellness leadership and information on how to join the committee. The contact information and updated reports will be available on the district and school websites.
- On an annual basis, and utilizing the school level reports as data sources, the BPS District Administration will develop an annual Health and Wellness Report for the School Committee in collaboration with the Health and Wellness Subcommittee utilizing the [Rhode Island Healthy Schools District Summary](#), not later than the last week of April of each school year.
- Utilizing this report, the Health and Wellness Subcommittee will recommend revisions to the school committee no later than the last meeting in May of each school year.
- The Health and Wellness Subcommittee will act in an advisory capacity to the school committee.
- Best Practices that promote the goals outlined in this policy will be shared by principals/school administrators and district administration annually.

The Superintendent of Schools shall oversee and ensure compliance with the provisions outlined in this health and wellness policy. The Superintendent or his/her designee will work with the Health and Wellness Subcommittee to amend the policy, as needed, based upon the recommendations resulting from the annual report. The revisions will be made no later than the final School Committee meeting in June for roll-out and implementation in September.

## **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 Health and Wellness Subcommittee and recommendations will be forwarded to the School Committee for policy review.

### Legal Reference

[Rhode Island General Laws §§16-2-9\(a\)\(24\) and 16-2-9\(a\)\(25\)](#)

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