

## DISTRICT WELLNESS POLICY: *WHAT YOU SHOULD KNOW*



The goal of the policy is a  
**HEALTHY, HAPPY,  
HIGH-ACHIEVING**  
student body!

There is a **SCIENTIFIC CONNECTION** between healthy eating & physical activity AND improved academic performance and behavior.

Schools are places of learning, and what better place to teach and role model healthy behaviors—  
**DEVELOPING HEALTHY HABITS  
IN CHILDHOOD IS ESSENTIAL**  
to achieving full academic and life potential.


### Is a DISTRICT WELLNESS POLICY MANDATORY?


All school districts are required by law to have an active District Wellness Committee and a comprehensive District Wellness Policy.


On April 7, 2015, the Coventry School Committee adopted a revised and updated District Wellness Policy, which was developed to incorporate the specific state/federal laws & regulations regarding school wellness, nutrition and physical education/activity, along with a few additional “best practices”.


The complete **DISTRICT WELLNESS POLICY**, along with all legal citations, is posted on the district's website:  
[www.coventryschools.net/wellness.htm](http://www.coventryschools.net/wellness.htm)


### HIGHLIGHTS of Wellness Policy - Nutrition Guidelines for All School Food & Beverages:


 The School Food Service Provider (Aramark) will ensure that all foods served meet healthy federal and state nutrition standards and include Rhode Island-grown fruits and vegetables as much as possible.

 Federal and state nutrition standards apply to all foods and beverages **SOLD** on school property, during the school day (before, during and one hour after the last bell). This includes cafeteria a la carte, vending machines, school stores, and food-based fundraising (if students have access).

 **CANDY**—cannot be used by staff as a reward or incentive (use recognition, social rewards or privileges instead) AND cannot otherwise be distributed to students by staff or other students on school grounds during the school day.

 The Wellness Policy does not govern food or beverages students or staff bring to school for their own consumption... but sharing among students is discouraged in general for reasons of food safety, food allergies and dietary restrictions.

 Classroom celebrations should not be centered on food - use fun activities instead. If food is brought from others' homes to be served as part of a classroom celebration or lesson, the Wellness Policy requires prior notification to parents for reasons of food safety, food allergies, dietary restrictions, and other parents' wishes for their child's diet. Parents have the right to refuse their child's participation and/or offer a substitute food.

 Students and staff should be able to drink water during the day. Clear water bottles are allowed for students in the classroom.

# DISTRICT WELLNESS POLICY: *WHAT YOU SHOULD KNOW*

## HIGHLIGHTS of Wellness Policy

### Physical Education & Physical Activity:

#### K-12

- ◆ All students should receive an average of 100 minutes per week of PE/Health, and PE waivers are prohibited unless provided by a qualified physician or medical provider.
- ◆ All schools are encouraged to offer before/after school activities and extracurricular programs that provide opportunities for physical activity for participants.
- ◆ All teachers are encouraged to incorporate short physical activity breaks whenever possible and appropriate throughout the school day.

#### K-5

- ◆ All elementary schools will allot a minimum of 20 minutes per day for recess, preferably outdoors.
- ◆ During times of inclement weather, and therefore indoor recess, schools will provide alternative activities that promote free play.
- ◆ **Withholding recess as a disciplinary strategy should be used ONLY as a last resort.**



## INTRODUCING.....



### Glen Motta, Coventry Food Service Director!

Glen comes to Coventry with new energy and enthusiasm for making school meals more nutritious, delicious and appealing to our students!

Glen has been working with RI's Farm to School program procuring RI-grown fruits and vegetables to use in school meals from local farms such as Confreda Farms, Schartner Farms, Pezza Farm and Hill Orchards. Just because it's winter doesn't mean there isn't RI-grown produce! Upcoming harvest items include butternut squash, potatoes and carrots.

At the elementary schools, you will now find Bagel Fun Lunches, Cool Tropics 100% Fruit Slushies, and even more Lucky Tray days. And our students can look forward to tastings and kid-friendly cooking demonstrations!

At the high school, you will now be treated to new menu items as well as a refresh of both cafes, including a "Build Your Own" station offering veggie burgers, grilled chicken sandwiches, and burgers with a multitude of fresh toppings. Terrific changes to look forward to!

Questions? Comments? Contact Glen:  
401-821-1242 OR [motta-glen@aramark.com](mailto:motta-glen@aramark.com)

### Wellness Committee 2015/16 Meeting Dates

All meetings are held at  
The Knotty Oak Room at  
CHS (entrance near gym)  
3:45–5:00 pm

September 8, 2015

November 10, 2015

January 12, 2016

March 8, 2016

May 10, 2016

## HIGHLIGHTS of Wellness Policy

### Wellness Promotion, Policy Implementation, Etc:

- ◆ The Wellness Policy, meeting dates and meeting notes of all Wellness Committee meetings will be posted on the school district website.
- ◆ Health education, including nutrition topics, is required for all students K-12.
- ◆ Nutritional themes will also be incorporated in core subjects where appropriate.
- ◆ Consistent healthy messaging will exist throughout the school environment, including cafeteria programs, field trips, after-school programming and assemblies.
- ◆ Staff is encouraged to be positive role models for students.
- ◆ Building principals will work with the Superintendent/Wellness Committee to assess compliance with the policy in order to measure progress and identify successes and areas in need of improvement.
- ◆ The Wellness Committee will provide guidance to all schools to help develop and maintain practices and programs that support the policy.

## PLEASE JOIN US ON THE WELLNESS COMMITTEE!

We welcome all parents, teachers, staff, students and community members with an interest in making our schools the healthiest they can be! Contact **Joe Lucian**, Wellness Committee Chair, at [LucianJoseph@coventryschools.net](mailto:LucianJoseph@coventryschools.net) with questions or comments!

