



## Wellness Policy Summary and Implementation Guide

[www.coventryschools.net/Admin/Policy/policy\\_manual.htm](http://www.coventryschools.net/Admin/Policy/policy_manual.htm) Policy #9090

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**The goal of this policy is a healthy, happy, high-achieving student body.**

*Our purpose is to assure a healthy school environment for all K–12 students that enhances student attendance and academic performance. Many studies have shown the correlation between nutritious eating and physical activity AND improved test scores, behavior and general academic performance.*

*(See [rihsc.org/resources](http://rihsc.org/resources) for links to studies)*



***As places of learning, schools have a responsibility to teach and role model healthy behaviors; developing healthy habits in childhood is essential for students to achieve their full academic and life potential.***

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**On April 7, 2015, the Coventry School Committee adopted a revised and updated Wellness Policy.**

The updated policy was very carefully developed to incorporate the specific state and federal laws and regulations regarding school wellness, nutrition and physical education/activity, along with a few additional “best practices”.

On the following pages is a summary of the policy, hitting the highlights that are most relevant to building principals and staff. Principals are responsible for ensuring that all building staff understand and comply with all provisions of the district wellness policy.

For complete language and citations, please refer to the full Wellness Policy.

The Coventry Wellness Committee is responsible for reporting to the School Committee on policy implementation and compliance, as a district and for individual schools. RIDE will also be reviewing Wellness Policy language, compliance and implementation as part of school districts’ USDA Administrative Review.



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### **Every Coventry school must do the following:**

- Keep at least one hard copy of the Coventry Wellness Policy in your main office for reference
- Distribute this summary document and a link to the full Coventry Wellness Policy (on the district website) to all teachers and staff
- Distribute a summary document (to be provided), the Coventry Wellness Policy and/or the link to the full policy to your school's PTA and all other extracurricular groups that must comply with the district wellness policy
- Communicate to students and families about the updated Coventry Wellness Policy with distribution of materials through listserv(s) and/or backpacks and at Open Houses, orientations, etc. (materials will be provided at the beginning of the school year)
- Ensure that your school has at least one representative serve as a member of the Wellness Committee each school year (may be a staff member or parent)

## HIGHLIGHTS OF WELLNESS POLICY COMPONENTS

### **Nutrition Education and Wellness Promotion:**

- Health education is mandated for all students K-12, with nutrition education incorporated.
- Nutritional themes will be incorporated across the core curriculum where appropriate.
- Nutrition education and wellness promotion will be linked with the entire school food environment with consistent nutrition messages throughout cafeteria programs, health fairs, field trips, after-school programs, assemblies, etc.
- Staff is encouraged to improve their own personal health and the district will offer opportunities to support staff wellness.
- Staff is encouraged to be positive role models for students.

### **Nutrition Guidelines for All School Foods and Beverages:**

- All food made available to students will comply with state and local **food safety regulations**.
- **Food sharing between students is discouraged.**
- The School Food Service Provider (Aramark) will ensure that all foods they serve meet healthy federal and state nutrition standards and include Rhode Island grown produce as much as possible.
- **Marketing or promotion of foods and beverages that do not meet nutrition standards is prohibited.** This includes ads/pictures on vending machines, scoreboards, fundraising materials, etc.
- **Nutrition standards apply to ALL foods and beverages sold** at school. This includes cafeteria a la carte, vending machines, school stores, and food-based fundraising.
- **The use of food or candy as a reward, incentive or punishment is prohibited.** Use recognition, social rewards or privileges instead.
- **Staff and students CANNOT pass out candy to others at school** - not in the classroom and or on school grounds during the school day.
- **Classroom celebrations should not be centered on food.** Use fun activities and games instead.
- You must notify parents if any food/beverage, brought from other's homes, is being shared in the classroom. **Parents must have a way to refuse** and offer a substitute due to allergy and nutrition concerns.
- **Students and staff should be able to drink water throughout the school day.** Clear and transparent water bottles are allowed in the classroom.

## HIGHLIGHTS OF WELLNESS POLICY COMPONENTS

### Physical Education and Physical Activity:

- Students will receive an average of 100 minutes per week of Health/Physical Education.
- Recess, free play and after-school activities are not counted as Physical Education.
- 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.
- Classroom teachers will include **short physical activity breaks** between lessons whenever possible and appropriate.
- All schools are encouraged to offer before/after school activities and extracurricular programs that provide **opportunities for physical activity** for participants.

### Implementation, Monitoring, Evaluation and Reporting:

- The Wellness Policy will be posted and accessible on the school district website.
- Building principals will work with the Superintendent and district Wellness Committee to **document compliance with all provisions of the policy** in order to assess progress, determine areas in need of improvement (tools for assessing compliance will be provided).
- The principal of each school shall be responsible for providing the leadership necessary to be in compliance with the Wellness Policy.
- The School Food Service Provider shall be responsible for meeting the nutrition regulations of the federal school meal programs.
- The Wellness Committee, working with school administration and the School Food Service Provider, is responsible for supporting schools and staff in complying with the policy, and will report publicly to the Superintendent and School Committee on policy implementation and evaluation, to include:
  - School and district successes**
  - Obstacles facing schools in complying**
  - Description of progress in complying**
  - An implementation plan with measurable objectives**