



DISTRICT WELLNESS POLICY SUMMARY

January 2019

Healthy Kids Learn Better! The goal of this policy is a HEALTHY, HAPPY, HIGH-ACHIEVING student body. There is a scientific connection between physical health and improved academic performance and behavior. Developing healthy habits in childhood is essential for reaching full academic and life potential. The full district [Wellness Policy](#) can be found on the Coventry Public Schools website (www.coventryschools.net).

Policy Highlights: NUTRITION

FOODS/BEVERAGES SOLD on school grounds during the school day (before, during and one hour after the last bell), will meet healthy federal/state nutrition standards, including cafeteria a la carte, vending machines, school stores, and food-based fundraising.

FOODS/BEVERAGES BROUGHT to school for individual consumption are not governed by the Wellness Policy. Sharing is discouraged for reasons of food safety, food allergies and dietary restrictions.

CANDY (and any other food) cannot be used by staff as a reward or incentive - use recognition, social rewards or privileges instead! Candy cannot otherwise be distributed to students by staff or other students on school property during the school day.

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, parents must receive prior notification for reasons of food safety, food allergies, dietary restrictions, and their wishes for their child's diet. Parents can refuse their child's participation or offer a substitute food.

WATER - students and staff will have access to free, safe, fresh drinking water at all times throughout the school day. Clear water bottles are allowed for students in the classroom.

Policy Highlights: PHYSICAL ED. & ACTIVITY

K-12 (All Students)

100 MINUTES PER WEEK - average time that all students will receive Physical Education & Health Education instruction, as mandated by Rhode Island law.

PE WAIVERS are prohibited unless provided by a qualified physician or medical provider.

BEFORE/AFTER SCHOOL activities and programs that provide participants opportunities for physical activity will be offered whenever possible.

PHYSICAL ACTIVITY BREAKS will be incorporated into the school day whenever possible and appropriate.

K-5 Recess

- All elementary schools will allot a minimum of 20 minutes per day for recess, preferably outdoors.
- During indoor recess, schools will provide alternative activities that promote free play.
- Withholding recess for discipline should be used ONLY as a last resort.

Policy Highlights: ETC.

HEALTH EDUCATION, including nutrition topics, is required for all students K-12. Core subjects will incorporate nutritional themes where appropriate.

MARKETING OR PROMOTION of foods and beverages that do not meet nutrition standards is prohibited by RI law. This includes ads/pictures on vending machines, scoreboards, fundraising materials, etc.

POSITIVE ROLE MODELS - staff is encouraged to model healthy behaviors for students

POLICY COMPLIANCE will be monitored by all building principals working in conjunction with the Superintendent/Wellness Committee to measure progress and identify successes and areas in need of improvement.

WELLNESS COMMITTEE will provide guidance to all schools to help develop and maintain practices and programs that support the policy.

WELLNESS POLICY and Wellness Committee [meeting dates & notes](#) will be posted on the district website.

JOIN US ON THE WELLNESS COMMITTEE!

We welcome all parents, teachers, staff, students and community members!
Committee Chair: Joe Lucian, ASFMS Principal, Lucianjoseph@coventryschools.net

Meetings (4 per year) are held in the Assistant Superintendent's office in the Administration building (1675 Flat River Road, Coventry) at 4:00pm:

2018-2019 meeting dates: December 4, January 15, March 19, May 21