



## **East Greenwich Public Schools**

### **Health and Wellness Committee**

**For more information, please see:**

**East Greenwich Public Schools  
Health and Wellness Policy**

**[www.egsd.net](http://www.egsd.net)**



## **EGSD HEALTH AND WELLNESS POLICY**

### **SUMMARY AND IMPLEMENTATION GUIDE**

The goal of the EGSD Health & Wellness Policy is healthy, happy, high-achieving students and staff. Adopted in 2014, the full policy (Policy #4215) is available at [www.egsd.net](http://www.egsd.net) under School Committee: Policies.

The East Greenwich School District believes a healthy learning environment is an essential component to academic success in our schools. A healthy learning environment is one that promotes and supports healthy eating, regular physical activity, standards-based physical education and social and emotional wellness. The East Greenwich School District is committed to providing a healthy learning environment that both optimizes performance and helps to develop lifelong wellness behaviors in students and staff.

The EGSD Health and Wellness Policy is aligned with state and federal laws and regulations regarding school wellness, physical activity, nutrition and physical education. The policy also incorporates best practices that have been proven to effectively support a culture of health and wellness.

Included in this Summary and Implementation Guide is an overview of the responsibilities of each school in educating, implementing and enforcing the policy as well as a summary of topics that are most relevant to principals, staff, and parents. Principals are responsible for ensuring that the entire school community understands and complies with the provisions of the policy. The EGSD Health & Wellness Committee is responsible for monitoring progress on policy implementation, and making recommendations to the East Greenwich School Committee regarding how the District might continuously improve the wellness culture in the district. The Rhode Island Department of Education (RIDE) is also responsible for reviewing school district wellness language, compliance and implementation as part of a USDA Administrative Review.

## Physical Activity and Physical Education

- Students shall receive an average of 100 minutes per week of health/physical education.

- Schools will discourage extended periods (longer than 2 hours) of inactivity.

- All elementary schools shall provide daily recess (defined as unstructured, free play) for students in grades K-5 for a minimum of 15 minutes, not including passing time whenever possible, and will provide 20 minutes consistent with RI state law.

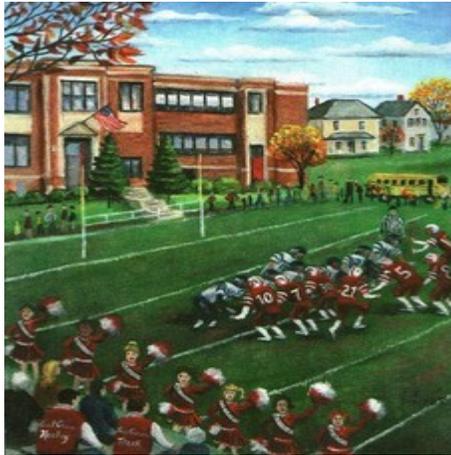
- Indoor recess on days of inclement weather shall include opportunities for physical movement and play.

- Opportunities for physical activity will be incorporated into other subject areas, and classroom teachers will include short physical activity breaks between lessons whenever possible and appropriate.

- Recess should not be used routinely as a time to make up classroom work.

- Teachers and other school and community personnel will not use physical activity (e.g. running laps, push-ups, etc.) or withhold opportunities for physical activity (e.g. recess or physical education) as punishment during the school day unless there is a compelling safety concern.

- Coaches and other individuals involved in extracurricular activities are prohibited from using excessive physical activity as a form of punishment and/or behavior management.



## EGSD Health and Wellness Policy Summary and Implementation Guide

### Every East Greenwich school must:

- Keep at least one hard copy of the East Greenwich Public School Wellness Policy in the school's main office for reference;
- Distribute this summary document and link to the full policy to all teachers and staff on an annual basis;
- Distribute this summary document at the beginning of every school year to parents, PTG leadership, and all other extracurricular groups pointing out how they must comply with this policy;
- Communicate to students and families about the EGSD Health and Wellness Policy with distribution of materials through listserv(s) and/ or backpacks, at open houses, during orientation, or through whichever mechanism the school deems the most effective in communicating and maximizing compliance with the policy;
- Ensure that all stakeholders in the school community act in a manner that is compliant with the policy, and promote a wellness culture to every extent practical; and,
- Ensure that your school has at least one representative who serves as a member of the EGSD Health and Wellness Committee each school year. This person may be a staff member or a parent, and is responsible for attending district health and wellness meetings, finding a substitute when necessary, and reporting back to their school community regarding the work of the Health & Wellness Committee.

**Food to Support Curriculum-Based Activities:**

When food is used in conjunction with the classroom curriculum, District Nutrition Standards must be followed by coordinating with the food service provider. Teachers must obtain prior approval from the Principal, and must provide notice to families at least 24 hours prior to the activity so that families have an opportunity to provide alternatives based on the dietary restrictions of their child.



**Teacher-To-Student Incentives/Rewards:** Food or beverages should not be used as part of a student incentive program either for reward or punishment, unless found to be essential by a student's educational program team. Even then, every effort should be made to make the incentive as nutritionally sound as possible. Candy is not permitted. In lieu of food, opportunities for physical activity are encouraged.

**Food Safety/Security:** Food brought to school to feed more than one student should meet the district health and wellness policies, and be prepared, stored, and transported under hygienic conditions.

All requirements included in the District's Peanut Allergy Policy must be met.

**Staff Wellness:** Schools should encourage administrators, faculty and staff to follow the Health & Wellness Policy in all staff activities, including faculty meetings and professional development.

Schools should encourage staff to refrain from consuming foods and beverages of minimal nutritional value in the presence of students as a way of modeling healthy behavior.

Schools are encouraged to support staff wellness, to the extent practical, by providing administrators, faculty and staff with wellness-promoting opportunities including, but not limited to, the distribution of educational materials, the arrangement of presentations and workshops, and other activities that focus on healthy lifestyles.

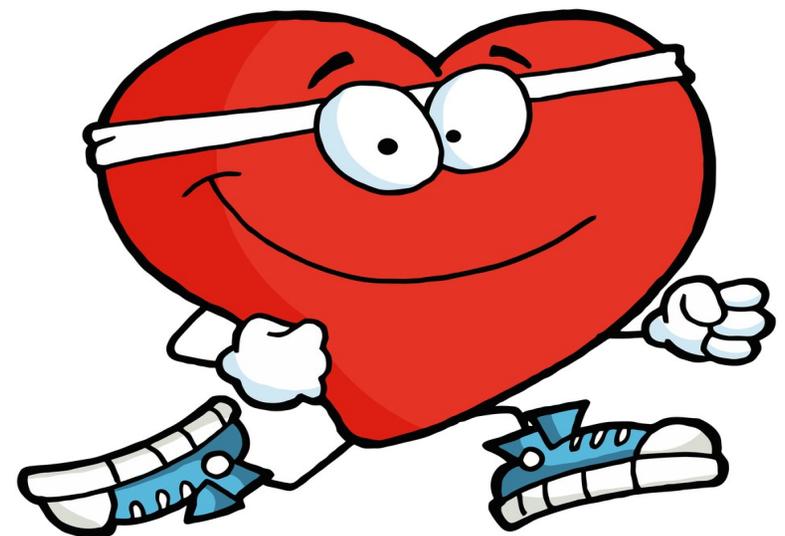


**Health/Nutrition Education and Wellness Promotion**

- Nutrition education will be provided K-12, and should be integrated across the curriculum whenever possible and appropriate, and will be communicated and supported with consistent messaging throughout the schools.

- Classroom health education will complement physical education by reinforcing knowledge and self-management skills needed to maintain a physically active lifestyle.

- The District and schools will support parents' efforts to provide a healthy diet and daily physical activity for their children by providing education and information in the form of handouts, website links, and newsletters that focus on wellness topics, and will provide opportunities for students and parents to share input and feedback on wellness goals and initiatives.





### School Meals

- Schools will make every effort to eliminate any social stigma attached to students in the free and reduced meals program, will prevent the overt identification of participating students, and will conduct outreach activities to maximize participation.
- To ensure that all students have access to a healthy breakfast, schools will notify parents and students about the availability of breakfast at school for all students, and will encourage parents to ensure that all students eat a healthy breakfast, either at home or at school.
- Adequate time will be allowed for students to eat lunch from the time they are seated.
- Schools will make every effort to ensure the cafeteria environment provides adequate space and is clean and pleasant.
- Students and their families will be provided with information about the nutritional content of school meals upon request.
- The food service provider will run periodic food promotions to encourage taste testing of healthy new foods.
- Schools will provide access to free, fresh drinking water during meal times in the food service areas of the schools.
- To better ensure that students eat a nutritious lunch, students at the elementary level will be afforded the opportunity, whenever practical, to enjoy recess prior to their meal.
- The District Food Service Manager will maximize the procurement and serving of fresh, seasonal, locally grown produce whenever practical.

### Food and Beverages that Compete with Healthy Eating

**A La Carte Food Items, Vending Machines, and School Stores:** Any snacks or beverages sold during the school day must meet “Smart Snacks in School” nutrition standards.

**Fundraising:** All fundraising projects involving the sale and consumption of food and beverages prior to and during the school day will follow District Nutrition Standards. Any fundraising outside of the above times are encouraged to follow District Nutrition Standards. Items sold by students off school grounds or take place one hour or more after the school day are permitted. Fundraising options that involve physical activity rather than food and beverages are encouraged.

**Bake Sales:** No homemade products such as cakes, cupcakes, cookies, or brownies will be allowed to be sold before or during school hours. Items obtained from the District Food Service Provider may be used for fundraising purposes. These products would comply with District Nutrition Standards and would reduce the potential danger of allergic reactions to ingredients.

**School-Sponsored Events:** It is strongly recommended that District Nutrition Standards be followed for all school-sponsored events that take place outside of the school day. Water will be made available at all events as a healthy alternative to other beverages that may be available. Healthy compliant alternatives will be made available for every food category that is offered or sold. It is strongly recommended that parent organizations work with the EGSD food service provider to identify healthy, compliant substitutions and alternatives. For events during the school day, any items distributed must meet District Nutrition Standards unless otherwise approved by the Principal.

**Classroom and School-Wide Celebrations:** Will not be centered on food, except if the food items are part of a curriculum-related activity, and only with prior approval of the Principal.

The distribution of candy is prohibited in the classroom and discouraged in school-wide celebrations.

Teachers and schools shall provide 24 hours notice to all families regarding school-based celebrations so that parents have adequate notice to provide alternative food items that are consistent with their child’s dietary needs.

Because of the increased risk of food-borne illnesses and allergic reactions, home-prepared products are prohibited from being distributed at in-school celebrations.