

North Smithfield Public Schools Wellness Advisory Council



Our Council Mission is to advise and support the North Smithfield School District in providing a healthy learning environment where students and staff participate in positive dietary and lifestyle practices by promoting sound nutrition and regular physical activity to optimize student achievement.

Did You Know.....there are state and federal laws and regulations that govern school wellness policies and provide standards for nutrition, physical education and physical activity in Rhode Island schools?

Want to learn more? Click [here](#). Law passed by the RI General Assembly in 2018 that prohibits the advertising and marketing of unhealthy foods and beverages in schools that do not meet minimum federal/state nutrition standards.

HIGHLIGHTS OF THE 2018-2019 SCHOOL YEAR:

- EXPANDED THE TEAM BY INVITING ALL NS FAMILIES AND STAFF TO JOIN
- WORKED CLOSELY WITH CHARTWELLS TO GATHER INPUT AROUND FOOD SERVICE
 - HOSTED PARENT HEALTH NIGHTS
 - EXPANDED OPPORTUNITIES FOR STUDENT INPUT
- PARTICIPATED IN LOCAL FOOD AMBASSADOR PROGRAM AT HALLIWELL MEMORIAL
- CHANNEL 10 SPOTLIGHT ON "WORKOUT WEDNESDAYS" AT NS MIDDLE SCHOOL
 - ATHLETES CHOICE PROGRAM AT NS HIGH SCHOOL



**See Back for
North Smithfield
Wellness Policy**

Please Join Us!

We welcome all parents, teachers, staff, and community members with an interest in making our schools healthier!

Jean Meo, Co-Chair

jmeo@northsmithfieldschools.com

Rachel Salvatore, Co-Chair

rsalvatore@northsmithfieldschools.com

North Smithfield Schools [Health and Wellness Policy](#)



The ***purpose of this policy*** is to assure a healthy school environment for all K-12 students that enhances student attendance and academic performance.

The North Smithfield School District recognizes the important relationship that exists between academic performance and achievement and student health and wellness. It is committed to providing a healthy learning environment, one in which good nutrition is available; students engage in regular physical activity; physical and health education are regarded as essential to the core educational program; social and emotional wellness are promoted and actively modeled throughout all schools; and students and staff learn and practice positive lifestyle behaviors necessary for lifelong health and wellness.

Policy Highlights

Nutrition

- All foods served as part of the School Breakfast Program and the National School Lunch Program will meet or exceed both the USDA Nutrition Standards for School Meals as well as the RI Nutritional Requirements
 - All meals will promote fresh fruits and vegetables, whole grains, low-fat and low-sodium unprocessed items, in accordance with the current USDA Dietary Guidelines for Americans
 - The North Smithfield School District is committed to meeting the nutritional needs of all students. To that end, the district food service providers, in accordance with USDA requirements, will solicit student and parent feedback that aims to improve the quality of and student satisfaction with school meals in order to increase overall participation.
 - Information on the nutritional content and ingredients of meals will be available to students and parents, as requested.
- All schools will operate the School Breakfast Program to ensure that all children have a breakfast that meets their nutritional needs and optimizes their ability to learn.

Physical Education & Activity

- Students will receive an average of 100 minutes per week of Health/Physical Education.
- All elementary schools will allot a minimum of 20 consecutive minutes of playtime per day for recess, preferably outdoors
- Building administrators will have the discretion to hold indoor recess due to inclement weather or other concerns related to student safety during recess. During such times, alternative activities will be provided that promote free play and students' social and emotional wellness.

Miscellaneous

- This policy, along with updates and progress reports, will be posted and accessible on the school district website (www.northsmithfieldschools.com) to inform the school community and the public about the content and implementation of the District Wellness Policy.