

**HEALTH AND WELLNESS**

**PURPOSE**

The purpose of this policy is to assure a healthy school environment for all K-12 students that enhances student attendance and academic performance. This policy meets the requirements of the Child Nutrition and WIC Reauthorization Act of 2004 and the Healthy Hunger Free Kids Act of 2010 (HHFKA) and is established for the purpose of fulfilling the North Kingstown School Committee's obligations under RIGL § 16-2-9.

**PHILOSOPHY**

By establishing the North Kingstown School District's goals and expectations relative to wellness, including nutrition guidelines and education, physical and health education, and physical activity, the District is providing clear and consistent guidance for all administrators, teachers, school staff, students and parents. This policy promotes and encourages students to adopt lifelong healthy behaviors that can protect students' health and well-being as well as reduce the risk of chronic disease.

**POLICY STATEMENT**

The North Kingstown School District recognizes the important relationship that exists between academic performance and student health, and that meeting the basic developmental needs of students is vital to improving academic performance. While the primary responsibility of schools is academic preparation, the District recognizes that schools also share in the responsibility to prepare students for life, which includes teaching and modeling the skills and behaviors necessary for lifelong health and wellness.

**1. Wellness Committee**

A. The North Kingstown School Committee will establish and maintain a Wellness Committee as required by RI General Law (16-21-28). It will be co-chaired by a school committee member and the superintendent (or designee), whose membership will include, but is not limited to:

- o School Nurse Teachers
- o District Food Service Manager
- o Students
- o Parents and/or community members

B. Members of the Wellness Committee will:

- Periodically review and suggest updates to the Wellness Policy
- Annually prepare all district, state and federal reports required of the Wellness Committee
- Make recommendations to the Superintendent and the School Committee regarding

issues related to nutrition and physical activity policies to enhance the health and well-being of students and employees.

- C. This committee shall meet no less than four (4) times during the school year. All meetings will be public and meeting dates will be posted on the district website and in accordance with the Open Meetings Act law.

**3. Reimbursable Meal Program/School Food Service Provider Operations**

- A. All foods served as part of the School Breakfast Program (SBP) and the National School Lunch Program (NSLP), including its after-school snack component, will meet both the USDA Nutrition Standards and for Schools Meals as well as the RI Nutritional Requirements.
- B. Schools will utilize an electronic identification/payment system for all students.
- C. The District will ensure that all children eligible for free/reduced meals will have the opportunity to participate in the SBP and NSLP by engaging in frequent outreach to families.
- D. Information on the nutritional content and ingredients of meals will be available to students and parents, as requested.
- E. Competitive Food and Beverage Sales/Vending Machines/School Stores  
All foods and beverages sold outside of the reimbursable school meal program (Competitive Foods and Beverages) on school premises before, during, and up to one hour after schools, must comply with the USDA Smart Snacks in Schools regulations and RIGL 16-21-7 for the sale of only healthier snacks and beverages. Vending machines and School Stores will also follow these regulations. School stores will not sell any foods/snacks/beverages during meal services.
- F. Fundraising  
Non-food based fundraisers and fundraisers that promote physical activity are strongly encouraged. No foods or beverages (even those that are compliant with regulations) sold as part of school fundraising can be sold during school meal service. See Policy JJE for fundraising guidelines.
- G. Other Food and Beverages Served  
School Staff-to-Student Acknowledgements and Incentive school-based rewards must support the NK Health and Wellness Policy. The use of low nutrient food or candy as a reward, incentive or punishment in the classroom or school environment is discouraged unless the incentive is part of a comprehensive behavior improvement plan or individual education program that is designed by a comprehensive educational team. If food items are not allowable under State and Federal regulations, they may not be marketed in the schools.

#### H. Classroom and School Celebrations

- The distribution of candy by students and/or staff is prohibited in the classroom and on school grounds.
- Classroom and school celebrations should not be centered on food, except on a limited basis (i.e. - related to educational programs), with principal approval.
- Parents/guardians must be given advance notice of any classroom or school activity where food will be served. Due to food safety and allergy issues, ingredient list for all food/beverages shall be available.
- Food and beverages brought into schools by outside sources must be commercially purchased and/or prepared or provided by the District Food Service.

#### 4. Physical Education and Physical Activity

##### A. Health and Physical Education

Physical Education is required for all students in grades 1-12, with curriculum aligned with the RI Physical Education Framework and the RI Health Education Framework.

- Students should 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.
- Physical Education teachers will utilize developmentally appropriate health-related fitness assessments.
- Waivers for Physical Education are prohibited, unless provided by a qualified physician or medical provider.

##### B. Physical Activity

###### Activity Breaks

- All schools will support frequent activity breaks to discourage long periods of inactivity.
- Opportunities for physical activity will be encouraged in other subject lessons, in addition to PE and recess.

##### C. Recess

- All elementary schools shall allot a minimum of 20 minutes per day for recess, preferably outdoors.
- Building administrators shall have the discretion to exceed the minimum allotted time for recess as they deem appropriate, including but not limited to awarding additional recess time to reward good behavior and student performance.
- Building administrators shall have the discretion to hold indoor recess due to inclement weather or other concerns related to student safety during recess.
- During times of inclement weather, alternative activities will be provided that promote free play and student's social and emotional wellness.
- Withholding any portion of recess as a disciplinary strategy may be used only as a last resort; is it the teacher's discretion if the student and teacher want to use recess time for additional instruction. Teachers and other school and community personnel will not use physical activities as punishment.

D. Before/After School Activities

- All elementary, middle, and high schools are encouraged to offer before/after school activities and extracurricular programs that promote staying physically active and provide opportunities for periods of moderate to vigorous Physical Activity for all participants.
- Community agencies and organizations offering physical activity programs may request to use school facilities per Policy KF.1 - Community Use of School Facilities and Grounds.

5. **Implementation, Monitoring, Evaluation and Reporting**

A. Wellness Policy Communication

The Wellness Policy will be posted and accessible on the school district website.

B. Wellness Policy Implementation and Monitoring

The Superintendent (or designee) shall be responsible for leading the district's implementation plan. Building principals will work with the District Wellness Committee to determine areas in need of improvement.

The North Kingstown Wellness Committee will include an assessment of this policy for compliance with all laws and regulations on a yearly basis and forward any recommended revisions and updates due to new federal and/or state laws and/or regulation to the Superintendent.

C. Wellness Policy Compliance

The principal of each school shall be responsible for providing the leadership necessary to comply with the Wellness Policy. Review of the Wellness Policy will be included in principal and staff orientations at the beginning of the school year, and the Wellness Committee will support these orientations if requested.

First Read: 4/12/06

Adopted: 4/26/06

Revised: 8/9/06, 4/26/16, 11/17/20