

Health & Wellness Policy

PURPOSE

Barrington Public Schools (BPS) recognizes the World Health Organization (WHO) definition of health, which is “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

Therefore, the purpose of this policy is

- 1) to establish guidelines and recommendations for all kindergarten through 12th grade students in the areas of physical education, physical activity, health education, and nutrition in part to align with the Healthy, Hunger-Free Kids Act of 2010 as well as the Centers for Disease Control's Whole School, Whole Community, Whole Child framework, and
- 2) to support the health of our students and staff through data-driven programs and systems that support wellness, respect, safety, good nutrition, regular physical activity, and balanced choices as part of the total learning environment.

BPS shall provide a comprehensive health and wellness program that encompasses a combination of learning experiences and environmental supports designed to facilitate adaptations that are conducive to good health. BPS recognizes that improved health optimizes student and staff performance potential.

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

BPS will deliver a challenging, sequential, developmentally appropriate K-12 physical education curriculum aligned with the National Standards SHAPE America to develop physically educated individuals who have the knowledge, skill, and confidence to enjoy a lifetime of healthy physical activity. Physical Education (PE) Classes will be instructed by Rhode Island certified PE Teachers who receive annual professional development and training in PE standards, curriculum, and instruction. The curriculum will be reviewed and revised as needed on an annual basis, including a review with the Health and Wellness Advisory Committee every other year.

Physical Education

- Instruction in health and PE is provided during periods, which shall average at least twenty (20) minutes in each school day or 100 minutes per week (RIGL 16-22.4). Recess, free play, and after school activities shall not be construed as physical education.
- Waivers for physical education are only permitted with permission from qualified, approved healthcare providers. Physical education teachers will work with students to develop appropriate alternatives when possible. Physical activity offered through external or extra-curricular opportunities may not be used as a substitute for physical education.

Physical Activity

- Students are given opportunities for physical activity during the school day through daily recess periods, PE classes, walking programs, and the integration of physical activity into the

academic curriculum. Students in grades PK-5 are provided a minimum of 20 minutes of sustained free play recess every day (RIGL 16.22.4.2).

- Students are given opportunities for physical activity through a range of after school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
- Schools work with the community to create ways for students to walk and bike safely to and from school.
- Schools encourage families to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events. Opportunities are provided for families to participate in physical activity with their children through such events as 5Ks, obstacle courses, and relays.
- Teachers are encouraged to use additional physical activity or recess time as an incentive for students.
- Withholding recess and/or physical activity as a disciplinary strategy in the classroom or in the school environment is prohibited.

HEALTH EDUCATION

BPS will deliver a challenging, sequential, and differentiated K-12 health curriculum that is aligned with the National Standards SHAPE America and Rhode Island Department of Education Comprehensive Health Instructional Outcomes, resulting in students who possess the knowledge and skills to live a healthy life.

Instruction in health and physical education is provided during periods, which shall average at least twenty (20) minutes in each school day. Health education will include instruction in the following content areas appropriate to grade or developmental level:

- Personal health
- Mental and emotional health
- Injury prevention
- Nutrition (to support healthy living, preventing both obesity and eating disorders)
- Sexuality and family life
- Disease control and prevention
- Substance use and abuse prevention

Barrington's Prevention Coalition (The BAY Team) and other community partners will collaborate with schools, families, and community members to provide strategies and activities in support of student health, including development of health-focused educational activities and celebrations.

NUTRITION PROMOTION

- Students in grades K-12 will receive nutrition promotion initiatives that are interactive, aligned with State and national standards, and that teach the skills they need to adopt healthy eating behaviors that support both obesity-prevention and eating-disorder prevention.
- Nutrition promotion will be offered with coordination between the food service staff and teachers.
- Students receive consistent nutrition messages throughout schools, classrooms, and cafeterias, and to homes, community and media. The messaging will be in a judgment-free

format, without shaming, and with cultural awareness.● Schools are enrolled as USDA Team Nutrition Schools, and they conduct nutrition promotion activities that involve families, students, and the community.

- Avoid “look-alike” foods and snacks (which are visually identical to foods available for sale locally, but are not nutritionally equivalent).
- Advertising is not permitted in the schools or on school property, as outlined in the BPS Advertising Policy.

NUTRITION STANDARDS FOR ALL FOODS AVAILABLE ON SCHOOL GROUNDS

USDA Meals Program

- The schools will provide students with access to both breakfast and lunch meal programs. The school breakfast and lunch programs will comply with the United States Department of Agriculture National School Lunch Program (NSLP) and the Rhode Island Nutrition Standards.
- Eligible students may receive their breakfast and lunch at free or reduced prices following current federal regulations, Eligibility Manual for School Meals Guidelines and district policy and Free and Reduced-Price Meals Policy. The district will follow strict protocols to ensure confidentiality and adherence to the guidelines of free and reduced regulations, and will utilize an electronic identification/payment system (POS) to prevent any social stigma. Documentation for free and reduced lunch will be maintained as a confidential document, and will only be used for the purposes of determining free and reduced lunch status. The District will ensure that all families are aware of free/reduced meals by means of frequent outreach to families.
- Innovative strategies to increase student participation in the programs include, but are not limited to, offering student samples, providing opportunities for students to prepare foods, creating unique menus that are thematic, and celebrating the use of local produce. Additionally, students will be encouraged to make healthy choices by appropriate placement of options in the cafeteria.
- BPS, through the food service provider, will participate in the Rhode Island Farm-to-School program, and procure, serve and promote fresh, locally-grown foods whenever possible. Innovative strategies to increase breakfast and lunch program participation, such as cafeteria taste-tests, will be utilized.
- The food service provider and all staff receive training on an annual basis in accordance with USDA Professional Standards.
- The food service director will work closely with the district-wide coordinated Health and Wellness Advisory Committee. The Health and Wellness Advisory Committee will periodically receive menu updates to ensure consistency with NSLP and Rhode Island Nutrition Standards. All nutrition information will be posted on the district website link to the food service provider’s website.

Cafeteria Environment

The cafeteria is a place where students have adequate space to eat in a clean, pleasant environment and convenient access to handwashing or hand sanitizing facilities before meals. Principals and other school administrators will work to optimize time to eat meals, with a goal of 20 minutes or more of seat-time for lunch and socialization.

Nutrition Standards for Competitive Foods/Beverages

- All snacks and beverages sold or distributed on school grounds both prior to and throughout the school day, including vending machines, fundraisers, school stores, a la carte items in the cafeteria or anywhere food/beverages are sold in school must adhere to the guidelines of the USDA Competitive Foods/Beverages Nutrition Standards – Smart Snacks in Schools and RIGL 16.21.7 as well as the additional Barrington requirement to contain less than 25% sugar by weight. These regulations are in effect before, during and up to one hour after the instructional day.
- The School Service Program will encourage the consumption of nutrient dense foods, i.e. whole grains, fresh fruits and vegetables and dairy products as outlined in the current Dietary Guidelines for Americans.
- Water, defined as one of the healthy beverages, will be available and encouraged for all students. Students and staff will have ready access to water at drinking fountains/water filling stations throughout the day with water bottles allowed in classrooms.
- If food items are not allowable for sale under state and federal regulations or school policy, they may not be marketed.

Fundraising

- Non-food based fundraisers are encouraged.
- Fundraisers that promote physical activity or community-building are strongly encouraged.
- If fundraisers include the sale of food, they must be held off of school grounds or must occur at least one hour after the school day.
- If food items are not allowable for sale under state and federal regulations or school policy, they may not be marketed.

Teacher-to-Student Acknowledgements and Incentives

- The use of health-promoting options, such as additional movement, recess, relationship-building or community-building opportunities, or others, is strongly encouraged as incentives and rewards for students.
- The use of food as a reward, acknowledgement or incentive in the classroom or in the school environment is *prohibited*, except when recommended by a physician or an evaluation team.
- Recess may not be removed as a punishment, as physical activity is essential to the physical and social-emotional well-being of students.

Celebrations/Events During School Day, School Stores, and After School Events

- Although non-food celebrations are strongly encouraged, the school/PTO may choose to handle celebrations in a variety of ways:
- If opting to provide a food-based celebration during the school day, the school/PTO will utilize BPS's food service provider to ensure food safety and nutritional standards are met, and to reduce the risk of foodborne illness and allergies. The PTO and room

parents should work with the school nurse and classroom teacher when planning events held during the school day.

- Celebrations must comply with USDA Competitive Foods/Beverages Nutrition Standards – Smart Snacks in Schools, the BPS Food Allergies Policy and any Individual Health Care Plans, as it pertains to food present in the class/school.
- School stores that sell food during the school day must comply with the Healthy Snacks and Beverage Law, USDA Competitive Foods/Beverages Nutrition Standards – Smart Snacks in Schools and RIGL 16.21.
- Any school sponsored events occurring after school and using BPS property will offer foods that comply with Healthy Snacks and Beverage Law, USDA Competitive Foods/Beverages Nutrition Standards – Smart Snacks in Schools and RIGL 16.21.7, and the Current Dietary Guidelines for Americans. This includes PTO sponsored events.
- In the Middle and High School, meals and shared food (taking into account food safety) relevant to the curriculum are allowed.

Concessions

Operators of school concessions are strongly encouraged to offer foods and beverages that comply with the Healthy Snacks and Beverage Law, USDA Competitive Foods/Beverages Nutrition Standards – Smart Snacks in Schools and RIGL 16.21.7, and/or the Current Dietary Guidelines for Americans as well as the BPS requirement for snacks to be <25% sugar by weight.

Support for non-food celebrations

The Health and Wellness Advisory Committee will help to develop an information sheet, reviewed annually, to be provided to all teachers, coaches, and PTOs at the start of the school year to help support developing non-food based celebrations, fundraisers, acknowledgments and incentives.

STAFF WELLNESS

- Staff voluntary wellness programs encourage individuals to take measures to prevent the onset or worsening of a disease or illness and to lead lifestyles that are healthy. BPS will collaborate with teachers and staff to determine needs and interests.
- BPS will offer opportunities for staff to participate in wellness promotion activities such as nutrition programs and physical activities.

The purpose of staff nutrition and physical activity education will be to:

- Encourage all school staff to support their own personal health and wellness
- Support staff morale and community building
- Create positive role-modeling opportunities for fellow staff members and students
- Build the commitment of staff to promote the health of students
- Build the commitment of staff to help improve the school environment by providing healthy options for nutrition and physical activity.

IMPLEMENTATION, EVALUATION, AND REPORTING

In accordance with RIGL 16.21.28, BPS will maintain a Health and Wellness Advisory Committee, chaired by a member of the School Committee, to review the effectiveness and implementation of the policy on an annual basis. An annual district report will provide a summary to the School Committee with regard to policy implementation including fundraising, concessions, incentives and celebrations. The Health and Wellness Advisory Committee will include two district administrators, a liaison from each school, a district school nurse teacher, a PE/health department teacher, student representation, representation from the food service program, and equal representation from families and community members. Each school shall have a Health and Wellness liaison to report and make recommendations to the Health and Wellness Advisory Committee for review based upon the school's annual wellness review, utilizing the Rhode Island Healthy School Checklist.

- On an annual basis, the middle school and high school will reach out to interested student participants in September.
- The Health and Wellness policy will be shared annually to families in the School Handbooks. The contact information and updated reports will be available on the district and school websites.
- Utilizing this report and any new state/federal regulation and/or evidence-based recommendations, the Health and Wellness Advisory Committee will recommend revisions to the School Committee no later than the last meeting in June of each school year.
- Best practices that promote the goals outlined in this policy will be shared by principals/school administrators and district administration annually.
- Additional topics pertaining to health and wellness, including but not limited to personal health, mental and emotional health, injury prevention, nutrition, sexuality and family life, disease control and prevention, and substance abuse and abuse prevention may be reviewed by the Health and Wellness Advisory Committee and recommendations will be forwarded to the School Committee for policy review.

The Superintendent and building administrators shall oversee and ensure compliance with the provisions outlined in this Health and Wellness policy. The Superintendent or their designee will work with the Health and Wellness advisory committee to amend the policy, as needed, based upon the recommendations resulting from the annual report. The revisions will be made no later than the final School Committee meeting in June for roll-out and implementation in September.

Legal Reference

Rhode Island General Laws §§16-2-9(a)(24), 16-2-9(a)(25), 16.21.7, 16.16.21, 16.21.28

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