

V. Students

A. Administrative Policies

6. School Health Programs

b. Wellness

I. **POLICY STATEMENT**

The Narragansett School District promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of students. Improved health contributes to optimal student performance potential. This policy meets the requirements of the Healthy, Hunger Free Kids Act of 2010 and the Child Nutrition and WIC Reauthorization Act. (See Addendum #6 & 7). The goal of this policy is to:

1. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.
2. Support and promote proper dietary habits contributing to students' lifelong health status and academic performance.
3. Support and promote efforts that communicate correct food safety practices.
4. Support opportunities for students and staff to engage in physical activity.
5. Implement programs and practices that meet or exceed the Social Emotional Learning Standards put forth by the State of Rhode Island.
6. Establish and maintain a district-wide Wellness Committee, with representation from all schools in the Narragansett School District, including staff, parents and community members and co-chaired by the superintendent (or designee) and a member of the School Committee, as required in RI General Law 16-21-28 (See Addendum #1 & #2) for the purpose of:
 - Monitoring the implementation of this policy, evaluating its effectiveness and revising policy as necessary.
 - Periodic review and update of this policy; consideration of the latest national recommendations pertaining to school health and wellness and evidence-based strategies
 - Serving as a resource to faculty, parents, School Improvement teams and the School Committee.
 - Making recommendations regarding nutrition, physical activity and emotional health practices to enhance well-being of students and staff.
 - Monitoring the School Meal Program and making suggestions for its continual improvement.
 - Promoting consistent healthful choices among all school venues that involve the sale of food or beverages.
 - Communicating with all school groups regarding issues of health and wellness.
 - Collaborating and coordinating resources to support the objectives of the district wellness policy.

The district-wide Wellness Committee will meet regularly during the school year. All meetings will be public and open to all interested parties.

II. NUTRITION

Nutrition Standards Intent/Rationale:

The Narragansett School District strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, the district has adopted the following nutrition standards governing the sale of food, beverages, and candy on school grounds. Schools are encouraged to study these standards and develop building policy using the following standards as minimal guidelines.

Marketing or promotion of foods and beverages that do not meet federal USDA and RI nutrition standards is prohibited as per RIGL 16-21-7.1 (see Addendum #4). School-based marketing will be consistent with the District's nutrition education curriculum and the promotion of good health. As such, schools will limit marketing to the promotion of foods and beverages that meet or exceed nutrition standards for reimbursable meals and competitive foods and beverages. The promotion of healthy foods such as fruits, vegetables, whole grains, low-fat dairy products, and water is strongly encouraged. Visual aids in cafeterias will reinforce lessons learned in Health classes to educate students about good nutrition. The advertising of any food or beverage that may not be sold in schools during the school day is prohibited on any school property.

A. The USDA Reimbursable School Meal Programs (School Food Service):

- The full meal school breakfast and lunch programs will be offered in all schools and will meet or exceed the USDA Requirements for Federal School Meals Programs and RI Nutrition Requirements (see Addendum #8 & #9).
- All meals will promote fresh fruits and vegetables, whole grains, low-fat and low-sodium unprocessed items, in accordance with current USDA Dietary Guidelines for Americans (see Addendum #13).
- The School Food Service provider will be encouraged to purchase, serve and promote locally grown fruits and vegetables whenever possible.
- The Narragansett School District and the School Food Service Provider will share and publicize information about the nutritional content of meals with students and parents. This will include information about saturated fat, sugar, sodium and calories.
- Any contracted Food Service Management Company (FSMC) must provide annual professional development in the area of nutrition and food sanitation will be provided by the School Food Service Provider to area managers and staff as well as other interested faculty.
- The Food Service Director will work closely with the district-wide Wellness Committee and school based groups such as PTO, School Improvement Team and school administrators to solicit student and parent feedback that aims to improve the quality of and student satisfaction with school meals in order to increase overall participation.
- Schools will utilize an electronic identification/payment system for all students to support participation in the school meal programs. The District will ensure that all families are aware of free/reduced meals and will have the opportunity to participate, based on eligibility, by means of frequent outreach to families and coordination with appropriate state agencies.

Cafeteria Environment:

- The cafeteria environment should provide students with a relaxed, enjoyable climate.
- The cafeteria environment should be a place where students have: Adequate space to eat, with clean and pleasant surroundings; Adequate time to eat meals (The American School Food Service Association recommends at least 20 minutes for lunch from the time the

- students are seated with their food); Convenient access to hand-washing or hand-sanitizing facilities that are appropriately and adequately maintained.
- The cafeteria will be a learning environment which encourages healthy eating habits and uses marketing strategies to promote the healthiest items.

Food Safety:

- All foods made available to students will comply with state and local food safety and sanitation regulations.
- In order to keep food safe, sharing of food by students is not encouraged.
- Food may not be taken out to recess.
- Guidelines shall be implemented by the Food Service Provider in order to avoid food illness in schools. Emphasis on communicating proper food handling practices (e.g. for cooking, cooling, hygiene, etc.) for educators, administrators, parents, students and health practitioners is important to health and wellness.
- Access to food service operations is limited to Food Service staff and personnel authorized by the Superintendent or designee.

B. Food Allergies:

The Narragansett School District is committed to the safety and health of all students and employees. In accordance with this and pursuant to Rhode Island General Laws 16-21-31 and 15-21-32, the School Department and Food Service Provider will:

- Provide a safe and healthy learning environment for students with food allergies;
- Reduce the likelihood of severe or potentially life-threatening allergic reactions;
- Ensure a rapid and effective response in the case of a severe or potentially life-threatening allergic reaction; and
- Protect the rights of food allergic students to participate in all school activities.

The Narragansett School District “Food Allergy Policy V A 6 c” should be consulted for further details on this topic. In addition, all staff will be made aware of the food allergies that students or staff have. The school nurse teacher will provide that information as appropriate.

C. Competitive Foods/Beverages – Items sold outside the USDA Reimbursable School Meal Program:

All foods and beverages sold outside of the reimbursable school meal program on school premises, before, during, and up to one hour after school must comply with the USDA Smart Snacks in School regulations and RI General Law (16-21-7) for the sale of only healthier snacks and beverages (See Addendum #10 & #4). This includes cafeteria ala-carte, vending machines, school stores or school-based fundraisers.

Food:

- Encourage the consumption of nutrient dense foods, i.e. whole grains, fresh fruits and vegetables.
- Packaged items will have no more than 200 calories and any entrée item for ala carte sale will have no more than 350 calories
- Items shall contain no more than 35% of its total calories derived from fat.
- Items shall contain no more than 10% of its total calories derived from saturated fat.
- Items shall contain no more than 35% sugar by weight

- Discourage branded “look-alike” snacks which have been reformulated to meet school nutrition standards but aren’t available for purchase in retail stores

Beverages:

- Students will be provided with access to drinking water throughout the day. Drinking water fountains are available to students and staff throughout the buildings. Students are allowed to bring water into the classrooms.
- Only milk (low fat white or fat free white or flavored), water and beverages containing 100% fruit or vegetable juices, may be sold on school grounds; serving size for elementary schools is 8 oz. and secondary schools 12 oz.
- Beverages with added sugar or those containing caffeine cannot be sold.
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D. Fundraising/Concessions

The Narragansett School District promotes non-food fundraising alternatives such as book sales, school supply sales or fundraisers that promote physical activity. All food fundraisers or concession sales taking place off school grounds or one hour after the school day are encouraged to follow the USDA and RI Nutrition Standards for the sale of only healthier foods/beverages. Candy bar fundraisers and home prepared products such as cakes, cookies, brownies, etc. will not be allowed to be sold in order to support a healthy school environment, to avoid the potential of food borne illness, and to reduce allergic reactions. Healthy options are encouraged to be offered at any after-school event where food/beverage is sold.

Any groups, organizations or individuals who wish to sell food outside of the school day (PTO events, sports events) shall be notified of the nutrition standards of this Wellness Policy. All groups will be encouraged to purchase items through the School Food Services Provider and to utilize the services and expertise of a certified food manager for events.

E. Classroom/School Celebrations and Curriculum based Activities:

In an effort to maximize instructional time, take into consideration students with food allergies and other medical conditions, and to ensure proper handling of food, the policy of the Narragansett School District in this area includes:

- No candy should be sent into school.
- Food that coordinates with a curriculum activity (such as multicultural, Colonial Food Tasting, etc.) will be purchased from a vendor which complies with food safety regulations (acceptable food includes pre-packaged products or restaurant items).
- The Narragansett School District prohibits the use of food as rewards and incentives in the classroom and in the school environment. For events such as birthday recognition, parents are encouraged to send in small items such as pencils, stickers, etc. (if they wish). If a parent chooses to bring in a healthy snack for the birthday celebration, it should be purchased from a vendor which complies with food safety regulations.
- If food is considered to be an essential part of a student’s educational program, medical and nutritional considerations will be reviewed.
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- If there is a question about a food related activity, the building administrators may be contacted and will make decisions regarding that activity. Any questions concerning Food and Nutrition and Food Safety, may be directed to the Food Service Director.

F. Nutrition Education:

Student Nutrition Education -The Narragansett School District has a comprehensive, standards based, age appropriate health curriculum for grades K-12, in accordance with RI General Law (16-22-4), that includes nutrition themes and topics in accordance with the RIDE Health Education Framework (see Addendum #3 & #12). Nutrition education and wellness promotion will be linked with the entire school environment through cafeteria programs, health fairs, field trips, after-school programming and assemblies and any other appropriate opportunities. In addition, a Family Consumer Science program at Narragansett High School exists which provides instruction in nutrition and food preparation, including food safety principles. The district nutrition policy reinforces nutrition education to help students practice the themes taught in health in a supportive school environment.

Staff Nutrition/Wellness Education- Nutrition/wellness education opportunities should be provided to all school staff. These educational opportunities may include, but not be limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on appropriate nutrition and other related topics to support the adoption and maintenance of a healthy lifestyle for personal well-being and to encourage modeling healthy eating and drinking behaviors and physical activity to students as a valuable part of daily life.

Parent/Guardian Nutrition Education-Nutrition education should be provided to parents/guardians at all school levels. Nutrition education may be in the form of handouts, posting on school websites, articles and information provided in district or school newsletters, or presentations on appropriate nutrition related topic.

III. PHYSICAL ACTIVITY

District Physical Activity Goal:

The Narragansett School District shall provide a comprehensive Physical Education program for students in grades PK-12 that aligns with the RI Physical Education Framework (see Addendum #12) and promotes daily physical activity opportunities to empower students with the knowledge and skills to lead a physically active lifestyle.

A. Definitions:

Physical Education (PE) is a planned, sequential K - 12 curriculum, in accordance with the Rhode Island Physical Education Framework, that addresses knowledge (cognitive) and social (affective) needs of the student. Its main focus is on physical development and skills (psychomotor). The goal of physical education is to develop physically educated individuals who have the knowledge, skills and confidence to enjoy a lifetime of physical activity (National Association of Sports and Physical Education [NAPSE], 2004).

Physical Activity (PA) is any leisure or non-leisure movement of the body that expends energy such as exercise, sports, dance, mobility training, physical therapy, brisk walking, swimming or other body movements that result in an increased heart rate.

Adapted Physical Education and Physical Activities are those activities designed for a student whose special needs or other health conditions require alternative safe and appropriate physical education and physical activities that meet their needs.

B. Implementation Strategies:

Physical Education: PE and/or Adapted PE will be available for all students

- Physical education classes should be sequential, building from year to year, and content should include movement, personal fitness, and personal and social responsibility. Students should be able to demonstrate competency through application of knowledge, skill, and practice.
- The Narragansett School District follows a written physical education curriculum for all K-12 students. The curriculum is designed specifically for each grade level and meets the Rhode Island state requirements for physical education.
- All schools within the Narragansett District, including elementary, middle, and high school, will adhere to the Rhode Island State requirements for physical education. Recess, free play, and after-school activities are not counted as Physical Education. (See Addendum #3)
- The Narragansett School District strongly supports physical education classes for our pre K students.
- Physical education (PE) classes for K-4 classes will have the same student /teacher ratio used in other classes. Student/teacher ratio for grades 5-12 PE classes will be in accordance with current teacher contract.
- The Narragansett School District will provide adequate, appropriate and safe facilities and recreational areas for physical education/ activities and adapted physical education/activities.
- All physical education, health, and adapted classes will be taught by a certified physical education/health teacher.
- The Narragansett School District will provide adequate physical activities designed for students with special needs or other health conditions that require alternative, safe and appropriate physical activities to meet their needs.
- Physical Education/Health teachers should guide students through a process that will enable them to achieve and maintain a high level of personal fitness through the following:
- Expose students to a wide variety of physical activities
 - Teach physical skills to help maintain a lifetime of health and fitness.
 - Encourage self-monitoring so students can see how active they are and set their own goals
 - Extended periods (periods of two hours or more) of inactivity are discouraged.
 - Teach students to safely perform physical activities to minimize risk of injury.
 - Focus feedback on process of doing your best rather than on product.
 - Be active role models.
- The Narragansett School District will implement developmentally appropriate health related fitness assessments.
- In order to demonstrate our commitment to physical activity, opportunities to be physically active during the school day should be offered to students at all levels, throughout the year.
- School spaces and facilities should be available to students, staff, and community members outside of the school day and should be available to community agencies and organizations offering physical activity programs with the proper approval of school officials. School policies concerning safety will apply at all times.
- The district will work with community partners and local police to support safe walking and biking to schools.
- All schools will offer before/after school activities (clubs, intramural, interscholastic) and extracurricular programs that promote and provide opportunities for physical activity.

C. Schedule:

Physical Activity and/or adapted PA activities will be available for all students daily.

- Extended periods (periods of two hours or more) of inactivity are discouraged.
- Physical activity breaks should be offered during the school day. Teachers will be provided with resources to address movement break activities for the classroom.
- All Narragansett Schools will offer after-school and extracurricular programs that promote physical activity. Examples of programs include clubs, classes, intramurals, and interscholastic activities.
- The Narragansett School District encourages the use of school facilities outside of school hours for physical activity programs offered by community-based organizations. Please refer to the Narragansett School District Policy “Use of Buildings by Non-School Based Organizations III D 1.” School policies concerning safety will apply at all times.
- Narragansett shall meet or exceed RIDE guidelines for student physical activity, including recess and other options for movement and physical wellness.
- Students will be offered 20 consecutive minutes of daily recess, in accordance with RIGL 16-22-4.2 (See Addendum #11).

D. Staff Physical Activity:

The Narragansett School District will encourage opportunities and provide resources for staff to engage in physical activity.

IV. IMPLEMENTATION, MONITORING, EVALUATION AND REPORTING

This policy will be posted and accessible on the school district website. The Superintendent or designee will be responsible for leading the district’s implementation plan and informing and updating the public about the content and implementation of our local wellness policies. Building principals or assistant principals shall be responsible for providing the leadership necessary for their schools to be in compliance with the Wellness Policy.

Review of the Wellness Policy will be included in staff orientations at the beginning of the school year, and the Wellness Committee will support these orientations. Members of the Wellness Committee will also join Building Administrators in sharing the plan with PTOs, Booster Clubs or any other applicable parent or student groups. School handbooks will reflect Wellness Policy procedures. Each year, the Wellness Committee will identify a challenge for the year with a goal of improving the implementation of policy themes.

An assessment of the district policy compliance will be done periodically. The RIHSC School Wellness Checklist may be utilized for this purpose or another survey or process as determined and suggested by the Wellness Committee. The results of these reviews will be reported to the Superintendent, School Committee, parents, staff and Food Service Provider. The district Wellness Policy will be revised as appropriate based on these surveys. In addition, if recommended, procedures and practices will be implemented to enhance the outcomes and objectives of our Wellness Policy.

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Revised:
First Reading: June 19, 2019 Narragansett Rhode Island
Second Reading: August 15, 2019 (Approved) Narragansett School System

ADDENDUM

- 1. USDA Local School Wellness Policy Regulation:** <http://www.fns.usda.gov/tn/local-school-wellness-policy>
- 2. RI General Law (16-21-28), Health and Wellness Subcommittee:**
<http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-21/16-21-28.HTM>
- 3. RI General Law (16-22-4), Instruction in Health and Physical Education:**
<http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-22/16-22-4.HTM>
- 4. RI General Law (16-21-7.1), Unhealthy Food/Beverage Advertising:**<http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-21/16-21-7.1.HTM>
- 5. RI General Law (16-21-7), Healthier Snacks and Beverages:**
<http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-21/16-21-7.HTM>
- 6. Public Law (111-296, Section 204), Healthy Hunger-Free Kids Act of 2010:**
<http://www.fns.usda.gov/school-meals/healthy-hunger-free-kids-act>
- 7. Public Law (108265, Section 204), Child Nutrition WIC Reauthorization Act:**
<http://www.fns.usda.gov/tn/healthy/108-265.pdf>
- 8. Rhode Island Nutrition Requirements (RINR):**
http://www.rihsc.org/uploads/8/2/7/6/82768452/ride_2018_regulations_governing_nutritional_requirements_for_school_meals_and_competitive_foods.pdf
- 9. USDA Nutrition Standards for School Meals:** <https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>
- 10. USDA Competitive Foods/Beverage Nutrition Standards ("Smart Snacks"):**
<http://fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- 11. RI General Law (16-22-4.2), Free Play Recess:**
<http://webserver.rilin.state.ri.us/PublicLaws/law16/law16157.htm>
- 12. RI Physical Education and Health Education Framework:**<http://www.ride.ri.gov/instructionassessment/othersubjects.aspx>
- 13. USDA Dietary Guidelines for Americans:** <http://www.health.gov/dietaryguidelines>