

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. The Health and Wellness Committee will include representation from all schools in the Narragansett School District, including staff, parents and community members. 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' health status and academic performance.
3. Support and promote efforts that communicate correct food safety practices.
4. Support opportunities for students to engage in physical activity.
5. Include programs to support the positive emotional and mental health of our students and staff.
6. Establish and maintain a district-wide Wellness Committee as required in RI General Law 16-21-28 for the purpose of:
 - Monitoring the implementation of this policy, evaluating its effectiveness and revising policy as necessary.
 - 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.

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 District Nutrition Standards as minimal guidelines.

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

- The full meal school breakfast and lunch programs will comply with the USDA Requirements for Federal School Meals Programs. The district standards may be more restrictive than USDA guidelines but may not be less restrictive. The School Food Service provider will be encouraged to purchase 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.
- As part of the Narragansett School District's responsibility to operate a high quality food service program, 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.

Cafeteria Environment:

- The cafeteria environment should provide students with a relaxed, enjoyable climate.
- It is encouraged that the cafeteria environment 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.

Food Safety:

- All foods made available to students will comply with state and local food safety and sanitation regulations.
- In order to keep food clean, sharing of food by students is not encouraged. Due to potential spoilage and cross-contamination, food that is not eaten from the cafeteria trays will be discarded and not "saved" for students to share with others.
- 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. Food Sold and Provided Outside the USDA Reimbursable School Meal Program:

Food:

- Encourage the consumption of nutrient dense foods, i.e. whole grains, fresh fruits and vegetables.
- Any given food item for sale will have no more than 30% of its total calories derived from fat.
- Any given food item for sale will have no more than 10% of its total calories derived from saturated fat.

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, Water and beverages containing 100% fruit juices, may be sold on school grounds. This applies to any area where students have access. Soda will not be sold on school grounds.
- District schools will sell only low fat white and flavored milk (1%) or fat free milk.

D. Fundraising/Concessions

All fundraising projects are encouraged to follow the District Nutrition Standards in their projects. The Narragansett School District will promote healthy fundraising alternatives such as book sales, school supply sales or fundraisers that promote physical activity. 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.

Any groups, organizations or individuals who wish to sell food outside of the school day (PTO events, sports events) shall be notified of the Narragansett School District’s Wellness Policy and encouraged to comply with

the standards, but will not be mandated to follow the policy. In an effort to provide the healthy environment desired, these groups are encouraged to purchase items through the School Food Services Provider and to utilize the services and expertise of a certified food manager for events.

- No candy will be sold for fundraising
- Non-food based fundraisers are encouraged
- Fundraisers that promote physical activity are encouraged

E. 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. Should candy be sent into the school, it will be returned to the student to take home.
- Food that coordinates with a curriculum activity (such as multi-cultural, 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.
- Food may be used when found to be essential by a student's educational program team. In such cases every effort should be made to make the incentive as nutritionally sound as possible and take medical conditions into consideration.
- 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 health curriculum which has nutrition concepts included from Kindergarten through 12th grade. 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 Education- Nutrition 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 related topics.

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 promote daily physical activity and/or physical education opportunities which will be aligned with the Rhode Island Education Framework in order 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 preK-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. According to RI General Law (16-22-4) and Rhode Island Regulations for School Health (Section 3.5), physical education is required for all students grades K-12. 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 PE staff with adequate training in physical education.

- The Narragansett School District strongly suggests that no substitutions or waivers of the PE requirements should be permitted with the exception of an exemption by a medical doctor.
- 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.

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 are encouraged to 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.
- It is strongly recommended that school staff not deny or restrict participation in recess or other physical activity as a form of discipline, unless student safety is a concern.
- All elementary and middle school students will be offered daily recess.

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 every two years. The RIDE 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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Narragansett Rhode Island

Narragansett School System