

NUTRITION AND PHYSICAL ACTIVITY

Policy Intent/Rationale:

The Chariho Regional 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 lifelong wellness behaviors. Schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance. This policy aligns with the *Healthy, Hunger-Free Kids Act of 2010*.

The Chariho Regional School District will:

- A. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.**
- B. Support and promote proper dietary habits contributing to students' health status and academic performance.**
- C. Provide frequent and regular opportunities for students to engage in physical activity.**
- D. Encourage the growth of a Health and Wellness Subcommittee of the School Committee.**

HEALTH AND WELLNESS SUBCOMMITTEE

In accord with R.I.G.L. 16-21-28, the Health and Wellness Subcommittee of the School Committee shall be chaired by a member of the School Committee. The Subcommittee shall encourage wide community involvement, including the involvement of students and business representatives. The Subcommittee shall meet at least quarterly. The goals of the Subcommittee include, but are not limited to (1) develop guidance to implement the Student Nutrition and Physical Activity Policy, (2) evaluate the effectiveness of and recommend revisions to the Student Nutrition and Physical Activity Policy, (3) serve as an educational resource to the school community, (4) make recommendations regarding the health and physical education curriculum, and (5) promote the overall wellness of the school community. The Health and Wellness Subcommittee shall present an annual report to the School Committee.

STUDENT NUTRITION

The School Breakfast/Lunch Programs:

The full meal school breakfast and lunch programs will be offered in all schools and follow the USDA Requirements for Federal School Meals Programs and Rhode Island Nutritional Requirements (RINR) as well as the principles of the current USDA Dietary Guidelines for Americans. Applications for free and reduced meals will be sent home to all families and made available on the District web site. The School Food Service Program provider will follow this policy and all applicable law in the development of menus for students and adults and when making determinations regarding food and beverage sales. The Food Service Director will work closely with the Health and Wellness Subcommittee, students, and parents to engage them in assisting to identify new, healthy, and appealing food choices to promote healthier eating habits. Specific strategies will be developed by the food service provider to increase participation in school meal programs, to utilize the food service area/cafeteria as a learning space; to provide nutrition information for school meals; to provide training to food service staff related to all

provisions of this policy; to procure, serve and promote locally sourced Rhode Island produce and product; and to prominently display the healthiest food and beverage items. All students will be provided with at least twenty minutes for lunch in a safe, orderly, and well-supervised environment. Students may not leave a school building to secure food or beverages, nor may they order food or beverages to be delivered to the school building.

Food/Beverage Marketing and Advertising

The District will limit marketing to the promotion of foods and beverages that meet or exceed nutrition standards for current USDA Requirements for Federal School Meals Programs, R.I.G.L. 16-21-7, U.S.D.A. Smart Snacks in Schools Regulations and Rhode Island Nutritional Requirements (RINR).

Fundraising:

Non-food based fundraisers and those that promote physical activity are encouraged. Fundraising held before, during, and up to one hour after the instructional school day must fully follow R.I.G.L. 16-21-7 and U.S.D.A. Smart Snacks in Schools Regulations when food or beverages are sold. It is required that 50% of the food or beverage items offered for sale through fundraising held one hour after the close of the school day follow R.I.G.L. 16-21-7 and U.S.D.A. Smart Snacks in Schools Regulations. No foods or beverages may be sold as part of a fundraising activity during lunch service.

Staff-to-Student Rewards and Incentives:

The use of food items as part of a student incentive program is prohibited, unless food items offered adhere to R.I.G.L. 16-21-7 and U.S.D.A. Smart Snacks in Schools Regulations. When a reward or incentive program is determined to be necessary, teachers are encouraged to use physical activities and privileges as a reward or incentive. The District shall allow parents/guardians the right to refuse their child's participation to partake of food from sources other than the District's food service provider or the Chariho Area Career and Technical Center.

Student Nutrition Education:

The Chariho Regional School District delivers a comprehensive health curriculum aligned to the Rhode Island Department of Education Health Education Framework that includes nutrition education in Kindergarten through 12th grade, including field trips to support nutrition education. Lunch and cafeteria activities will support efforts regarding nutrition education. All instructional staff are encouraged to integrate and apply nutritional content into daily lessons when appropriate. Schools will study the nutrition guidelines at <http://www.thriveri.org/> as part of the student nutrition education program. While in instructional or common student spaces, all employees shall model healthy nutritional habits.

Classroom and School Celebrations:

Classroom and school celebrations will not be centered on food, except if the food items are part of a curriculum-related activity. While not prohibited, parties should be framed so as to discourage the consumption of unhealthy food items and should encourage food items that meet the nutrition standards. The District shall allow parents/guardians the right to refuse their child's participation to partake of food brought to school from the homes of other students or from sources other than the District's food service provider or the Chariho Area Career and Technical Center.

Nutrition Standards for Competitive Foods/Beverages:

All foods/beverages sold during the school day (from midnight to one hour after the instructional day) outside of the reimbursable meal program must meet the nutrition standards of USDA Smart Snacks in Schools and R.I.G.L 16-21-7. In addition, the Chariho Regional School District strongly encourages the availability 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. Nutrition standards for competitive foods/beverages sold on school premises during the school day may be found at <http://www.thriveri.org/>.

Students and staff will have access to free, safe, and fresh drinking water throughout the school day.

Parent Wellness Education:

Wellness education will be provided to parents at all levels. This education may be provided in the form of handouts, postings on the district website, articles and information provided in district or school newsletters, presentations that focus on nutritional value and healthy lifestyles, and through other appropriate means. The Health and Wellness Subcommittee shall contribute to this effort.

Staff Wellness Education:

Nutrition and physical activity educational opportunities will 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 nutritional value and healthy lifestyles, health assessments, fitness activities, and other appropriate nutrition and physical activity-related topics. The Health and Wellness Subcommittee shall contribute to this effort.

STUDENT PHYSICAL ACTIVITY

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity will be included in a school's education program from grades pre-K through 12. Physical activity will include instructional physical education, in accordance with SHAPE (Society for Health and Physical Educators) America's National Standards and Grade-Level Outcomes for K-12 Physical Education, as well as extra-curricular activities and required recess, as mandated by RI General Law.

Physical Education

Students will participate in physical education classes taught by certified physical education/health/adaptive physical education teachers in grades kindergarten through twelve. The School Committee approved physical education curriculum will be implemented by all educators; the curriculum shall be reviewed every five years. Teachers of physical education will participate in related professional development activities and implement research-based practices and teaching methods.

R.I.G.L. 16-22-4 requires an average of one hundred minutes per week of health and physical education at all grade levels. When possible, mandatory formal physical education time will extend beyond that which is required. Physical education classes will have the same teacher-student ratio as all other classes. Space for physical education will be safe and appropriate for the activity; necessary equipment shall be provided.

Intramural Sports, Interscholastic Sports and Club Activities

The Chariho Regional School District shall offer a comprehensive interscholastic sports program at both the Middle School and High School. Participation in interscholastic sports will be governed by the Eligibility Requirements for Athletics and Extracurricular Activities Policy and the Athletic Handbook. Physical education credit shall not be awarded for participation in interscholastic activities.

Intramural sports shall be offered at all schools. Six sports (two per fall, winter, and spring) shall be offered at each secondary school. Three club activities (one per fall, winter, and spring), which shall be designed to encourage physical activity, will be offered at each elementary school.

Where appropriate, participation in intramural sports will be governed by the Eligibility Requirements for Athletics and Extracurricular Activities Policy and the Athletic Handbook. Physical education credit shall not be awarded for participation in intramural activities.

Recess and Physical Activity Breaks

Recess in the form of unstructured play will be available to students in grades kindergarten through eight on a daily basis. A minimum of twenty minutes per day, as per R.I.G.L. 16-22-4.2, will be provided in elementary grades (K-6) and a minimum of ten minutes per day will be provided in grades seven and eight. The withholding of recess as discipline for an event unrelated to recess shall be prohibited, unless approved by the principal with notification to parents/guardians. Supervisors of recess shall receive training, as necessary.

Teachers may use their discretion in allowing brief, reasonable physical activity breaks during an instructional period or block.

Physical Activity and the Community

The Chariho Regional School District will make its facilities available to outside groups for the purpose of promoting physical activity in accord with the Use of School Facilities Policy.

Policy Implementation and Revision

The principal or director of each building shall be responsible for the implementation of this policy. This policy shall be annually reviewed by the Health and Wellness Subcommittee, with subsequent recommendations made to the School Committee.

Revised: 2/13/07, 6/11/13 - Effective: 7/1/13; Revised: 5/26/15 – Effective 7/1/15; Revised and Effective 1/17/17