

## **Barrington Health and 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 -12<sup>th</sup> 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 program that encompasses a combination of learning experiences and environmental supports designed to facilitate behavioral and environmental adaptations that are conducive to 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 parents/guardians 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
- 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, parents, and community members to provide strategies and activities in support of student health.

## **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.
- Nutrition promotion will be offered with coordination between the foodservice staff and teachers.
- Students receive consistent nutrition messages throughout schools, classrooms, and cafeterias, and to homes, community and media.
- Schools are enrolled as USDA [Team Nutrition Schools](#), and they conduct nutrition promotion activities that involve parents, 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).

## **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, Free and Reduced-Price Meals and/or Free Milk 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.
- 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 to 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/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**

- Only snacks and beverages identified within the law may be sold or distributed on school grounds both prior to and throughout the school day, including vending machines, fundraisers, school stores, or anywhere food/beverages are sold in school in accordance with the USDA Competitive Foods/Beverages Nutrition Standards – Smart Snacks in Schools and RIGL 16.21.7 effective in all Rhode Island elementary, middle, and senior high schools as well as the Barrington criteria of less than 25% sugar by weight. These regulations are in effect before, during and up to one hour after the instructional day.
- The school food service program including vending, a la carte and foods sold on school grounds will follow the USDA Competitive Foods/Beverages Nutrition Standards – Smart Snacks in Schools, and BPS requirements, when determining the items offered in the cafeteria as a la carte and for competitive food offerings.

- 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.
- All fundraisers that include the sale of food 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**

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, the school/PTO should 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.
- Celebrations must comply with [USDA Competitive Foods/Beverages Nutrition Standards – Smart Snacks in Schools](#), the BPS Food Allergies Policy and in the Individual Health Care Plans, as it pertains to food present in the class/school.

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

### **School Stores and After School Events**

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.

### **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.

## **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 improve their own personal health and wellness
  - Improve staff morale
  - Create positive role-modeling
  - Build the commitment of staff to promote the health of students
  - Build the commitment of staff to help improve the school environment support of healthy 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 parents 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.
- Each school will craft and report on an annual Health and Wellness Goal utilizing the Rhode Island Healthy Schools Action Plans for Schools, reporting progress biannually. These reports will be made available annually during the submission of school improvement goals and during the bi-annual reporting periods to the School Committee.
- The Health and Wellness policy and goals will be shared annually to parents, with encouragement and opportunity to understand and ask questions relative to the policy and goals. Parents will be updated on their role in supporting the successful implementation of the policy. Parents will be provided September newsletters which include contact information for the Health and Wellness leadership and information on how to join the committee. The contact information and updated reports will be available on the district and school websites.
- On an annual basis, and utilizing the school level reports as data sources, the BPS District Administration will develop an annual Health and Wellness Report for the School Committee in collaboration with the Health and Wellness Advisory Committee utilizing the [Rhode Island Healthy Schools District Summary](#) before the final June meeting of the School Committee.
- 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\(a\)\(24\) and 16-2-9\(a\)\(25\)](#)

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