



Central Falls School District Wellness Policy

Table of Contents	
Definitions	2
Central Falls School District Wellness Committee	3
Nutrition Education and Wellness Promotion	4
Nutrition Guidelines for All School Foods and Beverages	5
Physical Education and Physical Activity	10
Implementation, Monitoring, Evaluation and Reporting	12
Areas of Importance Outside of Nutrition and Physical Education/Activity	13
Addendum	14

Purpose

The Central Falls School District is committed to supporting and promoting the health and well-being of students, families and staff. The purpose of this policy is to ensure a healthy school environment for all students PreK-12 to enhance student attendance and academic achievement. This policy meets the Federal and State requirements of the Child Nutrition and WIC Reauthorization Act of 2004 and the Healthy Hunger Free Kids Act of 2010 (HHFKA) (Addendum #1 and 2). The policy establishes goals and expectations for the Central Falls School District and the School Board of Trustees in compliance with all federal and state mandates relative to the wellness of students and staff.

Policy Intent

The Central Falls School District recognizes the important relationship that exists between academic performance and student health. Research studies have consistently concluded that student health and achievement are directly connected, and in fact, that the health and well-being of students is one of the most significant influences on learning and academic achievement.

Preamble

In June 2005, the Rhode Island General Assembly passed legislation (RIPL Chapter 05-074/05-076, amending Section 16-2-9 of the General Laws in Chapter 16-2) to address the health and wellness of students and employees. The law was developed in accordance with the 2004 Child Nutrition and WIC Reauthorization Act, Section 204 of Public Law 108-265.



Definitions

The following definitions are provided to assist in understanding this policy and the legal obligations of the District.

A La Carte Food: Individually priced food items provided by the School Food Service Department. These items may or may not be part of the reimbursable school meal.

Child and Adult Care Food Program (CACFP): A USDA federally funded program administered by the RI Department of Education. It is designed to provide nutritious meals and snacks to eligible children and adults attending qualifying day care (non-residential) facilities.

Competitive Foods and Beverages: Foods and beverages sold or made available to students, other than meals reimbursed under the school's National School Lunch Program. This definition includes, but is not limited to, food and beverages sold or provided in vending machines, in school stores, or as part of school fundraisers.

Compliant Item: As required under Rhode Island General Law

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

Physical Education (PE): A sequential, developmentally appropriate K-12 Curriculum, in accordance with the Rhode Island Physical Education Framework, enabling students to develop the knowledge, motor skills, self-management skills, attitude and confidence needed to adopt and maintain physical activity throughout their lives.

School Day: Is defined as the period from the midnight before, to one hour after the end of the official school day.

USDA Fresh Fruit and Vegetable Program (FFVP): A federally assisted educational program providing free fresh fruits and vegetables to students in participating elementary schools during the school day. The goal of FFVP is to improve children's overall diet and create healthier eating habits to impact their present and future health.



URI SNAP-Ed: The Supplemental Nutrition Assistance Program’s educational component administered through the University of Rhode Island (URI) Department of Nutrition and Food Sciences. The mission of URI SNAP-Ed is to empower participants to choose nutritious foods and be physically active within constraints of a limited budget.

Policy Components

1. Central Falls School District Wellness Committee

- A. Rhode Island Law (16-21-28) (Addendum#3) requires the establishment of a district-wide coordinated school health and wellness subcommittee co-chaired by a full member of the Board of Trustees. The subcommittee will make recommendations regarding the district’s Health Education Curriculum and instruction, Physical Education Curriculum and instruction and nutrition and Physical Activity Policies to decrease obesity and enhance the health and well-being of students and employees.
- B. The Central Falls School Board of Trustees will establish and maintain a District Wellness Committee, co-chaired by a board member and the Superintendent (or designee), whose membership will include, but is not limited to:
 - Students
 - Parents and Guardians
 - Administrators
 - District Food Services Director
 - School Nurse Teachers
 - Physical Education Teachers
 - Health Teachers
 - Representatives from each school in the district
 - Members of Community
 - Health professionals such as nutritionists, dietitians, doctors, nurses, etc.
- C. The members of the Central Falls School District Wellness Committee will:
 - Collaborate and coordinate resources to drive school health goals and objectives
 - Periodically review and suggest updates to the Wellness Policy
 - Make recommendations to the Superintendent and Board of Trustees regarding issues related to:



- Nutrition and Physical Activity Policies to decrease the obesity rates and increase the health and well-being of students and employees
 - Physical Education Curriculum and instruction
 - Health Education Curriculum and instruction
 - Social and Emotional Curriculum and resources

D. This committee shall meet no less than four times during the school year. All meetings will be public and meeting dates will be posted on the district website.

2. Nutrition Education and Wellness Promotion

A. Student Nutrition Education and Wellness Promotion

- The Central Falls School District shall have a comprehensive, standards based, age appropriate health education program for Grades PreK-12, in accordance with the RI General Law (16-22-4), that includes nutrition concepts and topics in accordance with the Rhode Island Department of Education Health Education Framework. (Addendum #4)
- Nutritional concepts will also be integrated across the core curriculum into daily lessons as appropriate.
- Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
- Nutrition education and wellness promotion will be linked with the entire school's environment with consistent nutrition messages communicated in cafeteria programs, school gardens, health fairs, field trips, after school programming and assemblies. Visual aids in cafeterias will reinforce lessons learned in Health Class to help educate students about good nutrition and the reduction of food waste.
- Eligible elementary schools shall participate in the USDA's free educational Fresh Fruit and Vegetable Program (FFVP) to increase and expand the variety of fruits and vegetables offered outside of the meals program. Schools participating in FFVP may publicize the program to families and use available educational resources attached to it, including the URI Fresh Fruit and Vegetable Nutrition Curriculum provided by the URI SNAP-Ed Program.

B. Parent Nutrition Education and Wellness Promotion

- Nutrition education and wellness promotion will be provided to parents beginning at the elementary level and will continue throughout middle and high



school levels. Communication to parents about healthy eating and physical activity includes:

- i. District Wellness Facebook Page
- ii. District Twitter Account @cfschools.net
- iii. School Newsletter
- iv. School Presentation or Assemblies
- v. University of Rhode Island SNAP-Ed website: web.uri.edu/snaped/

C. Staff Nutrition Education and Wellness Promotion

- The Central Falls School District values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts made by staff to maintain a healthy lifestyle. Staff will be encouraged to model healthy eating and physical activity in the presence of students.
- The Wellness Committee and the Central Falls School District will develop a plan to encourage, promote, reward and support school and administrative staff health and wellness. The purpose of staff wellness education and promotion will be to:
 - Encourage all staff to improve their own personal health and wellness
 - Improve staff morale
 - Create positive role modeling for students
 - Refrain from consuming foods and beverages of minimal nutritional value in the presence of students as a way of healthy role modeling
 - Build commitment of staff to improve school nutrition and physical activity environment

3. Nutrition Guidelines for All School Foods and Beverages

A. Food Safety and Security

- All foods made available to students will comply with state and local food safety and sanitation regulations
- Food sharing between students is not allowed
- School Food Service providers (Chartwells Food Services) will implement and maintain guidelines in order to prevent food-borne illness in schools.
- Access to food service operations is limited to food services staff and school personnel authorized by the Superintendent or a designee

B. Food Marketing in Schools



- School-based marketing shall be consistent with the Central Falls School District Nutrition Education Curriculum and promotion of good health. School will limit marketing to the promotion of foods and beverages that meet or exceed nutrition standards for reimbursable meals and competitive foods and beverages.
- Marketing or promotion of foods and beverages that do not meet nutrition standards is prohibited in accordance with RI General Law (16-21-7.1)
- The promotion of healthy foods, such as fruits, vegetables, whole grains, lean protein low fat dairy products and water are strongly encouraged.
- The Central Falls School District will foster an environment that promotes healthy behaviors and activity.

C. Reimbursable Meal Program/School Food Service Provider Operations

- All foods served as part of the School Breakfast Program (SBP) and the National School Lunch Program (NSLP), including it's after school snack component, will meet both the USDA Nutrition Standards for School Meals as well as the Rhode Island Nutritional Requirements (RINR).
- All meals will promote fresh fruits and vegetables, whole grains, low-fat dairy, lean protein and low sodium unprocessed items, in accordance with the current USDA Dietary Guidelines for Americans.
- As part of the Central Falls School District's responsibility to operate a high quality food service program, qualified nutrition professionals will administer the meal program and Professional Development will be offered for all food service staff working in the schools, as appropriate for their levels of responsibility **in accordance with USDA Professional Standards**. Training sessions will be offered for staff working directly under the Food Service Provider and educational materials will be provided to district/school staff assigned to meal supervision duty in order to best promote the importance of healthy eating, food safety, and positive healthy lifestyle role modeling, in a clear and consistent way among all school personnel.
- The Central Falls School District schools will utilize an electronic identification/payment system for all students to support participation in the school meal program.
- The Central Falls School District will ensure that all children eligible for free/reduced meals will have the opportunity to participate in the SBP and NSLP by engaging in frequent outreach to families and coordination with the local agencies involved in food security issues.



- Information on the nutritional content and ingredients of meals will be available to students and parents as requested.
- Food Service Providers will procure, serve and promote locally sourced RI products as much as possible.
- Schools and School Food Service Providers should engage students and parents through various means to assist in identifying new, healthy and appealing food choices within the program to promote healthier eating habits.

School Breakfast Program (SBP)

Central Falls School District will ensure all children have a breakfast that meets their nutritional needs and optimizes their ability to learn:

- All schools will operate the School Breakfast Program (SBP).
- All schools will use methods to serve breakfasts that encourage participation, including but not limited to breakfast before school, grab-n-go style, breakfast in the classroom, etc.
- All schools will notify students, parents and guardians of the availability of the School Breakfast Program (SBP).

Eating Environment

Central Falls School District believes a well-designed and pleasant eating area is important for the promotion of healthy eating habits. Schools will address time allotted for meals, traffic flows and cafeteria layout to ensure students are actively encouraged to eat. All schools will provide:

- Adequate time to eat meals
- Clean, pleasant surrounding
- Access to hand washing and/or hand sanitizing facilities before and after meals
- Central Falls School District schools will adhere to the following rules:
 - No scheduled activities or clubs during school meal times unless students are allowed to eat when such activities take place
 - School personnel will take responsible steps to accommodate oral health needs of students if needed. (Notes must be provided to the School Nurse)
 - Work with School Food Service Providers to explore, identify and implement ways to reduce time students spend in line.

B. Competitive Food and Beverages SALES / Other Food and Beverages Served



The Central Falls School District believes in maintaining a high quality school wellness culture which relies on the good nutritional quality of all foods and beverages available and sold to all students and staff. Communicating the message of healthy eating and adherences to the Central Falls School District Wellness Policy in all food related events within the community will include, but is not limited to, A La Carte offerings, vending machines, school stores, fundraisers, rewards, classroom and school celebrations, health fairs and other school events. The opportunity to model and promote healthy eating and healthy behaviors lies within every school event, initiative and message outside of the National School Lunch and School Breakfast Programs, and each of these shall be treated as such.

Competitive Food and Beverage SALES

All foods and beverages, sold outside of the reimbursable school meal program (competitive foods and beverages) on school premises before, during, and up to one hour after school, must comply with the USDA Smart Snack in School Regulations and RI General law (16.21.7) for the sale of healthier snacks and beverages.

1. Foods/ Snack

- a. Only fruits, vegetables, nuts, seeds, whole grains, nonfat or low fat dairy and combination products may be sold, following the standards below:
 - Packaged items shall not exceed one serving per package/200 calories.
 - Items shall contain no more than 30% of total calories from fat, less than 10% of total calories from saturated fats and zero trans fats
 - Items shall contain no more than 35% of calories from total sugars
 - Items shall contain less than or equal to 200mg of sodium per packaged portion
 - Items shall have as their first ingredient a fruit, vegetable, dairy product or protein food or be a grain product that contains at least 50% whole grain.
 - Combination items must contain at least ¼ cup of fruit or vegetable.



2. *Beverages*

- a. The only beverages allowed to be sold outside of school meals include:
 - Low fat (1%) plain, non-fat flavored or plain milk in 8 oz portions for elementary school and 12 oz portions for middle and high school, nutritionally equivalent milk alternatives permitted
 - 100% fruit/vegetable juice up to 12 oz portion for middle and high school
 - Plain or carbonated water of any size
 - Not artificial sweeteners
 - No caffeine

3. *Cafeteria A La Carte Food*

- a. All foods and beverages sold in the cafeteria (outside of the reimbursable meal) before, during and up to one hour after school must comply with the USDA Snacks in Schools Regulations and General Law (16.21.7) for the sale of only healthier snacks and beverages.
- b. A La Carte items in the cafeteria must be USDA school meal components (with a maximum of 350 calories) and meet the above fat and sugar limits per serving. A La Carte items cannot exceed 480mg of sodium per serving.
- c. Elementary School Food Service Providers are only allowed to sell whole or cut fresh fruit and/or vegetables and kitchen prepared (unprocessed) fruit and or vegetable side dishes.

4. *Vending Machines*

- a. All foods and beverages sold in vending machines anywhere on school premises before, during or up to one hour after school must comply with the USDA Snacks in Schools Regulations and General Law (16.21.7) for the sale of only healthier snacks and beverages.
- b. All school vending machines must have timers ensuring they are shut off during meal services, in accordance with the Central Falls School District Food Service Provider contract.

5. *School Stores*

- a. All foods and beverages sold in school stores before, during or up to one hour after school must comply with the USDA Snacks in



Schools Regulations and General Law (16.21.7) for the sale of only healthier snacks and beverages.

- b. School stores cannot sell any foods, snacks, or beverages during meal services, in accordance with the Central Falls School District Food Service Provider contract.

6. *Fundraising*

- a. Non food based fundraisers are strongly encouraged
- b. Fundraisers that promote physical activity are strongly encouraged
- c. Any foods and beverages sold in school stores before, during or up to one hour after school must comply with the USDA Snacks in Schools Regulations and General Law (16.21.7) for the sale of only healthier snacks and beverages.
- d. No foods are beverages (even those that are compliant) sold as part of fundraising can be sold during meal services, in accordance with the Central Falls School District Food Service Provider contract.

7. *Food Rewards*

- a. Research indicated that the use of food to reward/reinforce desirable behavior and academic performance has negative, unintended consequences. The use of any food or candy as a reward or incentive for student achievement or desirable behavior is prohibited.
- b. Offering physical activity as a reward is strongly recommended and school staff is encouraged to use other non-food alternatives as rewards such as homework passes, school “cash,” recognition via announcements or hallway signs, books, gift cards, etc.

8. *Classroom and School Celebrations*

- a. The distribution of candy by students and/or staff is prohibited in the classroom and on school grounds.
- b. Classroom and school celebrations will not include food, except on a limited basis, with principal approval.
 - In all cases, the food/beverage must meet:
 1. USDA Snacks in Schools Regulations nutrition standards
And General Law (16.21.7) for the sale of healthier snacks and beverages, and must be commercially prepared, unless approved by the principal.



9. *Snacks/Beverages provided to Students in Before/After School Programs*

- a. In all cases, the food/beverage must meet USDA Snacks in Schools Regulation nutrition standards and General Law (16.21.7) for the sale of healthier snacks and beverages, and must be commercially prepared, unless approved by the principal.

10. *Access to Drinking Water*

- a. Students and staff will have access to free, safe, fresh drinking water at all times throughout the day. Students and staff will be allowed to bring clear and transparent water bottles into the classroom.

4. Physical Education and Physical Activity

Central Falls School District recognizes the importance of offering physical activity opportunities before, during and after school. Physical activity is critical to a child's healthy weight and lifestyle as well as to increase the ability to focus in the classroom. While physical education classes provide a specific environment in which students learn, practice and assesses on developmentally appropriate motor skills and fitness goals, the Central Falls School District believes opportunities for physical activity / movement should be provided throughout the school day.

A. Health and Physical Education

Central Falls School District will adhere to RI state requirements for physical education. Physical education must be taught by certified teachers and is required for all students in grades 1-12 according to RI General Law (16-22-4). Instruction in Health and Physical Education is aligned to the RI Physical Education Framework and the RI Health Education Framework.

- Students should receive an average of 100 minutes per week of health/Physical Education.
- Recess, free play and after school activities are not counted as physical education
- Health and Physical Education classes will be taught by certified PE/Health teachers who will be provided yearly professional development opportunities in health and physical education.
- Safe, adequate facilities will be provided at each school for physical education instruction.
- Physical education teachers will utilize developmentally appropriate health related fitness assessments.



- Waivers for Physical education are prohibited, unless provided by a qualified physician or medical provider.
- Student involvement in other physical activity (interscholastic or intramural sports) will not be substituted for Physical Education.

B. Physical Activity

All Central Falls School District Schools should encourage an environment that supports physical activity beyond the Physical Education program, for students, staff and community before, during and after the school day.

1. Recess

- All elementary schools shall allot a minimum of 20 minutes per day for recess, in accordance with RI General Law (16-22-4.2), preferably outdoors.**
- During inclement weather, alternative activities will be provided that promote free play and students' social and emotional wellness.
- Withholding recess as a disciplinary strategy is prohibited.
- Using physical activities as punishment is prohibited.

2. Physical Activity Breaks

- Classroom teachers will provide short physical activity breaks between lessons whenever possible and appropriate.
- Opportunities for physical activity will be incorporated into other subject areas whenever possible and appropriate.
- Extended periods (longer than 2 hours) of student inactivity are prohibited.

3. Before / After School Activities

- Central Falls School District elementary, middle and high school are encouraged to offer before and after school activities and extracurricular programs that promote staying physical activities and provide opportunities for periods of moderate to vigorous physical activity for all participants.
- Central Falls School District elementary, middle and high school should make an effort to offer a range of physical activities that meet the needs, interests and abilities of all students, including students with disabilities, and students with special health care



needs, including but not limited to clubs, classes, and intramural or interscholastic activities.

- c. Central Falls School District elementary, middle and high 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 safety policies will apply at all times.
- d. Schools are encouraged to work with local public works, public safety, police departments and other community partners to assess and promote safe walking or biking routes to school for students and staff

5. Implementation, Monitoring, Evaluation and Reporting

The Superintendent shall develop procedures regarding the implementation of this policy.

A. Wellness Policy Communication

This policy, along with any proposed updates and progress reports, will be posted and accessible on the school district website to inform and update the public (including parents, students and others in the community) about the content and implementation of the District Wellness Policy.

B. Wellness Policy Implementation and Monitoring

The Superintendent (or designee) shall be responsible for leading the district's implementation plan. Building principals will work with the District Wellness Committee to document compliance with all provisions of the policy in order to assess progress and determine areas in need of improvement.

The Central Falls School District Wellness Committee will include a review of this policy on a yearly basis and forward any recommendations and updates due to new federal and/or state laws and /or regulations to the Superintendent and the School Board of Trustees.

The Superintendent and School Board of Trustees are responsible for providing resources necessary for the achievement of the Wellness Policy Goals.

C. Wellness Policy Compliance



The Building Principal in each school shall be responsible for providing the leadership necessary to be in compliance with the Wellness Policy. Review of the Wellness Policy will be included in staff orientation at the beginning of the school year, and the Wellness Committee will support these orientations if requested. The School Food Service provider shall be responsible for meeting the nutrition regulations set forth in this policy.

D. Wellness Policy Reporting

The Central Falls School District Wellness Committee, working with the School Food Service provider staff and school administration, will report publicly to the Superintendent and the School Board of Trustees on Wellness Policy Implementation and evaluation on an annual basis. This report will be based on the objective data collection as much as possible (including the submission of any forms or reports required by the Superintendent or designee) and will include detailed assessments of the following elements:

- The extent to which schools are in compliance with the Wellness Policy
- Obstacles that schools report in meeting compliance of the Wellness Policy
- Comparisons of the Central Falls School District Wellness Policy to model policies
- A Wellness Policy Implementation plan at the district and school level with measurable objectives for attaining each goal of the Wellness Policy

6. Areas of Importance Outside of Nutrition and Physical Education / Activity

The Central Falls School District recognizes that additional topics pertaining to health and wellness, including but not limited to personal health, mental and emotional health, injury prevention, nutrition, sexuality, family life, disease control and prevention, and substance abuse and abuse prevention may be reviewed by the committee and recommendations will be forwarded to the full school committee for policy review.



Addendum

1. Public Law (108-265, Section 204) Child Nutrition and WIC Reauthorization Act of 2004
2. Public Law (111-296, Section 204) Healthy Hunger Free Kids Act of 2010 (HHFKA)
3. RI General Law (16-21-28) Rhode Island Law (16-21-28)
4. RI General law (16-22-4) RI General Law (16-22-4)
5. USDA Nutrition Standards for School Meals USDA Nutrition Standards for School Meals
6. Rhode Island Nutrition Requirements Rhode Island Nutritional Requirements (RINR).
7. USDA Dietary Guidelines USDA Dietary Guidelines for Americans.
8. USDA Smart Snacks in Schools USDA Smart Snack in School Regulations
9. RI General Law RI General law (16.21.7)
10. RI General Law RI General Law (16-22-4).
11. RI Physical Education Framework RI Physical Education Framework
12. RI Health Education Framework RI Health Education Framework.