

Little Compton School District WELLNESS POLICY

PREMISE

The Wilbur McMahon School teachers and administration believe that children learn best when their physical and mental health and safety are top priorities in their learning environment. Towards that end, adults in our community work to ensure that good nutrition, a comprehensive health and physical education curriculum, and the promotion and practice of healthy lifestyle behaviors are practiced and modeled by all members of the school community.

WELLNESS POLICY INTENT

The intent of the WMS Wellness Policy is to establish the school's goals, expectations and policies in the area of health and wellness, for our faculty and staff, our students, and our families. The policy also seeks to document our compliance with federal and state laws as they pertain to nutrition, health and physical education curricula, and behavioral practices. (Please note that relevant state and federal laws and standards referred to in this document are referenced with source document links at its conclusion.)

NUTRITION

STANDARDS: All students will have access to the school's breakfast and lunch programs, which will be in compliance with the US Department of Agriculture National School Lunch Program and Dietary Guidelines for Americans, as well as the Rhode Island Nutritional Requirements for school food service programs.

EDUCATION: Nutrition education, sequential and comprehensive in scope as well as skill- and behavior-based, will be provided at every grade level and will conform to the standards of the Rhode Island Health Education Framework. Food service staff will provide pertinent information to all students and families to include menus, nutritional facts, calories and carb counts for school menus, and allergen information.

SCHOOL MEALS: All meals served at the school will meet or exceed USDA and Rhode Island nutritional requirements. Food offered in the cafeteria will be nutritious, attractive, age-appropriate and accessible.

The privacy of students who are eligible for free or reduced price meals at school will be protected. They and all related files will be locked in the school Human Resources office. The HR Director will communicate directly with just one member of the food service staff to identify individuals in their system so they can be coded appropriately. If an eligible child transfers to another school, or graduates and goes on to high school, the HR Director will communicate directly with those other districts and will complete and submit all required forms to the appropriate agency.

Students are not permitted to go off campus during lunch or recess without administrative permission.

Food Service staff will create a welcoming environment in the cafeteria. At least 20 minutes will be offered for children to eat, and appropriate supervision will be provided. The administration will consider strategies to maximize the effectiveness of lunch and recess, such as scheduling recess before lunch for as many children as possible. Free and safe drinking water will be provided both in and outside of the cafeteria, and students will be allowed to bring and carry personal water bottles.

Information on the USDA National School Breakfast and Lunch Programs, including eligibility requirements for free or reduced meals, will be included in the packet of information that goes to parents at the opening of school.

Families who are not participating in the USDA Meals programs will be encouraged to send lunches and snacks with their children that do not undermine the nutritional curriculum.

Food service staff will be provided with training by food service administrators on USDA meal plans, operations, safety and administration as required by law.

Experiences, field trips, and menu planning will, whenever possible, encourage the consumption of seasonal, locally sourced produce and ingredients. Farm to School activities will support and teach the ways in which local food contributes to nutrition. School gardens, trips to local farms, and education about what foods are grown in our community will be encouraged.

COMPETITIVE FOOD AND BEVERAGES: These include all food and beverages sold or made available to students during the regular and extended school day *other than* USDA cafeteria meals, including but not limited to vending machine offerings and items sold for fundraising. These items will all be in compliance with USDA Smart Snacks and RI State Law nutrition standards (RI General Law 16-21-7), which must be observed before, during, and at least one hour after the instructional day.

Choices of food for promotion or sales outside of the school day, such as at sports activities and fundraisers, will, whenever possible, support the health and wellness goals of WMS. Parents, teachers and coaches are encouraged to review the USDA School Snack Guide for more information.

All members of the WMS community will be encouraged to plan fundraisers that are NOT food-based. The Healthy Hunger-Free Kids Act of 2010 requires that no marketing or advertising of beverages or snacks can take place in schools unless they meet the USDA Smart Snacks in Schools nutrition regulations.

CLASSROOM CELEBRATIONS: School and classroom celebrations offer opportunities to build community and strengthen relationships. Celebrations focused on food will be discouraged unless the food is curriculum-based. Serving sweets, such as cupcakes or ice cream, at an in-classroom birthday party is prohibited.

REWARDS AND INCENTIVES: School-based rewards must support the school's health curriculum and nutritional standards. The use of any food to reward children or to improve their behavior is prohibited.

HEALTH, PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

In order to help students at WMS develop healthy lifestyles and to maintain focus in school, they will be provided with a variety of opportunities each day for physical activity. These include recess for all grades (a minimum of 20 minutes for grades PK-6, according to Rhode Island State Law 2016—H 7644) and physical education as required by the Rhode Island Physical Education Framework (PDF, 796KB).

In addition, all teachers and staff are encouraged to offer periodic opportunities for children to be physically active, stretch, or move around during classroom time in order to limit sedentary behavior. Before and/or after-school activities that offer a range of physical activities will be encouraged.

CURRICULUM: WMS will provide a sequential, differentiated curriculum in both Health and Physical Education with the purpose of helping students develop the habits, skills and knowledge necessary for a healthy life style. These curricula will be written, and content areas will be documented.

As per Rhode Island General Law 16.22.4, the curricula will incorporate all guidelines and requirements in the Rhode Island Physical Education Framework and the Rhode Island Department of Education Health Instructional Outcomes.

Frequency of instruction (100 minutes per week for all students), the teacher/student ratio, and fulfillment of waiver requirements when medically indicated, will all be aligned with state standards that require faculty delivering the physical education curriculum to be certified to teach physical education.

CSPAP: A Comprehensive School Physical Activity Program (CSPAP) will be developed in order to make sure all members of the school community, faculty, staff and students, have ample opportunity for physical activity before, during and after instructional hours. Resources for the formulation of this plan, including templates, are available at the Centers for Disease Control CSPAP website.

ACTIVE TRANSPORT: WMS will work with the local police department and families to assess and promote safe walking and bike routes to school, the use of crosswalks, and safe arrival and dismissal procedures.

INVOLVEMENT OF STAFF AND PARENTS

Continuing education that helps staff develop their knowledge of the value of good nutrition and increased physical activity will be actively supported.

WMS will offer families education and information about health and wellness. Resources such as the food service menus and newsletters will be made available to parents and families on an ongoing, consistent basis. Parents will be encouraged to send healthy snacks and meals to school with their children and will be expected to provide healthy treats and/or non-food related activities for classroom celebrations.

IMPLEMENTATION, EVALUATION AND REPORTING

A member of the Little Compton School Committee will chair the Health and Wellness Subcommittee, as required by RIGL 16.21.28, to review the effectiveness and implementation of this policy. In consultation with the School Principal, the School Superintendent will provide the Health and Wellness Subcommittee with an annual report that summarizes policy implementation, to be shared with the entire School Committee. Accountability for Wellness Policy implementation rests with the teachers and administration of WMS.

In addition to the chair, the Health and Wellness Subcommittee will include administrators, teachers, the School Nurse, a food service program representative, parents, students, and other community members.

The Subcommittee will review the Health and Wellness Policy on an annual basis and will report to the School Committee at each LCSC meeting about its activities, any concerns, and policy compliance issues as they emerge.

Wellness Committee, 2017

Adopted by Little Compton School Committee 8/23/2017

REFERENCES AND RESOURCES

RI Nutrition Requirements:

[http://thrivetri.org/documents/RINR2009 %20BOR %20Mandated%2011%205%2009](http://thrivetri.org/documents/RINR2009%20BOR%20Mandated%2011%205%2009).

USDA Competitive Foods/Beverage Nutrition Standards (“Smart Snacks”):

<http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>

USDA Nutritional Standards:

<http://www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm>

National School Lunch Program (NSLP) - USDA Food and Nutrition ...

<https://www.fns.usda.gov/nslp/national-school-lunch-program-nslp>

School Breakfast Program (SBP) - USDA Food and Nutrition Service

<https://www.fns.usda.gov/sbp/school-breakfast-program-sbp>

USDA School Snack Guide:

<http://foodandhealth.com/usda-school-snack-guide>

USDA Nutrition Standards for School Meals:

<http://www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm>

Dietary Guidelines for Americans:

<http://www.health.gov/dietaryguidelines/>

RI Department of Education Health Instructional Outcomes:

http://www.thrivetri.org/documents/RI_CHI_Outcomes.pdf

RI General Law (16-22-4.2), Free Play Recess:

<http://webserver.rilin.state.ri.us/PublicLaws/law16/law16157.htm>

RI General Law (16-22-4.2), Instruction in health and physical education:

<http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-22/16-22-4.htm>

RI Physical Education and Health Education Framework:
<http://www.ride.ri.gov/instructionassessment/othersubjects.aspx>

Healthy Hunger-Free Kids Act of 2010, Public Law (111-296, section 204):
<http://www.gpo.gov/fdsys/pkg/PLAW-111pub1296/htm>

CSPAP: A Comprehensive School Activity Program:
www.cdc.gov/healthyschools/physicalactivity/cspap.htm.