

Policies

Newport Public Schools Students – Administrative Policies – District Wellness Policy

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I. Policy Intent

The Newport Public Schools School Department promotes healthy schools, by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. 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 potential and ensures that all children are given equal opportunity to succeed.

II. Policy Goals.

A. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

B. Provide more opportunities for students to engage in physical activity.

A quality physical education program is an essential component for all students to learn about and participate in. Physical activity should be included in a school's daily education programs from grades Pre-K through 12. Physical activity should include regular instructional physical education in accordance with the Rhode Island Physical Education Framework, as well as co-curricular activities and recess.

C. The Newport School Department is committed to improving academic performance in high-risk groups so that all children are given equal opportunity to succeed.

Educators, administrators, parents, health practitioners and communities must consider the role that student health plays in academic stamina and performance and adapt the school environment to ensure student's basic nourishment and activity needs are met. To ensure widespread understanding of the benefits to school environments where nutritious foods are provided and where students have an opportunity for physical activity, a

public awareness campaign that highlights research demonstrating the positive relationship between good nutrition, physical activity and capacity of students to develop and learn should be conducted.

D. Establish and maintain a district-wide Health and Wellness Committee with the purposes of:

- developing guidance to explicate this policy
- monitoring the implementation of this policy
- evaluating policy progress
- serving as a resource to school sites, (e.g. providing lists of healthy incentives, snacks, birthdays, etc.) and
- revising policy as necessary
- Encouraging faculty and staff members to follow the intent of the policy.

The Health and Wellness Committee will meet two times annually (May and November) with recommended membership including, but not limited to:

- District Food Service Director/Manager
- Dietitian
- Local Health Practitioner (e.g., pediatrician, dentist, or other appropriate certified medical professional)
- School Nurse-Teacher
- A parent representative from each school
- Staff member representative from each school
- A School Committee/Board member, Co-Chair
- District Administrative Representative, Co-Chair
- Supervisor of Physical Education and Health
- Local Community Partners (e.g. Boys & Girls Club, YMCA)

Responsibilities of the Health and Wellness Committee may include, but not be limited to, the following:

- Create district nutrition and physical activity standards
- Integration of nutrition and physical activity in the overall curriculum
- Assurance that staff professional development includes nutrition and physical activity issues
- Assurance that students receive nutrition education and

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- engage in vigorous physical activity
- Pursuance of contracts with outside vendors that encourage healthful eating and reduction of school/district dependence on profits from foods of minimal nutritional value.

The Health and Wellness Committee will be responsible for preparing an Annual Report by June 15 of each year that includes, but may not be limited to, the following information:

- Monthly district menus and meal counts
- Listing of physical activity programs and opportunities for students throughout the school year.

III. General Wellness.

The Newport School Department will adhere to RI Rules and Regulations of School Health Programs (RIGL § 16-21-SCHO) in line with those of the CDC regulations.

Schools promotion of lifelong habits of healthy eating and physical activity will establish linkages between health education and school meal programs and with related community services.

Staff nutrition and wellness will be supported by Newport School Department administration and the wellness committee.

The purpose of staff wellness promotion will be to:

- Encourage all staff to improve their own personal health and wellness;
- Improve staff morale;
- Create positive role modeling;
- Build the commitment of staff to promote health of students; and
- Build commitment of staff to improve the school nutrition and physical activity environment.

The Newport School Department will use the Center for Disease Control and Prevention's Coordinated School Health approach to comprehensive school wellness. The Coordinated School Health model includes 8 areas of school health:

- Safe environment

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- Physical education
- Health education
- Staff wellness
- Health services
- Mental and social health
- Nutrition services
- Family involvement

Each school will engage families in providing information to meet district wellness goals. This information will be provided to families through school newsletters, the school district website, emails, events and any other available resources.

PEANUT AND TREE NUT ALLERGY: Adhering to General Law § 16-21-31 & § 16-21-32

Depending on the nature and extent of student's allergy, the measures listed in the Individual Health Care Plan (IHCP) may include, but are not limited to:

- Posting signs in classroom entries
- Prohibiting certain foods in the classroom
- Prohibiting the sales of particular foods
- Designating a special peanut and tree nut table in cafeteria
- Educating faculty, staff and families about allergies
- Storing student lunch boxes in a separate location from the belongings of the student with the allergy
- Implementing particular protocols around cleaning surfaces touched by food products, washing of hands after eating, etc.
- Develop EHCP that will be consistent with applicable provisions contained herein, including, but not limited to, training, communication, plan review, Good Samaritan Protections, follow-up and documentation.
- All school personnel who may be involved in the care of a student who has been diagnosed with a peanut/tree nut allergy

shall be informed of the IHCP and the EHCP as appropriate.

IV. HEALTH & NUTRITION EDUCATION AND WELLNESS PROMOTION

Health Education shall be provided as required for all students in Grades K-12 according to Rhode Island General Law 16-22-4 and sections 3, 4 and 5 of the Rules and Regulations for School Health Programs. Health Education curricula shall be aligned with the standards and performance indicators in The Rhode Island Health Education Framework.

Healthy eating is a key part of overall health and wellness. Nutrition education in the Newport School District will be provided as part of a K-12 standards-based, sequential, age appropriate, comprehensive health education curriculum, delivered by certified teachers at each grade level, and designed to provide students with the knowledge and skills to promote and protect their personal health over the course of their lives. Nutrition education should be integrated across the curriculum whenever possible and appropriate and will be communicated and supported with consistent messaging throughout the schools.

Classroom health education will complement physical education by reinforcing knowledge and self-management skills needed to maintain a physically active lifestyle. The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children by providing education and information in the form of handouts, websites, and newsletters that focus on wellness topics. In addition, the district/school will provide opportunities for students and parents to share input and feedback on wellness goals and initiatives.

V. NUTRITION STANDARDS AND GUIDELINES FOR CHILD NUTRITION PROGRAMS AND SCHOOL MEALS

The Newport School District will work closely with its Food Service Manager to offer affordable, nutritious and appealing meals, including breakfast, lunch, snacks and beverages. Reimbursable meals served through the National School Lunch and Breakfast Programs must meet current USDA nutrition requirements and Rhode Island Nutrition Requirements (RINR) which follow the

principles of the current USDA Dietary Guidelines for Americans with an emphasis on nutrient dense foods, such as whole grains, fruits, vegetables and low fat dairy.

Schools will make every effort to eliminate any social stigma attached to students who are eligible for free/reduced price school meals and will prevent the overt identification of students who are eligible for free/reduced meals. The District will engage in outreach activities to ensure that all children eligible for free/reduced meals will have the opportunity to participate in the program.

School Breakfast Program: To ensure that all children have access to a healthy breakfast, the District will operate a school breakfast program and encourage participation. Schools will notify parents and students about the availability of breakfast at school and schools will encourage parents to ensure that all students eat a healthy breakfast, either at home or at school, before arriving for a day of learning.

School Lunch Program: Schools will schedule lunch periods at appropriate times and will provide students with an adequate amount of time to eat from the time that they are seated (the School Nutrition Association recommends at least 20 minutes). Schools will make every effort to ensure that the cafeteria environment provides adequate space and clean and pleasant surroundings. Schools will notify parents and students about the availability of lunch at school and will promote healthy menu options through the timely distribution of both printed and online menus. Students and their families will be provided with information about the nutritional content of school meals upon request. The food service provider will be required to run periodic food promotions to encourage taste testing of healthy new foods that appear on the menu. In addition to the USDA and RINR nutritional requirements for lunch meals, schools will also provide access to free, fresh drinking water during meal times in the food service areas of schools. To better ensure that students eat a nutritious lunch, students at the elementary level will be afforded the opportunity, whenever practical, to enjoy recess prior to their meal. Students will also be afforded convenient access to hand washing or hand sanitizing facilities before meals.

Qualifications and Training of Food Service Staff: As part of the District's responsibility to operate a high-quality food service program, qualified nutrition professionals will administer the meal program and professional training and development will be offered for all nutrition professionals working in the schools, as appropriate for their levels of responsibility. The District's Food Service Manager will provide adequate training in food service operations, including professional development in the area of food and nutrition for all responsible for the food service program in the Newport School District.

Local Procurement: The District Food Service Manager will maximize the procurement and serving of fresh, seasonal, locally grown produce.

Food Marketing and Promotion in Schools: Per the Healthy Hunger-Free Kids Act (HHFKA), school based marketing will be consistent with the District's nutrition education and health promotion. Schools will limit food and beverage marketing to the promotion of food and beverages that meet the nutrition standards for school meals (USDA and RINR). Promotion of healthy foods including fruits, vegetables, whole grains, low-fat dairy and water is encouraged.

VI. NUTRITION GUIDELINES AND STANDARDS FOR COMPETITIVE AND OTHER FOODS/BEVRAGES

The Newport School District believes that the sale or distribution of nutrient dense foods for all school functions, activities and celebrations promotes health and wellness. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. Foods that provide little nutritional value compete with healthy eating and the school meals program at school. In addition, the District must consider the need to protect students with special dietary limitations. 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 or distribution of foods, snacks and beverages sold a la carte during school meals, in vending machines, in school stores, as part of school-wide or classroom celebrations and fundraising prior to and during the school day.

“Competitive foods” are defined as those foods that may be regulated for sale in competition with school lunch and breakfast programs under provisions of the National School Lunch Act. When determining the competitive foods to be sold in schools, the school food service program manager will follow District Nutrition Standards, the USDA “Smart Snacks in Schools” nutrition standards, and RI General Law 16-21-7 which requires all elementary, middle and high schools to sell only healthier beverages and snacks. Individually sold portions of healthier snacks shall meet the nutrition requirements as outlines in Rhode Island General Law 16-21-29 and include nuts, nut butters, seeds, fruit vegetables, legumes, eggs and low fat cheese, low fat yogurt, enriched or fortified grain, grain product or whole grain food items. Healthier beverages are defined in Rhode Island General Law 16-21-29 and include water, low fat milk and dairy alternatives, fruit juice with no added sweetener, or vegetable-based drinks. All beverages other than water and milk shall be 12 oz. or less. Students and staff will have access to free, safe and fresh drinking water throughout the school day.

This policy describes what foods are to be served before and during the school day and makes recommendations for time after the school day. This distinction is made because while students are arriving for school and in school, there is a greater expectation of guidance and control on the part of the school. During after school activities (for example pot luck suppers, dances and athletic events) greater freedom, independence and parental responsibility are expected. Also, the District has a very limited ability to assure the nutritional and ingredient content of foods provided after the school day. However, the District strongly encourages the school community to follow district nutrition standards during after school activities whenever possible and provide healthy options.

VII. Fundraising and Exceptions

All Newport faculty, students, staff and parent groups must comply with the USDA Smart Snacks in Schools regulations and RI General Law (16.21.7) involving the sale and consumption of food, beverages and/or snacks prior to during and one hour after school hours. All other fundraising efforts should follow the District Nutrition

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Standards when possible. All fundraising activities sponsored by faculty, students and staff must be pre-approved by the Assistant Superintendent.

Schools may be allowed to sell snacks or beverages that do not comply with the USDA Smart Snacks in Schools regulations and RI General Law (16.21.7) as part of school fundraising in any of the following circumstances:

1. The items sold by students of the school and the sale of those items takes place off and away from the premises of the school;
2. The items sold by students of the school and the sale of those items takes place one hour or more after the end of the school day; and
3. The items are sold during a school-sponsored student activity after the end of the school day.

The sale of candy or baked goods such as cakes, cookies, cupcakes, brownies, etc. will not be allowed to be sold at any school before, during and one hour after school in order to promote a healthy school environment.

Classroom and School Celebrations:

- The distribution of candy by students, faculty and staff is prohibited in the classroom and on school grounds.
- Classroom and school celebrations will not be centered on food, except if the food items are part of a curriculum-related activity and only with prior approval of the school Principal. Principals may grant 2-3 annual exceptions for a school-wide celebration. The Principal must document the activities and submit a report to the Superintendent in June at the end of the school year.
- Parents/guardians must be given advance notice of any classroom or school celebration where food will be served. Due to food safety and allergy issues, ingredient lists for all food/beverages must be available upon request.
- Parents shall have the right to refuse their child's participation

in consuming food brought to school from homes other than their own or from sources other than the District's Food Service Provider.

School Stores: All foods and beverages sold in school stores before, during and up to one hour after school must comply with USDA Smart Snacks in Schools regulations and RI General Law (16.21.7) for the sale of only healthier snacks and beverages.

School Vending Machines (including teachers' lounge): All foods or beverages sold or served via vending machines must comply with USDA Smart Snacks in Schools regulations and RI General Law (16.21.7).

Teacher to Student Incentives/Rewards: Food or beverages should not be used as a student incentive program for reward or punishment. Exceptions may be made when food is found to be essential by a student's individualized educational program.

VIII. Access to Drinking Water

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

IX. Student Physical Education and Physical Activity

The Newport School District provides all students with a physical education program aligned with the Rhode Island Physical Education Framework, RI General Law 16-22-4 Section 3.5 of the Rules & Regulations for School Health Programs. Physical Education is required for all students in grades K-12 in compliance with RI General Law (16.22.4) and must be taught by a RIDE certified instructor. Students receive an average of 100 minutes per week of health and physical education.

- Elementary school students receive 100 minutes an average of physical education/health education per week.
- Middle school students receive an average of 100 minutes of physical education/health per week.
- High school students receive an average 100 minutes of physical

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education/health per week.

Waivers for students to be exempt from physical education classes are discouraged. Students may only be exempt from participating in physical education class with a written physician's note.

Qualified students with disabilities are eligible for Adaptive Physical Education services if it is part of a student's individualized education plan.

- Adequate space must be provided to ensure an optimal learning and safe environment for physical movement that comply with all applicable safety standards.
- All schools will promote frequent activity breaks to discourage long periods of inactivity.
- All elementary students will have an average of 15 minutes a day of supervised recess, preferably outdoors. When weather does not permit outdoor recess, moderate indoor physical activity will be provided in appropriate spaces with optional equipment if needed.
- Newport elementary school students may not be denied recess for work completion or used as a punishment for behavior issues. If a student is a danger to him or herself or others, recess may be denied at the discretion of the Principal.
- Elementary school students are encouraged to participate in physical outdoor play prior to the start of school supervised by yard monitors.
- After school programs such as Kids Klub are encouraged to include physical activities daily.
- Intramurals at both middle and high schools are encouraged and supported by the District.
- School spaces and facilities should be available to students, faculty, staff and community organizations before and after the school day, on weekends and during school year vacations. School policies concerning safety will apply at all times. The District is encouraged to promote the use of school facilities outside of school hours for physical activity programs offered by

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community based organizations approved by the School Committee. Certain fees may apply.

X. Health and Wellness For District Administrators, Faculty and Staff

The Newport School Department will promote health and wellness activities to support a healthy lifestyle for all employees of the District by:

- Encouraging all employees to follow the District's Health & Wellness Policy.
- Provide space, when possible, to encourage physical activities before or after the school day.
- Provide wellness information via the District's Health Care Provider to encourage a healthy lifestyle.
- Provide voluntary professional development for faculty and staff that aligns with the District's Health & Wellness Policy.

XI. Implementation, Promotion, Monitoring, Assessment and Reporting

The Superintendent or designee and school principals are responsible for the implementation and promotion of this policy. All school improvement plans will include a goal to support the implementation of the Health & Wellness Policy. The members of each School Improvement Team (SIT) must monitor compliance at the school level. All school Principals must complete a Health & Wellness Report at the end of each school year and include documentation of all activities that are waived in relation to this policy. The Superintendent will provide members of the School Committee with an annual District implementation report.

References

[RI General Law \(16-21-28\) School Health and Wellness Committee](http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-21/16-21-28.HTM)
<http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-21/16-21-28.HTM>

[RI General Law \(16-22-4\) Instruction in Health and Physical Education](http://webserver.rilin.state.ri.us/Statutes/title16/16-22/16-22-4.HTM)
<http://webserver.rilin.state.ri.us/Statutes/title16/16-22/16-22-4.HTM>

Sec. 3.5 of the Rules and Regulations for School Health Programs
http://www.thriveri.org/documents/Rules_Regs_School_Health.pdf

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The Rhode Island Physical Education Framework
http://www.thriveri.org/documents/RI_PE_Framework.pdf

RIDE Basic Education Plan
<http://www.ride.ri.gov/InformationAccountability/Accountability/BasicEducationProgram.aspx>

NASBE Fit, Healthy and Ready to Learn 2012
<http://www.rwjf.org/en/about-rwjf/newsroom/newsroom-content/2013/05/new-student--does-better-recess-equal-a-better-school-day-.html>

The Rhode Island Health Education Framework
http://www.thriveri.org/documents/RI_HE_Framework.pdf

USDA Nutrition Standards for School Meals
<http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>

Rhode Island Nutrition Requirements (RINR)
http://www.thriveri.org/documents/RINR2009_BOR_Mandated_11_5_09.pdf

USDA Dietary Guidelines for Americans
<http://www.health.gov/dietaryguidelines/>

USDA “Smart Snacks in Schools” Nutrition Standards
<http://www.fns.usda.gov/school-meals/smart-snacks-school>

RI General Law (16-21-7) School Health (“Healthier Beverages and Snacks”)
<http://webserver.rilin.state.ri.us/Statutes/TITLE16/16/21/16-21-7.HTM>

Healthy Hunger-Free Kids Act of 2010
<http://www.fns.usda.gov/local-school-wellness-policy-implementation-under-healthy-hunger-free-kids-act-2010>

Child Nutrition WIC Reauthorization Act
<http://www.fns.usda.gov/tn/healthy/108--265.pdf>

Approved School Foods:
<http://www.health.ri.gov/healthyweight/about/approvedschoolfoods/>

Physical Activity Used as Punishment and/or Behavior Management:
<http://www.shapeamerica.org/advocacy/positionstatements/paloader.cfm/csModule=security/getfile&pageid=4737>

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