

**Foster-Glocester Regional School District  
N. Scituate RI**

**WELLNESS POLICY**

**Purpose:**

The purpose of this policy is to assure a healthy school environment for all 6-12 students that enhances student attendance and academic performance. This policy meets the requirements of the Child Nutrition and WIC Reauthorization Act of 2004 and the Healthy Hunger Free Kids Act of 2010 (HHFKA) (see Addendum #1 & #2). By establishing herein, the Foster-Glocester Regional School District's goals and expectations relative to wellness, including nutrition guidelines and education, physical and health education, and physical activity, the District is providing clear and consistent direction for all administrators, principals, teachers and other school staff, as well as students and parents, in every F-G public school. This policy promotes and encourages students to adopt lifelong healthy behaviors that can protect students' health and well-being as well as reduce the risk of chronic disease, and adheres to all federal and state mandates relative to the wellness of students and staff.

**Policy Intent:**

The Foster-Glocester Regional School District recognizes the important relationship that exists between academic performance and student health, and that meeting the basic developmental needs of students – helping to ensure that they are safe, drug-free, healthy and resilient – is vital to improving academic performance. Research studies have consistently concluded that student health status 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 (see Addendum – Additional Resources #1). While the primary responsibility of schools is academic preparation, the District recognizes that schools also share in the responsibility to prepare students for life, which includes teaching and modeling the skills and behaviors necessary for lifelong health.

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**POLICY COMPONENTS****1. Foster-Glocester Regional School District Wellness Committee**

RI General Law (16-21-28) requires the establishment of a district-wide coordinated school health and wellness subcommittee chaired by a full member of the School Committee. (See Addendum #3)

A. The School Committee will establish and maintain a Wellness Committee, chaired by a school committee member, whose membership will include, but is not limited to:

- School personnel, including but not limited to:
  - School Nurse Teachers
  - Staff member representative from each school in the district
  - Physical Education teachers
  - Health Education teachers
  - Other teachers
- District/School Administrators
- District Food Service Director/Manager
- Students
- Parents and guardians
- Members of the general public not employed by the district: representatives from community businesses and nonprofit health organizations
- Community health professionals such as nutritionists, dietitians, doctors, nurses, etc.

B. The members of the Wellness Committee will:

- Operate collaboratively and coordinate resources to drive school health objectives
- Periodically review and suggest updates to the Wellness Policy
- Make recommendations to the Superintendent and the School Committee regarding issues related to:
  - Nutrition and physical activity policies to decrease obesity and enhance the health and well-being of students and employees
  - Physical education curriculum and instruction
  - Health education curriculum and instruction
- Annually prepare all district, state, and federal reports required of the Wellness Committee

C. 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.

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## 2. Nutrition Education and Wellness Promotion

### A. Student Nutrition Education and Wellness Promotion

- The Foster-Glocester Regional School District shall have a comprehensive, coordinated, sequential standards based, age appropriate health education program for grades 6-12, in accordance with RI General Law (16-22-4), that includes nutrition themes and topics in accordance with the Rhode Island Department of Education Health Education Framework (See Addendum #4 & #5).
- Nutritional themes 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 food environment with consistent nutrition messages throughout cafeteria programs, health fairs, field trips, after-school programming and assemblies.

### B. Parent Nutrition Education and Wellness Promotion

Nutrition education and wellness promotion will be provided to parents beginning at the 6th grade level. Communication to parents about healthy eating and physical activity include:

- District Wellness Newsletter
- Postings on the district website
- Articles and information in school newsletters
- School presentations or assemblies
- Other appropriate means of reaching parents

### C. Staff Nutrition Education and Wellness Promotion

The Foster-Glocester Regional School District highly 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 as a valuable part of daily life.

The Wellness Committee and the 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
- Build commitment of staff to improve the 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 discouraged
- The School Food Service Provider will implement and maintain guidelines in order to prevent food-borne illness in schools

- Access to food service operations is limited to food service staff and school personnel authorized by the Superintendent or a designee

#### B. Food Marketing in Schools

- School-based marketing shall be consistent with the District's nutrition education curriculum and the promotion of good health. As such, schools 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.
- The promotion of healthy foods, such as fruits, vegetables, whole grains, low-fat dairy products and water is strongly encouraged.
- The District will work to 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 its after-school snack component, will meet both the USDA Nutrition Standards for School Meals as well as the Rhode Island Nutritional Requirements (RINR) (See Addendum #6 & #7).
  - All meals will promote fresh fruits and vegetables, whole grains, low-fat and low sodium unprocessed items, in accordance with the current USDA Dietary Guidelines for Americans (See Addendum #8).
  - 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 food service staff working in the schools, as appropriate for their levels of responsibility. 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.
  - 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 by using an electronic identification/payment system.
  - The 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 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 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)  
To ensure that all children have a breakfast that meets their nutritional needs and optimizes their ability to learn:
    - All schools will operate the School Breakfast Program.

- Schools will use methods to serve breakfasts that encourage participation, including but not limited to breakfast before school, grab-n-go style breakfast, etc.
  - All schools will notify students, parents and guardians of the availability of the School Breakfast Program.
- Eating Environment  
The Foster-Glocester Regional 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 strive to provide:
- Adequate space and time in order to eat meals: ideally, minimums of 20 minutes for lunch from the time students are seated and 10 minutes for breakfast
  - Clean, pleasant surroundings in which to eat
  - Access to convenient hand washing and/or hand sanitizing facilities before and after meals
  - Students are not permitted to leave school campus during the school day to eat lunch.

Additionally, schools will adhere to the following rules:

- There should be no scheduled activities such as mentoring or club or organizational meetings during school meal times unless students are allowed to eat while such activities take place.
- The District will work with School Food Service Providers to explore, identify and implement ways to reduce time students spend in line.

#### D. Competitive Food and Beverage Sales / Other Foods and Beverages Served

- The Foster-Glocester Regional 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 adherence to the Wellness Policy in all food-related events within the school community will include, but is not limited to, a la carte offerings, vending machines, school stores, fundraisers, rewards, classroom and school celebrations, and 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 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 Snacks in Schools regulations and RI General Law (16.21.7) for the sale of only healthier snacks and beverages, cafe a la carte, foods sold in vending machines and school store. General guidelines include: (See Addendum #9 & #10 for additional details and exemptions.)

#### E. Fundraising

- Non-food based fundraisers are strongly encouraged.
- Fundraisers that promote physical activity are strongly encouraged.

- Any foods and beverages sold on school premises before, during and up to one hour after school must comply with USDA Smart Snacks in School regulations and RI General Law (16-21-7) for the sale of only healthier snacks and beverages (see Addendum #9 & #10).
- No foods or beverages (even those that are compliant) sold as part of school fundraising can be sold during school meal service, in accordance with the District's School Food Service Provider contract.
- Schools may permit the sale of foods and beverages that do not comply with USDA Smart Snacks in Schools regulations and RI General Law (16.21.7) for the sale of only healthier snacks and beverages as part of school fundraising in any of the following circumstances: (1) The items are sold by pupils of the school and the sale of those items takes place off and away from the premises of the school; (2) The items are sold by pupils of the school and the sale of those items takes place one hour or more after the end of the school day; or (3) The items are sold during a school-sponsored pupil activity after the end of the school day.
- While the sale of candy is prohibited on school premises before, during, and up to one hour after the school day by RI state law and USDA regulation, the sale of candy at school events after hours is discouraged.
- Compliant foods/snacks and beverages to be used for school fundraising may be purchased through the District's food service provider.
- Other Foods and Beverages Served
  - School Staff-to-Student Acknowledgements and Incentives
  - School-based rewards must support the efforts of Foster/Glocester Regional School District nutrition policies. The use of food or candy as a reward, incentive or punishment in the classroom or school environment is discouraged.
- Classroom and School Celebrations
  - The distribution of candy by students and/or staff is discouraged in the classroom and on school grounds during the school day.
  - 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 and beverage items that comply with USDA Smart Snacks in Schools regulations and RI General Law (16.21.7) for the sale of only healthier snacks and beverages (See Addendum #9 & #10).
- Access to Drinking Water
  - Students 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 water bottles into the classroom.

#### **4. Physical Education and Physical Activity**

Physical activity is critical to a child's healthy weight and lifestyle as well as to his/her ability to focus in the classroom. While Physical Education classes provide a specific environment in which students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge of personal fitness goals and practices, the F/G School District recognizes the importance of offering students additional physical activity opportunities before, during and after school.

#### A. Physical Education

Every Foster-Glocester Regional School will adhere to RI state requirements for physical education. Physical

Education is required for all students in grades 1-12 according to RI General Law (16-22-4) Instruction in Health and Physical Education, with curriculum aligned with The RI Physical Education Framework (See Addendum #4 & #11).

- 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.
- All Physical Education classes will be taught by a appropriately certified Physical Education teacher.
- The district will provide adequate, safe and appropriate facilities for Physical Education instruction at each school.
- Physical Education teachers will utilize developmentally appropriate health-related fitness assessments (e.g. FitnessGram)
- 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.
- Physical Education classes will have the same student/teacher ratios used in other classes.

#### B. Physical Activity

All 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.

- Physical Activity Breaks
  - Opportunities for physical activity will be incorporated into other subject areas whenever possible and appropriate.
  - Classroom teachers will provide short physical activity breaks between lessons whenever possible and appropriate.

Before/After School Activities:

- All Foster/Glocester Regional schools are encouraged to offer before/after school activities and extracurricular programs that promote staying physically active and provide opportunities for periods of moderate to vigorous physical activity for all participants.
- Schools 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.

## **5. Implementation, Monitoring, Evaluation and Reporting**

The Wellness Committee shall develop regulations/procedures for 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 Foster/Glocester Regional School District Wellness Committee will include a review of this policy on a yearly basis and forward any recommended revisions and updates to the Superintendent and School Committee.

### **C. Wellness Policy Compliance**

Review of the Wellness Policy will be included in principal and staff orientations at the beginning of the school year, and the Wellness Committee will lead these orientations. The School Food Service Provider shall be responsible for meeting the nutrition regulations set forth in this policy.

### **D. Wellness Policy Reporting**

The Wellness Committee, working with the School Food Service Provider staff and school administration, will report publicly to the Superintendent and the School Committee on Wellness Policy implementation and evaluation on an annual basis. This report will be based on 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 elements of the Wellness Policy
- How the Wellness Policy and practices compare to other school districts and model policies
- A description of the progress made in attaining the goals of the Wellness Policy
- 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 Wellness Committee recognizes that 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 committee and recommendations will be forwarded to the full school committee for policy review.

**ADDENDUM**

1. Public Law (108- 265, Section 204) Child Nutrition WIC Reauthorization Act:  
<http://www.fns.usda.gov/tn/healthy/108-265.pdf>
  2. Public Law (111-296, Section 204) Healthy Hunger-Free Kids Act of 2010:  
<http://www.fns.usda.gov/school-meals/healthy-hunger-free-kids-act>
  3. RI General Law (16-21-28), Health and Wellness Subcommittee:  
<http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-21/16-21-28.HTM>
  4. 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>
  5. RI Health Education Framework:  
[http://www.thriveri.org/documents/RI\\_HE\\_Framework.pdf](http://www.thriveri.org/documents/RI_HE_Framework.pdf)
  6. USDA Nutrition Standards for School Meals:  
<http://www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm>
  7. Rhode Island Nutrition Requirements (RINR):  
[http://www.thriveri.org/documents/RINR2009\\_%20BOR\\_%20Mandated%2011%205%2009.pdf](http://www.thriveri.org/documents/RINR2009_%20BOR_%20Mandated%2011%205%2009.pdf)
  8. USDA Dietary Guidelines for Americans:  
<http://www.health.gov/dietaryguidelines/>
  9. USDA Smart Snacks in Schools:  
<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>
  10. RI General Law (16-21-7), Healthier Snacks and Beverages:  
<http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-21/16-21-7.HTM>
  11. RI Physical Education Framework:  
[http://www.thriveri.org/documents/RI\\_PE\\_Framework.pdf](http://www.thriveri.org/documents/RI_PE_Framework.pdf)
- Additional Resources
1. CDC publication: Health and Academic Achievement  
[http://www.cdc.gov/healthyyouth/health\\_and\\_academics/pdf/health-academic-achievement.pdf](http://www.cdc.gov/healthyyouth/health_and_academics/pdf/health-academic-achievement.pdf)
  2. RI General Law (16-21-SCHO), Rules and Regulations for School Health Programs:  
[http://sos.ri.gov/documents/archives/regdocs/holding/DOH/SchoolHealthPrograms\\_PublicHearing\\_Draft\\_April2012.pdf](http://sos.ri.gov/documents/archives/regdocs/holding/DOH/SchoolHealthPrograms_PublicHearing_Draft_April2012.pdf)

First Read:	August 1, 2006
Second Read:	September 5, 2006
Adopted:	September 5, 2006
Revised First Reading:	May 7, 2014
Second Reading and Adoption:	June 3, 2014
Revised First Reading:	December 2, 2015
Second Reading and Adoption:	January 6, 2015
Revised First Reading:	November 1, 2016
Second Reading and Adoption:	January 4, 2017
Revised First Reading:	June 5, 2018
Second Reading and Adoption:	June 26, 2018