

NEW SHOREHAM SCHOOL DISTRICT
BLOCK ISLAND SCHOOL

Nutrition Education Component

As part of the health curriculum in grades kindergarten through twelve, comprehensive nutrition education is incorporated that aligns with the State of Rhode Island Health Education standards. Classes are sequential, with a base of nutrition knowledge laid in kindergarten and built upon in subsequent years. When appropriate, nutrition education is also incorporated in various subject areas throughout the school day. The primary goal of nutrition education is to establish life skills in the area of nutrition which promote lifelong wellness among our students.

Nutrition Education:

- is incorporated in health education classes, kindergarten through twelfth grade
- health education 9-12 is ¼ credit per year
- health education classes meet at each grade level or group 1 time per week for 47 minutes for 36 weeks utilizing Rhode Island Health Education Standards and guides to create a sequential and appropriate nutrition component of the health curriculum
- is included, as appropriate, in various subject areas throughout the school day (for instance, science, social studies, language arts, math, and electives)
- provides nutrition information which is science-based and consistent throughout the school environment, community, home, and the media
- is delivered by staff members who are well prepared to deliver a quality program, and who take advantage of professional development opportunities to maintain up to date information and a repertoire of engaging activities for students
- incorporates engaging, interactive and cooperative activities which are designed to be developmentally appropriate for each grade level (hands on activities, differentiated instruction and learning activities, contests, opportunities to sample various types of foods)
- incorporates grade level expectations or grade span expectations, as appropriate, into lessons
- provides families with resources and information to encourage proper nutrition and healthy food preparation, as well as information and resources to deal with concerns which may arise in the area of nutrition
- includes visits from Team Nutrition, to offer parent, student and community nutrition education activities

Physical Education Components

The Block Island School's physical education program attempts to instill the joy of movement in all of our students, K-12. The program focuses on psychomotor, cognitive, and affective domains through units that are driven by a health-related exercise prescription and an appreciation of lifetime sports. The curriculum is sequential and all students are exposed to a variety of activities within the learning environment.

Physical Education:

- PE – 2 full credits (½ credit per year – 9-12)
- PE class is held twice per week for 47 minutes per class. A total of 94 minutes per week for all 36 weeks. The intensity and duration corresponds directly to our exercise prescription.
- PE classes do not exceed 20 students per class.
- All students in grades 6-12 are encouraged to participate in the interscholastic sports program; 89% of students participate in at least one interscholastic sport.
- Recess is 30 minutes per day for grades K-7.
- PE teachers will be certified in the state of Rhode Island with a K-12 certificate.
- Electives in PE are offered for students in grades 9-12.
- The program provides periodic updates to parents on progress in PE as well as timely information on exercise.

Establishing Nutrition Standards for All Foods Available on School Campus during the School Day

BI school is committed to helping all students develop healthy lifelong eating habits. While our standards are driven by directives to provide foods which are nutrient dense, free of added sugars and lower in fat, the ultimate goal is to educate children to independently make healthier choices when presented with a variety of options. Portion sizes are based on state recommendations.

- The nutritional value of food and beverages that are routinely served at the BI school is presented in poster form in the cafeteria.
- Portion size for foods and beverages served are based on state and federal requirements for school breakfast and lunch program.
- Operating hours of the cafeteria are 6 a.m. to 1 p.m.
- Additional healthy snack and beverage alternatives are available during cafeteria operating hours.
- School has the option to employ vending machines with water.
- Food offerings at classroom parties and activities are set up at the teachers' discretion.
- Food offerings during after school activities and sporting events are at the supervisor's discretion, with healthy alternatives encouraged.
- Food rewards are not encouraged and are not part of classroom management plans.
- The Food Service Director follows the Rhode Island Department of Health requirement that he/she is trained in Food Safety and Sanitation and recertified every three years.

Setting Goals for Other School-Based Activities Designed to Promote Student Wellness

The BI School Wellness Policy is designed to establish a school environment which provides the entire school community, and the community at large, with consistent messages regarding healthy food choices and the importance of remaining physically active.

- **Access to school nutrition programs:** all children use the same breakfast and lunch line and receive food in a confidential and non-stigmatizing manner. Communication between kitchen staff and main office is effective in maintaining the confidential nature of food service.
- **Time and scheduling for meals:** Operating kitchen hours and staggered lunch periods allow for optimum flexibility to meet nutritional needs of all students.

- **Maximum Occupancy of the cafeteria is 146.**
- **Access to Facilities:** BI School supplies community access to the gymnasium, playground, and school fields for interscholastic athletics and recreational activities seven days a week.
- **After School Programs:** The Block Island School offers a comprehensive, co-educational interscholastic athletic program for its student athlete's grades 6-12.
- **Athletic and Recreation Directors** work in concert to provide after school athletic and recreational opportunities which encompass the entire school population.
- **Wellness Committee:** The school shall have a Wellness Committee in accordance with the guidelines set forth by the State of Rhode Island.
- **Community/Family Involvement:** Periodic newsletters to families will provide information on the current status of the District Wellness Policy, as well as pertinent updates from the School Wellness Committee.
- **Staff Wellness:** School staff will have access to the school weight room; nutritional services for staff are provided by kitchen staff, as for students; staff updates regarding other exercise opportunities will be posted by the main office and in the staff room.

Setting Goals for Measurement and Evaluation

All decisions regarding funding and follow up will reflect our comprehensive commitment to our school wellness philosophy.

Action plans will be used as our measure of progress, and progress will be evaluated at regularly scheduled committee meetings. Progress in implementation of action plans, community and parent feedback, and district and government feedback, will all be used to guide policy changes and developments and monitor success.

Grant sources for the support of wellness policy will be utilized.

Policy adopted: July 23, 2012

New Shoreham School District, Block Island School