

**HEALTH AND WELLNESS**

**PURPOSE**

The purpose of this policy is to assure a healthy school environment for all K-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) and is established for the purpose of fulfilling the North Kingstown School Committee’s obligations under RIGL § 16-2-9.

**PHILOSOPHY**

By establishing the North Kingstown 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 guidance for all administrators, teachers, school staff, students and parents. 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. It adheres to all federal and state mandates relative to the wellness of students and staff.

**POLICY STATEMENT**

The North Kingstown School District recognizes the important relationship that exists between academic performance and student health, and that meeting the basic developmental needs of students is vital to improving academic performance. The District wants to help to ensure that students are safe, drug-free, healthy and resilient. Research studies have consistently concluded that student health status and achievement are directly connected. In fact, the health and well-being of students is one of the most significant influences on learning and academic achievement. 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 and wellness.

**1. DEFINITIONS**

Within policies GBGC and GBGC-R

**A la carte** – is any food or beverage sold outside of the reimbursable school meals program (School Breakfast Program and National School Lunch Program) by the School Food Service Provider.

**Competitive Foods & Beverages** – is any food or beverage sold outside of the reimbursable school meals program (School Breakfast Program and National School Lunch Program).

**Health Education (HE)** - a sequential and comprehensive, developmentally appropriate, medically accurate K-12 curriculum, aligned with the Rhode Island Health Framework.

**Physical Activity (PA)** – is 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, attitudes 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.

**School Campus (Premises)** – is defined as all areas of property under the jurisdiction of the school that are accessible to students during the day.

## 2. 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.

A. The North Kingstown School Committee will establish and maintain a Wellness Committee, co-chaired by a school committee member and the superintendent (or designee), 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
  - Family and Consumer Science teachers
  - Other teachers
  - District/School Administrators
  - District Food Service Manger
  - Students
  - Parents/Guardians
  - Members of the general public not employed by the district: representative from community businesses and non-profit health organizations
  - Community health professionals such as nutritionists, dietitians, doctors, nurses, etc.

B. Members of the Wellness Committee will:

- Collaborate and coordinate resources to drive school health objectives
- Periodically review and suggest updates to the Wellness Policy
- Annually prepare all district, state and federal reports required of the Wellness Committee
- 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

C. This committee shall meet no less than four (4) times during the school year. All meetings will be public and meeting dates will be posted on the district website and in accordance with the Open Meetings Act law.

### **3. Nutrition Education and Wellness Promotion**

#### A. Student Nutrition Education and Wellness Promotion

The North Kingstown School District shall have a comprehensive, standards-based, age appropriate health education program for grades K-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.

- 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 elementary level. The goal is to continue to educate parents throughout middle and high school levels. 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 North Kingstown 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
- Encourage staff to 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 the school nutrition and physical activity environment

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