

<p style="text-align: center;">North Providence School Department Health and Wellness Policy Student Nutrition & Physical Activity</p>	<p style="text-align: center;">Approved: 10/23/2019 Revised: 12/20/23</p>

I. POLICY INTENT

The North Providence School Department promotes a healthy school by supporting wellness, good nutrition, and regular physical activity as a 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 program 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 North Providence 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 students' 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 as required by RI General Law (16-21-28), 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.)
- Revising policy, as needed, based on new federal/state regulations, national recommendations, and assessment results.

The Health and Wellness Committee will be chaired by a member of the school committee, as appointed by the chair. Committee meetings will be scheduled quarterly, at a minimum, and be open to the public with agendas and meeting notes posted on the district website. The district will actively recruit the following through school and community outreach:

- District Food Service Director/Manager
- School Nurse-Teachers
- Physical Education/Health Teachers
- Parent representatives
- Student representatives
- Principals
- District Administrative Representative, Co-Chair
- Local Community Partners & community members

Responsibilities of the Health and Wellness Committee may include, but are not 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 engage in vigorous physical activity
- Pursuance of contracts with outside vendors that encourage healthful eating and restricts school/ district dependence on profits from foods of minimal nutritional value

Definitions:

Competitive foods - Foods that may be regulated for sale in competition with school lunch and breakfast programs under provisions of the National School Lunch Act

Healthier beverages - Drinks including water, low-fat milk and dairy alternatives, fruit juice with no added sweetener, or vegetable-based drinks in up to 8 oz. portions for elementary and up to 12 oz. portions for secondary schools

- Beverages with added sugar or containing caffeine cannot be sold
- Any size water is allowed

Nutrition - The process of taking food and converting it into energy and other vital nutrients required for life

Physical Activity - Bodily movement of any type caused by muscular contraction, resulting in the expenditure of energy

School campus - All areas of property under the jurisdiction of the school that are accessible to students during the school day

School day - The period from midnight before to sixty (60) minutes after the end of the official school day

Wellness - The active pursuit of activities, choices and lifestyles that lead to a state of holistic health

III. GENERAL WELLNESS

The North Providence School Department will adhere to RI Rules and Regulations of School Health Programs (RI16-21-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, school meal programs and related community services.

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

- Safe environment
- 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. Information can be found on the district website. <http://nprovschools.org/>

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

Please see the NPSD Food Allergy Policy at <http://nprovschools.org/district-policies>

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 North Providence 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. The curriculum is 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.

In addition the elementary schools utilize the Fresh Fruit & Vegetable Program (FFVP) as an opportunity to educate and promote healthy and nutritious snacking by sampling fresh fruits and vegetables as a snack alongside nutrition information and fun facts about smart snacking. This program affords students to try different fresh fruit and vegetables that they may not have the opportunity to try outside of the school. It is an effort to promote healthy snacking.

In the secondary schools programs, students are being introduced to agriculture and growing of food in the classroom setting.

V. NUTRITION STANDARDS AND GUIDELINES AND SCHOOL MEALS

The North Providence 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 and will prevent the overt identification of students who are eligible for free/reduced meals by the use of an electronic identification/payment system (POS). The District will engage in outreach activities and coordinate with appropriate state and any other applicable agencies 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 in all schools 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 by the food service director. 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, in accordance with continuing education/training requirements of the USDA Professional Standards for Child Nutrition Professionals. 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 North Providence School District.

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

Food Marketing and Promotion in Schools: Per the Healthy Hunger-Free Kids Act (HHFKA) and RI General Law (16-21-7.1) 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 and competitive

foods/beverages (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/BEVERAGES

The North Providence 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 will adhere to the following nutrition standards governing the sale of foods, snacks, and beverages sold a la carte during school meals, in vending machines, school stores and fundraising events during and one hour after the instructional 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 USDA “Smart Snacks in Schools” nutrition standards and RI General Law 16-21-7, which require all elementary, middle and high schools to sell only healthier beverages and snacks, will apply.
- Individually sold portions of healthier snacks shall meet the nutrition requirements as outlined in Rhode Island General Law 16-21-7 and include nuts, nut butters, seeds, fruit, vegetables, legumes, eggs, 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 16-21-7 and include water, low fat milk and dairy alternatives, fruit juice with no added sweetener, or vegetable-based drinks in up to 8 oz. portions for elementary and up to 12 oz. portions for secondary schools. Beverages with added sugar or containing caffeine cannot be sold. Any size water is allowed.

The school community will follow district nutrition standards during after school activities at all times and provide healthy options.

VII. Fundraising and Exceptions

All North Providence 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 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. for fundraising, will not be allowed to be sold at any school before, during or one hour after school in order to promote a healthy school environment. At all times, healthy options must be offered at any after-school event where food and beverages are sold.

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 education 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.

IX. Student Physical Education and Physical Activity

The North Providence 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-to promote daily physical activity opportunities and to

empower students with the knowledge, skills, and motivation to lead a physically active lifestyle. 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 shall receive an average of 100 minutes per week of health/physical education. Recess, free play, and after-school activities cannot be counted as Physical Education.

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.

- Adequate space must be provided to ensure an optimal learning and safe environment for physical movement that comply with all applicable safety standards. Physical education educators will receive annual professional development in their content area to improve their instructional practices.
- All schools will promote frequent activity breaks to discourage long periods of inactivity
- All elementary students will have at least 20 minutes a day of supervised recess, preferably outdoors, in accordance with RI General Law (16-22-4.2). When weather does not permit outdoor recess, moderate indoor physical activity will be provided in appropriate spaces with optional equipment if needed
- Elementary school students may not be denied recess for work incompleteness or used as a punishment for behavior issues. If a student is a danger to himself/herself or others, recess may be denied at the discretion of the Principal.
- Principals/teachers have the discretion to exceed the minimum allotted time for recess and award additional recess time for good behavior or student performance as deemed appropriate.
- Elementary school students are encouraged to participate in physical outdoor play prior to the start of school supervised by yard monitors
- After school programs that include physical activity will be offered.
- 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 community based organizations approved by the School Committee. Certain fees may apply.

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

The North Providence School Department will promote health and wellness activities to support a healthy lifestyle for all employees of the District. 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
- Build commitment of staff to improve the school nutrition and physical activity environment

The District will:

- Communicate the content of the Wellness Policy for all employees to follow. 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 North Providence Health and Wellness policy will be posted on the district website and available at each school. 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. At least once every 3 years, the Wellness Committee will measure how schools are in compliance with the Wellness Policy, the extent to which the Wellness Policy compares to model school wellness policies (i.e. using the WellSAT 3.0 tool), and the progress made in attaining the goals of the local wellness policy, and make the assessment available to the public. The Wellness Policy will be reviewed and updated based on the results of these assessments and any new federal or state regulations and evidence-based practices.

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>

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>

Sec. 3.5 of the Rules and Regulations for School Health Programs

https://rules.sos.ri.gov/Regulations/part/216-20-10-4?reg_id=11495

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

https://ride.ri.gov/sites/g/files/xkgbur806/files/Portals/0/Uploads/Documents/Instruction-and-Assessment-World-Class-Standards/Other-Subjects/RIDE_Health_Ed_Framework_2022.pdf?ver=2022-06-10-155908-047

USDA Nutrition Standards for School Meals

<http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>

Rhode Island Nutrition Requirements (RINR)

https://ride.ri.gov/sites/g/files/xkgbur806/files/Portals/2/Uploads/Documents/Smart-Snacks/ride_2018_regulations_governing_nutritional_requirements_for_school_meals_and_competitive_foods.pdf

USDA Dietary Guidelines for Americans

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

USDA “Smart Snacks in Schools” Nutrition Standards

<https://www.fns.usda.gov/cn/tools-schools-focusing-smart-snacks>

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#:~:text=\(a\)%20All%20schools%20that%20are,of%20higher%20education%2C%20as%20appropriate.](http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-21/16-21-7.HTM#:~:text=(a)%20All%20schools%20that%20are,of%20higher%20education%2C%20as%20appropriate.)

Healthy Hunger-Free Kids Act of 2010

<https://www.usda.gov/media/press-releases/2014/05/20/fact-sheet-healthy-hunger-free-kids-act-school-meals-implementation>

Child Nutrition WIC Reauthorization Act

<https://nche.ed.gov/legislation/child-nutrition/#:~:text=The%20Child%20Nutrition%20and%20WIC,to%20healthy%20and%20nutritious%20foods.>

NPSD Bullying Policy

http://nprovschools.org/wp-content/uploads/2023/04/Bullying-Policy-8.25.2021_with-form.pdf

NPSD Food Allergy Policy

<http://nprovschools.org/district-policies>

Approved School Foods:

<https://ride.ri.gov/child-nutrition/resource-library/healthy-snacks-and-beverages>

Physical Activity Used as Punishment and/or Behavior Management:

<https://www.shapeamerica.org/Commqon/Uploaded%20files//uploads/2021/advocacy/position-statements/Physical-Activity-Should-Not-Be-Used-as-Punishment-and-or-Behavior-Management.pdf>

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