

STUDENTS AND INSTRUCTION	5000
HEALTH AND SAFETY	5700
WELLNESS POLICY	5712

GOAL

The goal of the Narragansett Regional School District’s wellness policy is to promote overall wellness for our students, staff, and communities through education, nutrition, physical activity, and healthy lifestyle choices.

All foods and beverages sold or served at school will adhere to RDA established guidelines and be consistent with the USDA standards. Foods and beverages available will include a variety of healthy choices to improve student nutrition.

Qualified child nutrition professionals will provide students with access to affordable, nutritious, and appealing foods that meet the health and nutrition needs of all students and will provide clean, safe, and pleasant settings with adequate time for students to eat.

All students in grades K-12 will be provided with nutrition education and physical education opportunities to foster lifelong habits of healthy eating and physical activity.

I. Narragansett Regional School District Wellness Committee

The Narragansett Regional School District will establish a Wellness Committee to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The Committee will serve as a resource to schools in the District implementing those policies. The Committee should consist of parents, students, food service professionals, health service professionals, teachers, school administrators, and members of the public.

- The District will assess all education curricula and materials pertaining to wellness to ensure compliance with state and district goals and standards, and shall conduct an annual evaluation of the effectiveness of this policy.
- The Wellness Committee shall advise the District on all nutrition education curricula and materials for accuracy, completeness, balance and consistency with the state’s/district’s educational goals and standards. Materials developed by food marketing boards shall be examined for acceptable commercial messages.

II. Nutritional Quality of Foods and Beverages Sold and Served at NRSD School during the School Day

- **School Meals**

1. All school meals will adhere to RDA established guidelines.
2. Meals will include an offering of at least two fruits and/or vegetables.
3. Foods offered will include whole grain products, non-processed foods and/or fresh fruits/vegetables.
4. Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with the USDA standards shall be established for all foods offered by the District's Food Services Department or contracted vendors.
5. The school food service program will comply with USDA's disability requirements for modified diets.
6. The school food service program is strongly encouraged to meet ethnic dietary requests as recommended by USDA.
7. Menu and product selection shall utilize student, parent, staff, and community advisory groups whenever possible.

- **Food Items Sold Individually**

1. Will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined.
2. Will have no more than 35% of its weight from added sugars.
3. Will contain no more than 230 mg. of sodium per serving for chips, cereals, crackers, French fries, baked goods and other snack items.
4. Will contain no more than 480 mg. of sodium per serving for pastas, meats and soups and will contain no more than 600 mg. of sodium for pizza, sandwiches, and main dishes.
5. Beverages will meet acceptable nutritional standards and may include items such as milk, water, flavored water with no added sugar, and 100 % fruit juices.

- **Nutrition labels**

1. Labels must be on, or posted by, all packaged foods.
2. Nutritional values and ingredients will be available for review by students and staff with specific medical condition.

- **Vending Machines**

1. Will adhere to the food/beverages sold individually guidelines
2. Soda/soft drinks will not be sold.

- **Classroom Foods/Celebrations**
 1. Classroom snacks will reinforce the importance of healthy choices.
 2. Staff will not use food/beverages as rewards. Lists/ideas for non-food rewards are available from the school nurse.
 3. Celebrations that involve food during the school day, such as parties, will adhere to the “Food/Beverages Sold Individually” guidelines (II B). Birthday/Holiday Celebrations supplies by families will be allowed on a limited basis, for example, one serving per student.
 4. Soda/soft drinks will not be provided to students in the classroom by staff.

- **Fundraising Activities**
 1. All NRSD schools fundraisers will promote positive health habits with the sale of nutritious foods or non-food items.
 2. Activities cannot include the sale of food to students on school premises during the school day.
 3. Activities can include the sale of food to students on school premises thirty minutes before or after school hours.
 4. All fundraising activities must be approved by the building Principal prior to being implemented.

III. Food Service Operations/Food Environment

- All food service personnel will have adequate pre-service training and participate in ongoing professional development.
- The food service director must be properly qualified, certified and/or credentialed to administer the school food serve program.
- The food service director will ensure that required and effective food safety practices are applied to all foods prepared, sold, or served at school during the school day.
- The food service program shall be closely coordinated with nutrition instruction for the staff working with those responsible for other components of the school health program to achieve common goals.
- Meals must be served in dining areas that are clean, pleasant and provide enough seating to accommodate all students.
- Students will be provided with at least 20 minutes to eat lunch.
- Students will be provided with access to hand washing or hand sanitizing facilities before they eat.

IV. Physical Activity, Physical Education and Nutrition Education

- **Physical activity**
 1. Whenever possible, elementary schools will provide daily recess that encourages physical activity.
 2. Whenever possible, opportunities for physical activity will be incorporated into other subject lessons and between lessons/classes during the regular school day.
 3. Schools will provide information to parents to help promote and incorporate physical activity and healthy eating into their children’s lives.

- **Physical Education**

1. Physical education at the elementary schools and middle school will be offered at least one class periods a week; every effort will be made to provide at least two class periods a week. The Committee will encourage an increase in physical education at the high school level.
2. Schools should ensure that every student from kindergarten through twelfth grade is offered regular, age-appropriate, quality physical education.
3. The physical education program will be designed to stress physical fitness and encourage healthy, active lifestyles. It shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students.
4. Students will be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.
5. All physical education classes will be taught by certified physical education teachers.
6. The physical education curriculum will be coordinated with the health/nutrition curriculums and be consistent with the Massachusetts Curriculum Frameworks.

- **Nutrition Education**

1. Staff responsible for nutrition education shall be adequately prepared and participate regularly in professional development activities to effectively deliver the nutrition education program as planned.
2. District programs should ensure that students in pre-kindergarten through grade 12 receive nutrition education that is well integrated within the general curriculum and provides the knowledge that is needed to adopt and maintain a healthy lifestyle.
3. Nutrition education will include but not be limited to instruction that helps students learn more about the various food groups, the benefits of healthy eating, and the relationship of a balanced diet and regular exercise to a healthy lifestyle.
4. The District's nutrition education program will include reinforcement of the benefits of physical activity and the health risks associated with a sedentary lifestyle.
5. Staff responsible for nutrition education shall be adequately prepared and participate regularly in professional development activities to effectively deliver the nutrition education program as planned.
6. District programs should ensure that students in pre-kindergarten through grade 12 receive nutrition education that is well integrated within the general curriculum and provides the knowledge that is needed to adopt and maintain a healthy lifestyle.

- **Nutrition Education**

7. Nutrition education will include but not be limited to instruction that helps students learn more about the various food groups, the benefits of healthy eating, and the relationship of a balanced diet and regular exercise to a healthy lifestyle.
8. The District's nutrition education program will include reinforcement of the benefits of physical activity and the health risks associated with a sedentary lifestyle.
9. School instructional staff shall collaborate with agencies, groups conducting nutrition education in the community, and school food service personnel to send consistent messages regarding nutrition to students and their families.
10. School counselors and school health services staff will consistently promote healthy eating to students and other staff and be able to recognize nutrition related health problems and refer individuals to appropriate services.
11. School officials will disseminate information to parents, students, and staff about community programs that offer nutrition assistance to families.
12. The District will support parents' efforts to keep their children healthy by providing nutritional information and the opportunity for daily physical activity.
13. The District will support personal efforts made by staff members to maintain a healthy lifestyle.

V. Healthy and Safe Environment

- The District shall ensure that school facilities and grounds meet all current health and safety standards, including air quality, and have adequate space and equipment that is safe, clean, and well maintained.
- Schools and District offices shall maintain an environment that is free of tobacco, alcohol and illegal drugs.
- Safety procedures and appropriate training for students and staff will support personal safety and a violence and harassment free environment.
- Each worksite, school and classroom will work to create an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior.

Legal Reference: 105 CMR 25.001-225.200

Approved: January 16, 2013