



WELLNESS POLICY

General Belief	Achievement First is committed to promoting and supporting the health and well-being of students, families, and staff. A healthy learning environment is one in which good nutrition is available; students engage in regular physical activity; physical and health education are regarded as essential to the core educational program; social and emotional wellness are promoted and actively modeled throughout all schools; and students and staff learn and practice positive lifestyle behaviors.
Purpose and Scope	The purpose of this policy is to establish the goals and expectations relative to wellness for the entire Achievement First community, including nutrition guidelines and education, physical and health education, and physical activity. The Wellness Policy ensures compliance with all federal and state mandates relative to the wellness of students and staff.
Definitions	<p>The following definitions are provided to assist in understanding this policy and the legal obligations of the School.</p> <p><u>A La Carte Food:</u> Individually priced food items provided by the school food service department. These items may or may not be part of the reimbursable school meal.</p> <p><u>Competitive Foods:</u> Foods and beverages sold or made available to students, other than meals reimbursed under the school’s National School Lunch Program. This definition includes, but is not limited to, food and beverages sold or provided in vending machines, in school stores, or as part of school fundraisers.</p> <p>Compliant Item: As required under Rhode Island General Law § 16-21-7, food or beverage that meets the Rhode Island and United States Department of Agriculture (USDA) nutrition standards for competitive foods. It can be sold or distributed in schools during the school day.</p> <p>School Employee or Employee: All School appointed personnel, pursuant to Providence Public School Board appointments.</p> <p>Meal Period: As defined by the RI Department of Education, the time taken to serve and eat meals.</p> <p><u>National School Lunch Program (NSLP):</u> The National School Lunch Program is a federally assisted meal program. It provides nutritionally balanced, low-cost or free lunches to children each school day.</p> <p>Non-Compliant Item: A food or beverage that does not meet Rhode Island and USDA nutrition standards for competitive foods. It cannot be sold or distributed in schools during the school day.</p>

	<p>Parent/Guardian: Any individual who has legal custody over a minor student within the School.</p> <p><u>Rhode Island Nutrition Requirements (RINR):</u> Criteria developed by the RI Board of Education in 2009 to provide additional nutrition standards for school meals and competitive foods.</p> <p><u>School Breakfast Program (SBP):</u> The School Breakfast Program is a federally assisted meal program. Participating Schools must offer free or reduced price breakfasts that meet Federal requirements to eligible children.</p> <p>School Day: The period from midnight before, to 60 minutes after, the end of the official school day (RI General Law § 16-21-7).</p> <p>Staff: A School employee.</p> <p>School Campus: All areas of the property under the jurisdiction of the school accessible to students during the school day (RI General Law § 16-21-7).</p> <p><u>USDA Fresh Fruit and Vegetable Program (FFVP):</u> A federally assisted educational program providing free fresh fruits and vegetables to students in participating elementary schools during the school day. The goal of the FFVP is to improve children’s overall diet and create healthier eating habits to impact their present and future health.</p> <p><u>USDA Smart Snacks:</u> Foods and beverages that meet USDA nutrition standards for snack items sold to students at schools during the school day, including foods and beverages sold a la carte, in the school store, and in vending machines.</p> <p><u>URI SNAP Ed:</u> The Supplemental Nutrition Assistance Program’s educational component administered through the University of Rhode Island (URI) Department of Nutrition and Food Sciences. The mission of URI SNAP-Ed is to empower participants to choose nutritious foods and be physically active within constraints of a limited budget.</p>
<p>Guidelines and Implementation Strategies</p>	<p>1. <u>Health & Wellness Committee Membership and Duties</u></p> <p>In accordance with Rhode Island General Law § 16-21-28, the Board has established a school-wide wellness committee, known as the Health and Wellness Committee (HWC). The HWC will meet at least annually and report its findings and recommendations to the Board annually in June.</p> <p>HWC membership will represent all school levels and, to the extent possible, will include a representative from each school building to reflect the diversity of the community, and engage a broad representation of membership. As prescribed in state law, the HWC shall be chaired by a member of the school board, and will consist of members of the general public, including, but not limited to: parents/guardians, students, physical education teachers, school nurses, social services staff, school food authority representatives, administrators, members of community-based nonprofit organizations and members of the local business community.</p> <p>The HWC will establish goals for and oversee wellness programs, including a periodic review and update of the School wellness policy. The HWC will make recommendations to the Board regarding issues related to</p>

health curriculum and instruction, physical education curriculum and instruction and school practices to enhance the health and well-being of students, staff and families.

2. Health Education & Wellness Promotion

a) Student Health Education and Wellness Promotion

Health education is an essential component of a student's core educational program. Health curriculum shall be aligned with the standards and performance indicators in the [RI Health Education Framework](#) and should be skills- and behavior-based so that students gain practical knowledge and learn how to adopt lifelong healthy behaviors. As part of the Health curriculum, nutrition lessons at every grade level shall be directly linked to the school environment so that school gardens, school cafeterias, farm field trips, taste testing, and student cultural backgrounds may serve as learning tools to enhance the knowledge and skills presented in the classroom.

Eligible elementary schools shall participate in the USDA's free educational Fresh Fruit and Vegetable Program (FFVP) to increase and expand the variety of fruits and vegetables offered outside of the meals program. Schools participating in FFVP may publicize the program to families and use available educational resources attached to it, including the URI SNAP Ed curriculum and the monthly URI SNAP Ed "*Fun Fact*" sheets provided by the URI Department of Nutrition and Food Sciences.

School-based marketing shall be consistent with the school's health education program. The advertising of any food or beverage that may not be sold on campus during the school day is prohibited on any school property. The promotion of healthy foods and healthy behaviors is encouraged and visual aids in cafeterias will reinforce lessons learned in Health class to help educate students about good nutrition and the reduction of food waste. The promotion of fresh, seasonal and locally sourced foods at all school-sponsored events and activities is strongly encouraged.

b) Staff Health Education and Wellness Promotion

Staff health education and wellness promotion helps improve personal wellness, improves staff morale and creates positive role modeling for students. All K-12 school staff is encouraged to model healthy behaviors in the presence of students, including healthy eating and physical activity. Schools should encourage teachers to seek new information and training on wellness, including professional development opportunities that support improved health and increased physical activity.

c) Family Health Education and Wellness Promotion

Schools are encouraged to include wellness promotion for families in school-sponsored activities, including physical activities and healthy eating opportunities. Schools are encouraged to provide information for families on the health and wellness education for students in all grade levels. Information and

resources such as the the [URI SNAP Ed website](#) and the [Rhode Island Healthy Schools Coalition website](#) may be shared with families to help provide examples and information on how families and caregivers can support a consistent culture of wellness in school buildings.

3. School Meals

Meals that are served during the school day and as part of after-school programs shall provide age-appropriate, accessible, attractive and balanced nutrition for students. All schools shall participate in any applicable USDA Child Nutrition programs including the School Breakfast Program (SBP) and the National School Lunch Program (NSLP) and all meals shall meet or exceed USDA Requirements for School Meals and the Rhode Island State Nutritional Requirements (RINR) for those programs. School meals programs should make every effort to accommodate special dietary needs and ethnic and cultural food preferences.

Schools should make every effort to protect the privacy of students who are eligible for free/reduced price school meals. The School shall ensure that applications for free/reduced priced meals are sent home to all families at the beginning of the school year and are available on the School website. Participation in the school meals programs should be promoted to students and families to help ensure that families know which meals are available in schools.

School meal menus should be posted on the School website and available in printed format. Menus should include up-to-date nutrient content and ingredients. Menus or daily menu boards should be posted strategically in school cafeterias to help promote healthy eating and contribute to a pleasant atmosphere. Opportunities for direct feedback on menus should be available in every school through the use of building Comment Boxes or through direct communication with the HWC or participation in a School [Menu Advisory Board](#) (7 CFR 210.12).

Free, safe and unflavored drinking water shall be available to all students and staff throughout the school day and throughout the school building including where school meals are served during mealtimes. Students and staff are permitted to bring and carry personal water bottles with them throughout the day.

Meals shall be served in a clean setting and under appropriate supervision. Rules for safe behavior during meals will be developed, shared and posted in all schools.

a) School Breakfast Program (SBP)

Schools should notify families and students about the availability of breakfast at school, including details on the method and the menu options served. Schools should encourage families to ensure that all students eat a healthy breakfast, either at home or at school, before a day of learning. Students should be provided at least 10 minutes to eat breakfast after being served and seated.

b) National School Lunch Program (NSLP)

Schools shall schedule lunch periods at appropriate times and provide students with at least 20 minutes to eat after being served and seated. Schools should ensure that the cafeteria environment is pleasant and well designed in order to promote healthy eating habits, using resources such as the Smarter Lunchrooms Movement, which recommends no-cost/low-cost physical changes to encourage healthy eating in schools. All school campuses will be “closed campus” during lunch; students are not permitted to leave the building for the purpose of obtaining lunch. Schools should refrain from scheduling academic tutoring, extra classroom work time, clubs, or organizational meetings during the lunch period. Schools are encouraged to consider scheduling recess before the lunch period and to have students to use hand washing/hand sanitizing facilities before meals. Lunchtime will not be withheld or used as punishment.

Whether or not participating in the USDA Meals program, families are encouraged to provide lunches and snacks (for individual consumption) that do not undermine the Health Education curriculum. The HWC can provide schools with written guidance and assistance on this.

c) Qualifications of Cafeteria Staff & Aides

A food service team that includes a dietitian, business manager, and qualified chef will administer the school meals program. The food service team shall run periodic taste tests and samplings of new foods that appear on the menu.

It is suggested that all cafeteria staff, including aides and those not employed by the food service provider, be provided with training on USDA meal plans and state nutritional regulations so that every adult can advise students about the meal components they must take and also help promote healthy, balanced choices during all school meals.

d) Local Procurement

The School recognizes the importance a [Farm-to-School](#) approach plays in helping students eat with the seasons, develop lifelong healthy eating patterns, support the local economy and reduce food miles and food carbon footprints and learn about origins of food and how it is grown or sourced. Schools are encouraged to offer and promote seasonal, locally sourced produce and ingredients in every cafeteria and every location in the school building where food is offered or sold. Farm-to-School activities are strongly encouraged. Farm-to-School activities include incorporating local products into meal and menu planning, providing consistent messaging and education about the local food connection to nutrition, development and use of school gardens, offering field trips to local farms or local food producers and having special promotions

or taste tests that highlight local foods.

4. Competitive Foods And Beverages

Maintaining a high quality school wellness culture relies on the good nutritional quality of all foods and beverages marketed, offered, and sold in the school building, during the school day.

a) Vending Machines

All food and beverages in student accessible vending machines shall be in compliance with USDA Smart Snacks and Rhode Island nutrition standards ([RI General Law 16-21-7](#)). No foods and beverages in vending machines (even those meeting standards) may be sold during school meal service, in accordance with the School's food service contract. Vending machines are not permitted in student accessible areas of elementary schools. The exteriors of vending machines may not advertise or promote foods or beverages that may not be sold in school buildings, during the school day.

b) A La Carte

All food and beverages offered as part of the a la carte service in secondary schools shall be in compliance with USDA Smart Snacks and Rhode Island school nutrition standards ([RI General Law 16-21-7](#)). A la carte service is not permitted in elementary schools.

c) School Stores

All food and beverages sold in school stores or within the school building for immediate consumption shall be in compliance with USDA Smart Snacks and Rhode Island nutrition standards ([RI General Law 16-21-7](#)). No foods or beverages (even those meeting standards) may be sold during school meal service, in accordance with the School's food service contract.

d) Fundraising

Only foods and beverages that meet or exceed [USDA's Smart Snacks and Rhode Island school nutrition standards](#) may be sold through fundraisers on the school campus during the school day.

Fundraising done outside of the school day (family events, sports concessions, and as part of school-wide fundraising efforts) should recognize the School's commitment to send strong, positive messages about how student, staff and family health is valued.

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

e) Celebrations

Due to concerns about food safety, apprehension about food-based allergies in schools, and the School's respect for family preferences and cultural practices,

Achievement First allows families to refuse their child's participation in any school or classroom celebration involving food.

Classroom parties, school celebrations and holidays are a chance to build community with families and reinforce and respect the lessons taught as part of the health and physical education curriculum. Celebrations that focus on physical activity are fun and rewarding to students, staff and families. School dances, sports competitions, group hikes or neighborhood walks, obstacle courses, participation as a school team in local community events, physical activity fundraisers or physical activity group lessons are all encouraged.

f) Food Rewards

[Research](#) indicates that the use of food to reward/reinforce desirable behavior and academic performance has negative, un-intended consequences. The use of any food or candy as a reward or incentive for student achievement or desirable behavior is prohibited.

Offering physical activity as a reward is strongly recommended and school staff is encouraged to use other non-food alternatives as rewards such as homework passes, school "cash," recognition via announcements or hallway signs, books, gift cards, etc.

5. Physical Education & Physical Activity

a) Physical Education (PE)

All students K-12 receive PE based on the requirements of [Rhode Island General Law § 16-22-4](#), (instruction in Health and Physical Education shall average at least twenty (20) minutes in each school day, or 100 minutes a week). Recess, free play and after-school activities are not counted as PE class time. PE class shall not be withheld or used as punishment.

The PE curriculum is aligned with the standards and performance indicators in the [RI Physical Education Framework](#). Students will be moderately to vigorously active for at least 50 percent of PE class time. Students will learn, practice, and be assessed on developmentally appropriate motor skills and knowledge of personal fitness goals and practices in order to lead a physically active lifestyle.

A certified/licensed Physical Education teacher will teach all PE classes. PE teachers are encouraged to seek yearly professional development in PE and physical activity to stay current and enthusiastic about the curriculum goals and maintain their role as a physical activity professional in the school building. PE equipment must be stored in facilities that keep it safe, clean and in good working order to keep students active.

Substitutions, waivers or exemptions for PE are not permitted except when a student provides exemption documentation from a medical professional. In

cases where the general PE curriculum cannot meet the needs of a student because of permanent physical or cognitive disability, the student can be referred to Special Education, and upon parent/guardian consent, they will receive an Adapted Physical Education (APE) evaluation to determine need and eligibility for APE services.

b) Physical Activity

Physical activity outside of PE class is critical to maintaining a healthy lifestyle and has a direct influence on a student's ability to focus in the classroom. The development of a school-based [Comprehensive School Physical Activity Program \(CSPAP\)](#) helps provide a substantial percentage of physical activity before, during and after school for students, staff and community. School gardens offer opportunities for physical activity by engaging students in such activities as planting, harvesting and weeding and can nurture social-emotional development, reconnect communities with schools and address disparities in access to green space and concerns about nature deficit disorder.

Physical activity will not be withheld or used as punishment. Grounds, facilities and equipment for physical activity shall be safe and available for students and staff to be active. Thoughtfully designed schoolyards and outdoor school spaces have the potential to be vibrant extensions of the learning environment filled with engaging opportunities for physical activity, outdoor leaning and connection with nature.

c) Daily Recess

Exercise and fresh air is an important part of the school day, and play has a positive effect on student academic achievement and social development. Rhode Island state law requires that schools with elementary grades K-6 shall provide at least 20 consecutive minutes of supervised, safe, and unstructured free-play recess each day. Secondary schools are encouraged to provide middle and high school students with time every day for physical activity, independent of PE class.

Recess should be offered outdoors, provided the air temperature, heat index or wind chill equivalent is above 20 degrees F and below 90 degrees F. Each year, students and families will be informed on the recess guidelines around weather and reminded about the necessity of providing appropriate clothing for outdoor activities. Family requests for a student to stay indoors based on health reasons must be honored and the school nurse and principal should work with families to accommodate a child who cannot participate in outdoor activities due to health. Recess will not be withheld or used as punishment.

d) Classroom Physical Activity Breaks

All teachers and staff are encouraged to provide periodic opportunities for students to be physically active or stretch during classroom time so as to limit sedentary behavior during the school day.

	<p>e) Before and After-School Activities All schools are encouraged to offer before and/or 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.</p> <p>f) Active Transport Schools are encouraged to work with local public works, public safety, police departments and other community partners to assess and promote safe walking or biking routes to school for students and staff. Schools will work with community partners to provide information on safe routes to school for students, staff and parents with detailed instructions on the use of crosswalks, the role of crossing guards, walking school bus opportunities, and whenever possible, preferred routes.</p> <p>g) Community Use of School Facilities In accordance with the Community Use of Facilities Policy, school spaces and facilities should be available outside of the school day, with the proper approval of school officials, to students, staff, and community members, as well as to community agencies and organizations offering physical activity programs. School policies concerning safety apply at all times.</p>
<p>Communication, Implementation and Monitoring</p>	<p>1. <u>Wellness Policy Communication</u> School communications should inform families, staff and the public each year about basic information on the Wellness Policy, including its content, updates to policy and implementation status and any events or activities related to wellness policy implementation. Communications should encourage members of the school community and public to engage with the School Health and Wellness Committee about the revision process and/or the implementation and monitoring of the Wellness Policy.</p> <p>Annual school communications should notify members of the school community about the availability of the current Wellness Policy. The policy will be posted on the school website in English and Spanish, and at least one printed copy is available in every school building.</p> <p>2. <u>Wellness Policy Implementation</u> The Superintendent has the authority to ensure each school complies with the Wellness Policy. Principals of each school are responsible for providing the leadership necessary for their building to be in compliance with the Wellness Policy. Review of the Wellness Policy is included in administrative and staff orientations at the beginning of the school year and the Health and Wellness Committee will support these orientations if requested.</p>

	<p>3. <u>Wellness Policy Monitoring</u> Per USDA requirements, the school shall conduct an assessment of Wellness Policy compliance every three years. The assessment includes:</p> <ul style="list-style-type: none"> a) The extent to which schools are in compliance with the Wellness Policy. b) The identification of obstacles that schools report in meeting full compliance. c) Analysis of how policy and practices compare to other school schools and other wellness policies. d) Description of the progress made in attaining goals of the Wellness Policy and suggestions and plans for overcoming obstacles. <p>Per USDA requirements, the triennial assessment will be made available to the school community and the public.</p>
<p>Compliance with Laws, Confidentiality Requirements</p>	<p>The Superintendent will ensure that all personnel and all contractors comply fully with all applicable laws, rules, and regulations, and with all Board policies. In the event any part of any policy is unlawful, the Superintendent will report such event to the Board as soon as practicable and request of the Board a modification of this policy.</p>
<p>Legal Reference</p>	<p>RI General Law (16-21-28), Health and Wellness Subcommittee: http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-21/16-21-28.HTM RI General Law (16-21-7) RI Competitive Foods and Beverages: http://webserver.rilin.state.ri.us/PublicLaws/law16/law16529.htm Rhode Island Nutrition Requirements (RINR): http://thrivetri.org/documents/RINR2009_%20BOR_%20Mandated%2011%205%2009.pdf USDA Competitive Foods/Beverage Nutrition Standards (“Smart Snacks”): http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks RI General Law (16-22-4.2), Free-Play Recess: http://webserver.rilin.state.ri.us/PublicLaws/law16/law16157.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 RI Physical Education and Health Education Framework: http://www.ride.ri.gov/instructionassessment/othersubjects.aspx USDA Local School Wellness Policy Regulation: http://www.fns.usda.gov/tn/local-school-wellness-policy Federal and RI School Wellness Laws overview page: http://www.rihsc.org/laws--regulations.html Public Law (111-296, Section 204) Healthy Hunger-Free Kids Act of 2010: http://www.gpo.gov/fdsys/pkg/PLAW-111publ296/html/PLAW-111publ296.htm Public Law (108265, Section 204) Child Nutrition WIC Reauthorization Act: http://www.fns.usda.gov/tn/healthy/108-265.pdf USDA Nutrition Standards for School Meals: : https://www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm Dietary Guidelines for Americans: http://www.health.gov/dietaryguidelines/</p>

Cross Reference	<p>RI Safe School Act-Statewide Bullying Policy: http://sos.ri.gov/documents/archives/regdocs/released/pdf/DOE/6774.pdf RI Rules and Regulations for School Health Programs: http://sos.ri.gov/documents/archives/regdocs/released/pdf/DOH/5471.pdf Resources on Nutrition and Healthy Eating: http://www.rihsc.org/nutrition--healthy-eating.html Resources on Physical Activity and Physical Education: http://www.rihsc.org/physical-education--physical-activity.html Resources on School Gardens: http://www.rihsc.org/school-gardens.html Resources on Fundraising: http://www.rihsc.org/healthy-fundraising.html Concession Stands & Healthy Foods: http://www.upi.com/Health_News/2017/01/18/School-concession-stands-get-a-healthy-makeover-for-study/3121484745625/?utm_source=sec&utm_campaign=sl&utm_medium=15 Resource on Health and Academic Achievement: https://www.cdc.gov/healthyyouth/health_and_academics/pdf/health-academic-achievement.pdf</p>
History	<p>Approved: Policy Committee Review: Amended:</p>