

## School Wellness Policy

### Policy Intent

The RI Nurses Institute Middle College (RINIMC) Board of Directors recognizes the relationship between student well-being, health and wellness and student achievement, as well as the importance of comprehensive wellness policies. The RINIMC Board of Directors is committed to protecting children's health, well-being, and ability to learn to their fullest potential by supporting a school environment that promotes healthy choices and fosters lifelong habits with respect to eating and physical activity. Furthermore, this policy is in alignment with the RINIMC mission of preparing the future nursing and health care provider workforce where health and wellness promotion is at the core of that career pathway.

Therefore, the RINIMC Board of Directors has adopted this policy to serve as a guideline for carrying out RINIMC's objectives in this arena.

#### **A. Health and Wellness Subcommittee ("HWS")**

The RINIMC shall establish a school health and wellness subcommittee (HWS) chaired by a member of the Board of Directors. The HWS will make recommendations regarding RINIMC's health education curriculum and instruction, and nutrition policies to decrease obesity and enhance the health and well-being of students and employees.

The HWS shall consist of members of the general public, some of whom are not employed by RINIMC, including at least one parent, and are encouraged to include teachers; administrator; students; community and school-based health professionals; business community representatives; and representatives of local and statewide nonprofit health organizations.

The Board of Directors may reconstitute any existing volunteer committees as the HWS so long as said subcommittee membership meets any applicable requirements of the Rules and Regulations for School Health Programs [R16-21 SCHO].

The HWS shall be responsible for, but not limited to, development of policies, procedures strategies, and/or implementation plans that meet the requirements of the child nutrition and WIC Reauthorization Act of 2004. The HWS shall forward all recommendations regarding RINIMC's health education curriculum and instruction, nutrition policies, to the Board of Directors.

Reporting shall be consistent with requirements of RIGL § 16-7.1-2(h) and as follows:

All strategic plans shall include strategies to decrease obesity and improve the health and wellness of students and employees through nutrition, and health education. Said strategies shall be submitted by May 1st of each year to the Rhode Island Department of Elementary and Secondary Education and the Rhode Island Department of Health. See § 2.14.1 of Rules and Regulations for School Health Programs [R16-21 SCHO].

## **B. Student/Family Nutrition Education and Wellness Promotion**

Students will receive nutrition promotion initiatives that are interactive, aligned with State and national standard, and that teach the skills they need to adopt healthy eating behaviors. Nutritional themes will also be integrated across the core curriculum into daily lessons as appropriate. Nutrition promotion will be offered with coordination between the foodservices staff and teachers. 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.

Nutrition education and wellness promotion will be provided to parents in an effort to educate and communicate with to parents about healthy eating and physical activity.

## **C. Staff Nutrition Education and Wellness Promotion**

RINIMC 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 HWS 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 include:

- Encourage all staff to improve their own personal health and wellness
- Improve staff morale
- Create positive role modeling for students
- Staff are encouraged 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

## **D. Nutrition Guidelines for All School Foods and Beverages**

### *1. Food Safety and Quality*

The school breakfast and lunch programs will comply with the USDA Requirements for Federal School Meals Programs and the RI Nutrition Requirements (RINR). The school food service program, including vending, a la carte and foods sold on school grounds will follow the RI Nutrition Guidelines for School Vending and A La Carte Foods, when determining the items offered in the cafeteria as a la carte and for competitive food offerings. The food service director will work closely with the HWS. The HWS will periodically review menus to insure consistency with USDA and RINR guidelines.

## *2. Vending and All Foods Sold on School Grounds*

Only “healthier snacks” and “healthier beverages” may be sold or distributed on school grounds both prior to and throughout the school day, including vending machines and school stores in accordance with the Healthier Snacks and Beverage Law. RIGL § 16-21-7. Water, defined as one of the healthier beverages, will be available and encouraged for all students. The consumption of nutrient dense foods, i.e. whole grains, fresh fruits and vegetables and dairy products as outlined in the 2010 Dietary Guidelines for Americans will be encouraged.

## *3. Cafeteria Environment:*

The cafeteria environment is a place where students have:

- adequate space to eat and clean, pleasant surrounding;
- adequate time to eat meals - 20 minutes or more for lunch; and
- convenient access to hand washing or hand sanitizing facilities before meals.

## *4. Fundraising/Celebrations/Events:*

Non-food based fundraisers/celebrations/events are encouraged. Events that promote physical activity are strongly encouraged

## **D. Health Education and Physical Activity**

RINIMC will deliver a challenging, sequential, and differentiated health curriculum that is aligned with the Rhode Island Health Education Framework and Rhode Island Department of Education Comprehensive Health Instructional Outcomes, resulting in students who possess the knowledge and skills to live a healthy life.

Health education will include instruction in the following content areas appropriate to grade or developmental level:

- Alcohol, Tobacco and other Substance Abuse

- Cardiopulmonary Resuscitation (CPR)
- Child Abuse
- Community Health
- Consumer Health
- Environmental Health
- Family Life and Sexuality
- HIV
- Human Growth and Development
- Mental Health
- Nutrition
- Physiology and Hygiene
- Physical Activity
- Prevention and Control of Disease
- Safety and Injury Prevention
- Suicide Prevention
- Teen Dating Violence

See, § 5.0, Mandated Health Instructional Outcomes: Required Content Areas, Rules and Regulations for School Health Programs [R16-21 SCHO].

## **E. Implementation, Monitoring, Evaluation and Reporting**

The Chief Academic Officer shall develop regulations/procedures for the implementation of this policy

### *1. Wellness Policy Communication*

This policy, along with any proposed updates and progress reports, will be posted and accessible on the school website to inform and update the public (including parents, students and others in the community).

### *2. Wellness Policy Implementation and Monitoring*

The Chief Academic Officer shall be responsible for leading the implementation plan. The HWS will review this policy on a yearly basis and forward any recommended revisions and updates due to new federal and/or state laws and/or regulations to the Board of Directors.

### *3. Wellness Policy Compliance*

The Chief Academic Officer shall be responsible for providing the leadership necessary for compliance with the School Wellness Policy. Review of the School Wellness Policy will be

included in staff orientations at the beginning of the school year, and the HWS will support these orientations if requested.

#### **F. Areas of Importance Outside of Nutrition and Physical Education/Activity**

The HWS recognizes that additional topics pertaining to health and wellness, including but not limited to personal health, mental and emotional health, injury prevention, nutrition, sexuality and family life, disease control and prevention, and substance abuse and abuse prevention may be reviewed by HWS and recommendations will be forwarded to the Board of Directors for policy review.

##### Resources:

Rules and Regulations for School Health Programs [R16-21 SCHO]

<http://sos.ri.gov/documents/archives/regdocs/released/pdf/DOH/7679.pdf>

WIC Reauthorization Act of 2004

<https://www.govtrack.us/congress/bills/108/s2507/text>

RIGL § 16-7.1-2

<http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-7.1/16-7.1-2.HTM>

USDA Requirements for Federal School Meals Programs

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

RI Nutrition Requirements (RINR)

<http://sos.ri.gov/documents/archives/regdocs/released/pdf/DESE/5592.pdf>

RI Nutrition Guidelines for School Vending and A La Carte Foods

<http://www.ride.ri.gov/Portals/2/Uploads/Documents/RINutrition-GuidelinesVending-AlaCarte.pdf>

RIGL § 16-21-7

<http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-21/16-21-7.HTM>

2010 Dietary Guidelines for Americans

<https://health.gov/dietaryguidelines/2010/>

RIGL § 16-19-1

<http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-19/16-19-1.HTM>