

Beacon Charter Schools Corp

Beacon Charter High School for the Arts Founders Academy at Beacon

Health and Wellness Policy

Purpose:

The purpose of this policy is to assure a healthy school environment for all Middle and High School students that enhances student attendance and academic performance. This policy meets the Federal and RI state requirements of the Child Nutrition and WIC Reauthorization Act of 2004 and the Health Hunger Free Kids Act of 2010 (HHFKA) (see Addendum #1 & #2).

The goal of this policy is to provide clear and consistent direction for all the district's faculty, staff, students and families by defining Beacon Charter Schools' goals and expectations relative to wellness, including nutrition guidelines and education, physical and health education, and physical activity. This policy promotes and encourages students and faculty/staff to adopt lifelong healthy behaviors that can protect their physical health, mental health and overall wellbeing. This policy adheres to all federal and state mandates relative to the wellness of students and faculty/staff.

Policy Intent:

Beacon Charter Schools recognizes the important relationship that exists between academic performance and student health. Research studies have consistently concluded that student health status and achievement are directly connected, and in fact, that the health and well-being of students is one of the most significant influences on learning and academic achievement (see Addendum – Additional Resources #1)

Preamble:

In June 2005, the Rhode Island General Assembly passed legislation (RIPL Chapter 05-074/05-076, amending Section 16-2-9 of the General Laws in Chapter 16-2 entitled "School Committees and Superintendents") to address the health and wellness of students and employees.

The law was developed in accordance with the 2004 Child Nutrition and WIC Reauthorization Act, Section 204 of Public Law 108-265. It requires the establishment of a subcommittee of the school board or committee to decrease obesity and address school health and wellness policies for students and employees.

Childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years. (*Journal of the American Medical Association* 2014).

The percentage of children aged 6-11 years in the United States who were obese increased from 7% in 1980 to nearly 18% in 2012. Similarly, the percentage of adolescents aged 12-19 years who were obese increased from 5% to nearly 21% over the same period. (*Journal of the American Medical Association* 2014).

In 2012, more than one third of children and adolescents were overweight or obese. (*Journal of the American Medical Association* 2014).

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Definitions

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

Physical Activity (PA) – 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 6-12 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 define as all areas of property under the jurisdiction of the school that are accessible to students during the official school day.

POLICY COMPONENTS

The purpose of this policy is to specify Beacon’s wellness goals for both schools, providing clear direction for principals, teachers and other school staff, as well as students and parents. Goals will be provided in the following categories:

1. District Wellness Committee
2. Health Education, including nutrition
3. Nutrition guidelines for ALL foods available in the schools
4. Child Nutrition Operations (Food Service)
5. Cafeteria environment
6. Food safety and security
7. Physical education and physical activity
8. Staff Wellness
9. Implementation, monitoring and assessment

1. BEACON 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. (*See Addendum #3*)

- a. The Beacon Charter Schools 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 Nurse Teachers
 - Staff member representative from each school

- Physical Education/Health Education Teachers
 - Family and Consumer Science Teachers
 - Other teachers
 - District/School Administrators
 - District Food Service Director/Manager
 - Students
 - Parents and guardians
 - Members of the general public not employed by the district: representatives from community businesses and nonprofit health organizations
 - Community health professionals such as nutritionists, dietitians, doctors, nurses, etc.
- b. The members of the Wellness Committee will:
- Collaborate and coordinate resources to drive school health objectives
 - Periodically, (at a minimum every three years), review and suggest updates to the Wellness Policy using recent national recommendations.
 - 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
 - Annually prepare all district, state and federal reports required of the Wellness Committee

Responsibilities may include, but not limited to, oversight of the following:

- Implementation of district nutrition and physical activity standards
- Integration of nutrition and physical activity in the overall curriculum.
- Assurance that staff professional development includes nutrition and food safety and physical activity issues
- Assurance that students receive nutrition education and engage in vigorous physical therapy

This committee shall meet no less than four times during the school year. All meetings will be public and meeting dates will be posted on the district website.

2. NUTRITION EDUCATION AND WELLNESS PROMOTION

a. Student Nutrition Education and Wellness Promotion:

- Beacon Charter Schools shall have a comprehensive, standards based, age appropriate health education program for grades 6-12, 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 (*See Addendum #4 & #5*).

- 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, after-school activities and town meetings.

b. Parent Nutrition Education and Wellness Promotion:

Nutrition education and wellness promotion will be provided to parents. The goal is to continue to educate parents throughout middle and high school levels. Feedback and input from parents will be solicited for engagement of all district wellness issues. Communication to parents about healthy eating and physical activity include:

- i. District Wellness Newsletter
- ii. Postings on the district website
- iii. Articles and information in school newsletters
- iv. School presentations, assemblies, or parent events
- v. Other appropriate means of reaching parents

c. Staff Nutrition Education and Wellness Promotion:

Beacon Charter Schools highly value 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 conscious of modeling for students healthy eating and physical activity as a valuable part of daily life.

3. NUTRITION GUIDELINES FOR ALL SCHOOL FOODS AND BEVERAGES

A. Food Safety and Security

- All foods made available to students will comply with state and local food safety and sanitation regulations
- Food sharing between students is discouraged
- The School Food Service Provider will implement and maintain guidelines in order to prevent food-borne illness in the schools
- Access to food service operations is limited to food service staff and school personnel authorized by the Superintendent or a designee

B. Food Marketing in Schools:

- School-based marketing shall be consistent with Beacon's nutrition education curriculum and the promotion of good health. As such, schools will limit marketing to the promotion of foods and beverages that meet or exceed nutrition standards for reimbursable meals and competitive foods and beverages.
- Marketing or promotion of foods and beverages that do not meet nutrition standards is prohibited.
- The promotion of healthy foods, such as fruits, vegetables, whole grains, low-fat dairy products and water is strongly encouraged.
- Beacon will work to foster an environment that promotes health behaviors and activity.

C. Reimbursable Meal Program/School Food Service Provider Operations:

- All foods served as part of the School Breakfast Program (SBP) and the National School Lunch Program (NSLP) will meet both the USDA Nutrition Standards for School Meals as well as the Rhode Island Nutritional Requirements (RINR) (*See Addendum #6 & #7*)
- All meals will promote fresh fruits and vegetables, whole grains, low-fat and low sodium unprocessed items, in accordance with the current USDA Dietary Guidelines for Americans (*See Addendum #8*).
- As part of Beacon'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 food service staff working in the schools and appropriate for their levels of responsibility. Training sessions will be offered for staff working directly under the food service provider, and educational materials will be provided to school staff assigned to meal supervision duty in order to best promote the importance of healthy eating, food safety and positive healthy lifestyle role modeling, in a clear and consistent way among all school personnel.
- Beacon will make every effort to eliminate any social stigma attached to students who are eligible for free/reduced price school meals and will prevent the overt identification of students who are eligible for free/reduced meals by using an electronic identification/payment system.
- Beacon will ensure that all children eligible for free/reduced meals will have the opportunity to participate in the SBA and NSLP by engaging in frequent outreach to families and coordination with local agencies involved in food security issues.
- Information on the nutritional content and ingredients of meals is available to students and parents.
- Food service will procure, serve and promote locally sourced RI products as much as possible.
- Schools and School Food Service Providers should engage students and parents through various means to assist in identifying new, healthy and appealing food choices within the program to promote healthier eating habits.

School Breakfast Program (SBP):

To ensure that all children have a breakfast that meets their nutritional needs and optimizes their ability to learn:

- Both schools will operate the School Breakfast Program
- Schools will use methods to serve breakfasts that encourage participation in breakfast before school
- Beacon will notify students, parents and guardians of the availability of the School Breakfast Program.

Eating Environment:

Beacon Charter Schools believes that a well-designed and pleasant eating area is important for the promotion of healthy eating habits. Schools will address time allotted for meals, traffic flows and cafeteria layout to ensure students are actively encouraged to eat. Both schools will strive to provide:

- Adequate time in order to eat meals: ideally, minimums of 20 minutes for lunch and 10 minutes for breakfast
- Clean, pleasant surroundings in which to eat
- Access to convenient hand-washing stations before and after meals

Additionally, both schools will adhere to the following rules:

- There should be no scheduled activities such as mentoring or club or organizational meetings during school meal times unless students are allowed to eat while such activities take place
- Beacon will work with School Food Service Providers to explore, identify and implement ways to reduce times students spend in line.

D. Competitive Food and Beverage SALES/Other Foods and Beverages *SERVED*:

Beacon believes in maintaining a high-quality school wellness culture which relies on the good nutritional quality of all foods and beverages available and sold to all students and staff.

Communicating the message of healthy eating and adherence to the Beacon Wellness Policy in all food-related events within the school community will include, but is not limited to, a la carte offerings, vending machines, school stores, fundraisers, rewards, classroom and school celebrations, and health fairs and other school events. The opportunity to model and promote healthy eating and healthy behaviors lies within every school event, initiative and message outside of the National School Lunch and Breakfast Programs, and each of these shall be treated as such.

▫ Competitive Food and Beverage SALES:

All foods and beverages sold outside of the reimbursable school meal program (competitive foods and beverages) on school premises before, during, and up to one hour after school, must comply with the USDA Smart Snacks in Schools regulations and RI General Law (16.21.7) for the sale of only healthier snacks and beverages. General guidelines include: *(See Addendum #9 & #10 for additional details and exceptions.)*

1) Foods/Snacks:

Only fruits, vegetables, seeds, whole grains, non-fat or low-fat dairy and combination products may be sold, following the standards below:

- Packaged items shall not exceed one serving per package/200 calories.
- Items shall contain no more than 30% of total calories from fat, less than 10% of total calories from saturated fats and zero trans fats.
- Items shall contain less than or equal to 200mg of sodium per packaged portion.
- Have as the first ingredient a fruit, vegetable, dairy product, protein food or be a grain product that contains at least 50% whole grain.
- Combination items must contain at least ¼ cup of fruit and/or vegetable
- Items shall contain no more than 35% of calories from total sugars.

2) Beverages:

The only beverages allowed to be sold outside of school meals include:

- a. Low-fat (1%) plain, not-fat flavored or plain milk in 12oz portions, including nutritionally equivalent mild alternatives as permitted
- b. 100% fruit/vegetable juice up to 12oz portions
- c. Plain or carbonated water of any size (up to 12oz for middle and high schools)
- d. No artificial sweeteners
- e. No caffeine

3) Cafeteria A La Carte Food:

- All foods and beverages sold in the cafeteria (outside of a reimbursable meal) 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 (*See Addendum #9 & #10*)
- A la carte items in the cafeteria must be USDA school meal components (with a maximum of 350 calories) AND meet the above fat and sugar limits per serving. A la carte items cannot exceed 480mg of sodium per serving.

4) Vending Machines:

- All foods and beverages sold in vending machines anywhere on school premises 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 (*See Addendum #9 & #10*)
- All school vending machines must have timers ensuring they are shut off during meal service, in accordance with Beacon's School Food Service Provider contract.

5) School Stores:

- All foods and beverages sold in school stores before, during and up to one hour after school must comply with the USDA Smart Snacks in Schools regulations and RI General Law (16.21.7) for the sale of only healthier snacks and beverages (*See Addendum #9 & #10*)
- School stores cannot sell any foods/snacks/beverages during meal service, in accordance with Beacon's School Food Service Provider contract.

6) Fundraising:

- Non-food based fundraisers are strongly encouraged
- Fundraisers that promote physical activity are strongly encouraged
- Any foods and beverages sold on school premises before, during and up to one hour after school must comply with the USDA Smart Snacks in School regulations and RI General Law (16.21.7) for the sale of only healthier snacks and beverages (*See Addendum #9 & #10*)
- No foods or beverages (even those that are compliant) sold as part of school fundraising can be sold during school meal service, in accordance with

Beacon's School Food Service Provider contract in exception of RI General Law (16.21.7)

- Schools may permit the sale of foods and beverages that do not comply with USDA Smart Snacks in Schools regulations and RI General Law (16.21.7) for the sale of only healthier snacks and beverages as part of school fundraising in any of the following circumstances: (1) The items are sold by pupils of the school and the sale of those items takes place off and away from the premises of the school; (2) The items are sold by pupils of the school and the sale of those items takes place one hour or more after the end of the school day; or (3) The items are sold during a school-sponsored pupil activity after the end of the school day.
- While the sale of candy is prohibited on school premises before, during and up to one hour after the school day by RI state law and USDA regulation, the sale of candy at school events after hours is discouraged.
- Compliant foods/snacks and beverages to be used for school fundraising may be purchased through Beacon's food service provider.

Other Foods and Beverages *SERVED*:

- School Staff-to-Student Acknowledgements and Incentives

- School-based rewards must support the efforts of Beacon's nutrition policies. The use of food or candy as a reward, incentive or punishment in the classroom or school environment is prohibited. Staff are encouraged to use physical activity as a reward.

- Classroom and School Celebrations

- The distribution of candy students and/or staff is prohibited in the classroom and on school grounds during the school day.
 - Classroom and school celebrations will not be centered on food, except if the food items are part of curriculum-related activity. While no prohibited, parties should be framed so as to discourage the consumption of unhealthy food items and should encourage food and beverage items that comply with the USDA Smart Snacks in Schools regulations and RI General Law (16.21.7) for the sale of only healthier snacks and beverages (*See Addendum #9 & #10*)
 - Parents/guardians shall have the right to refuse their children's participation in consuming food brought to school from homes other than their own or from sources other than Beacon's School Food Service Provider.

- 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 should be available upon request.
- Access to Drinking Water
 - Students and staff will have access to free, safe drinking water at all times throughout the school day. Students and staff will be allowed to bring clear and transparent water bottles into the school, to be consumed in designated areas.

4. Physical Education and Physical Activity

Physical Activity is critical to a child’s healthy weight and lifestyle as well as to his/her ability to focus in the classroom. To ensure that all students are adequately active during the day, physical activity needs to be incorporated into the daily schedule of the school. While Physical Education classes provide a specific environment in which students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge of personal fitness goals and practices, Beacon recognizes the importance of offering students additional physical activity opportunities during and after school.

A. Physical Education

Beacon Schools will adhere to RI state requirements for physical education. Physical Education is required for all students in grades 1-12 according to RI General Law (16-22-4) Instruction in Health and Physical Education, with curriculum aligned with The RI Physical Education Framework (*See Addendum #4 & #11*)

- Students should receive an average of 100 minutes per week of Health/Physical Education.
- Recess, free play and after-school activities are not counted as Physical Education.
- All Physical Education classes will be taught by a certified, highly qualified Physical Education teacher.
- Beacon will provide adequate, safe and appropriate facilities for Physical Education instruction.
- Waivers for Physical Education are prohibited, unless provided by a qualified physician or medical provider.

- Student involvement in other physical activity (interscholastic or intramural sports) will not be substituted for Physical Education.
- Physical Education classes will have the same student/teacher ratios used in other classes.
- Physical Education teachers will be provided annual professional development opportunities in the PE/PA content areas.

B. Physical Activity:

All schools should encourage an environment that supports physical activity beyond the Physical Education program for students, staff and community before, during and after the school day.

- Physical Activity Breaks:

- Opportunities for physical activity may be incorporated into other subject areas whenever possible and appropriate.
- Classroom teachers may provide short physical activity breaks between lessons whenever possible and appropriate.

- After-School Activities:

- All schools are encouraged to offer 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, including boys, girls, students with disabilities, and students with special health-care needs, including but not limited to clubs, classes, and intramural or interscholastic activities.
- Schools shall promote walking and biking to school as well as safe routes and safe and secure storage for bicycles and helmets.

5. Implementation, Monitoring, Evaluation and Reporting

The Superintendent shall develop regulations/procedures for the implementation of this policy.

A. Wellness Policy Communication:

This policy, along with any proposed updates and progress reports, will be posted and accessible on the Beacon website to inform and update the public (including parents, students and others in the community) about the content and implementation of the District Wellness Policy.

B. Wellness Policy Implementation and Monitoring:

The Superintendent (or designee) shall be responsible for leading the district's implementation plan. Building principals will work with the Beacon wellness committee to document compliance with all provisions of the policy in order to assess progress and determine areas in need of improvement. Building principals will also be provided with implementation guides to aid and ensure compliance.

The Beacon Wellness Committee will include a review of this policy on a yearly basis and forward any recommended revisions and updates to the Superintendent and School Committee.

The Superintendent and the School Committee are responsible for providing resources necessary for the achievement of the Wellness Policy goals.

C. Wellness Policy Compliance:

The principal of each school shall be responsible for providing the leadership necessary to be in compliance with the Wellness Policy. Review of the Wellness Policy will be included in principal and staff orientations at the beginning of the school year, and the Wellness Committee will support these orientations if requested. The School Food Service Provider shall be responsible for meeting the nutrition regulations set forth in this policy.

D. Wellness Policy Reporting:

The Wellness Committee, working with the School Food Service Provider staff and school administration, will report publicly to the Superintendent and the School Committee on Wellness Policy implementation and evaluation on an annual basis during the month of May. This report will be based on objective data collection as much as possible (including the submission of any forms or reports required by the Superintendent or designee) and will include detailed assessments of the following elements:

- The extent to which schools are in compliance with the Wellness Policy

- Obstacles that schools report in meeting compliance of elements of the Wellness Policy
- How the Wellness Policy and practices compare to other school districts and model policies
- A description of the progress made in attaining the goals of the Wellness Policy
- A Wellness Policy implementation plan at the district and school level with measurable objectives for attaining each goal of the Wellness Policy
- A wellness policy checklist will be included in the implementation guide

6. Areas of Importance Outside of Nutrition and Physical Education/Activity

The Wellness Committee 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 the committee, and recommendations will be forwarded to the full school committee for policy review.

ADDENDUM

1. Public Law (108-265, Section 204) Child Nutrition WIC Reauthorization Act:

<http://www.fns.usda.gov/tn/health/108-265.pdf>

2. Public Law (111-296, Section 204) Healthy Hunger-Free Kids Act of 2010:

<http://www.fns.usda.gov/school-meals/healthy-hunger-free-kids-act>

3. RI General Law (16-21-28), Health and Wellness Subcommittee:

<http://webserver.rilin.state.ri.us/statutes/title16/16-21/16-21-1.HTM>

4. 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>

5. RI Health Education Framework:

http://www.thriveri.org/documents/RI_HE_Framework.pdf

6. USDA Nutrition Standards for School Meals:

<http://www.fns.usda.gov/cnd/governance/legislation.nutritionstandards.htm>

7. Rhode Island Nutrition Requirements (RINR):

http://www.thriveri.org/documents/RINR2009_%20BOR_%20mandated%2011%205%2009.pdf

8. USDA Dietary Guidelines for Americans:

http://www.health.gov/dietary_guidelines/

9. USDA Smart Snacks in Schools:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>

10. RI General Law (16-21-7), Healthier Snacks and Beverages:

<http://webserver.rilin.state.ri.us/statutes/title16/16-21/16-21-7.htm>

11. RI Physical Education Framework:

http://thriveri.org/documents/RI_PE_Framework.pdf

12. RI General Law (16-21-7), Healthier Snacks and Beverages:

<http://webserver.rilin.state.ri.us/Publiclaws/law16/law16157.htm>