**(DISTRICT) PUBLIC SCHOOLS**

**WELLNESS POLICY HIGHLIGHTS**

**What Students, Staff & Families Need to Know**

**Date**

**Wellness Committee contact:**

(co-chair) (Name) at (phone or email address)

**WELLNESS POLICY:** (LINK TO POLICY)

The goal of this policy is a healthy, happy, high-achieving student body! A healthy school environment improves student attendance, behavior and academic performance, as many studies have shown.

As places of learning, schools have a responsibility to teach and role model healthy behaviors - developing healthy habits in childhood is essential for students to achieve their full academic and life potential.

**ROLE OF THE**

**DISTRICT WELLNESS COMMITTEE**

A district wellness committee is essentially an advisory group concerned with the health and wellbeing of students and staff, and typically includes school administration and staff (including PE and Health teachers), district food service staff, students, parents and community members – anyone who is committed and interested in the importance of healthy school environments.

A wellness committee creates the school wellness vision and goals, assists with wellness policy development and revision, and promotes programs and practices that contribute to healthier school environments.

All school districts are required by law to have an active District Wellness Committee and a comprehensive District Wellness Policy.

**WELL**

**SEE NEXT PAGE for Policy Components**

**Please Join Us!**

We welcome all parents, teachers, staff, students and community members

with an interest in making our schools the healthiest they can be!

**Contact**:

(Name), Wellness Committee Chair,

at (email address) with questions or comments!

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| **Nutrition Education &** **Wellness Promotion*** Health education, including nutrition education, is mandated for all students K-12
* Nutritional themes will be incorporated across the core curriculum where appropriate.
 | **Marketing*** Marketing or promotion of foods and beverages that do not meet nutrition standards is prohibited. This includes ads/pictures on vending machines, scoreboards, fundraising materials, etc.
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| **School Meals, Snacks & Beverages (SOLD)*** The School Food Service Provider will serve food that meets healthy federal and state nutrition standards and include Rhode Island grown produce as much as possible.
* Nutrition standards apply to ALL foods and beverages SOLD at school. This includes cafeteria a la carte, vending machines, school stores, and food-based fundraising.
 | **Snacks & Beverages (SERVED/PROVIDED)*** The use of food or candy as a reward, incentive or punishment is prohibited. Use recognition, social rewards or privileges instead.
* Staff and students CANNOT pass out candy to others at school - not in the classroom and or on school grounds during the school day.
* Students and staff should be able to drink water throughout the school day. Clear and transparent water bottles are allowed in the classroom.
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| **Celebrations*** Classroom celebrations should not be centered on food. Use fun activities and games instead.
* Parents must be notified if any food/beverage is being shared in the classroom, in order to refuse if they choose and offer a substitute due to allergy and nutrition concerns.
 | **Fundraising*** Non-food based fundraisers are strongly encouraged.
* All food and beverages sold must comply with USDA Smart Snacks in School regulations.
* The sale of candy is prohibited on school grounds.
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| **Physical Education/****Physical Activity*** Students will receive an average of 100 minutes per week of health/physical education.
* Classroom teachers will include short physical activity breaks between lessons whenever possible and appropriate.
* All schools are encouraged to offer before/after school activities and extracurricular programs that provide opportunities for physical activity for participants.
 | **Recess*** All elementary schools will allot a minimum of 20 minutes per day for recess, preferably outdoors.
* During times of inclement weather, and therefore indoor recess, schools will provide alternative activities that promote free play.
* Withholding recess as a disciplinary strategy should be used ONLY as a last resort.

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**(DISTRICT) Wellness Policy Components** (Customize categories/bullets for your district)