

Harmony Hill School, Inc.

Policies and Procedures

Effective Date:

Revised: Drafted Revision, December 2015;

Reviewed without changes: March 12, 2019

Approved By: Eric James

Title: Wellness (Also refer to Agency Nutrition Standards)

Purpose:

In accordance with RI General Law (16-21-28), Harmony Hill School, Inc. is committed to providing an environment that supports wellness, good nutrition, and regular physical activity as part of its total program. The school supports a healthy environment where students and staff learn and participate in positive dietary and lifestyle practices. Our school contributes to basic health status by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student and staff potential.

Nutrition Education and Wellness Promotion: Goals

Provide a learning environment for developing and practicing lifelong wellness behaviors for students and staff.

The entire campus school environment, not just the classroom, shall be aligned with healthy school goals to positively influence the understanding, beliefs and habits of students and staff as they relate to good nutrition and regular physical activity. A healthy school environment should not be sacrificed because of a dependence on revenue from high-fat, high-sugar, and low nutrient dense foods to support the school program.

Support and promote proper dietary habits contributing to student and staff health status and student's academic performance.

All foods on our campus and at school-sponsored activities will meet or exceed nutrition standards. Emphasis will be placed on foods that are nutrient dense per calorie. To ensure high quality nutritious meals, foods should be served with consideration toward variety, appeal,

taste, food safety, and packaging. Locally grown and produced fruits, vegetables and dairy items should be purchased and served whenever possible. Harmony Hill School believes that to help students learn about the importance of healthy eating and promote good nutrition as a part of our culture, meals that are served during the school day and as part of the after school programs will provide age-appropriate and balanced nutrition for all students. All food served as part of the School Breakfast Program, the National School Lunch Program including its after school snack component will meet both the USDA Requirements for Federal School Meals Programs as well as the Rhode Island State Nutritional Requirements (RINR) (*See Addendum for Legal Reference*).

Student Nutrition Education and Wellness Promotion

Harmony Hill School believes that health and wellness education are important components of a student's educational program. Nutrition education is necessary for students to understand what constitutes healthy eating and to adopt lifelong healthy eating behaviors at an early age. Nutrition education shall be linked to the school environment and integrated into Health Education and/or other subjects to the extent possible at each grade level to provide students with the knowledge and skills necessary to promote and protect their health. To be effective, nutrition education for children must be appropriate for the students' ages, reflect their cultures, and provide opportunities for them to practice nutrition skills.

Provide more opportunities for students and staff to engage in physical activity.

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program and during afterschool activities. Physical activity should include regular instructional physical education, in accordance with the Rhode Island Physical Education Framework, as well as co-curricular activities and recess. The Agency will encourage increased physical activity among staff.

Harmony Hill School is committed to improving academic performance for all students so that every student succeeds.

Educators, administrators, parents, health practitioners, afterschool program providers and staff must consider the critical role student health plays in academic stamina and performance and adapt the school environment to ensure students' basic nourishment and activity needs are met. To ensure that there is a campus - wide understanding of the benefits to environments where nutritious foods are provided and where students have an opportunity for physical activity, a campus awareness campaign that highlights the research demonstrating the positive relationship between good nutrition, physical activity, and capacity of students to develop and learn should be conducted.

Nutrition Guidelines for School Meals Program

Harmony Hill School believes that to help students learn about the importance of healthy eating and promote good nutrition as a part of our culture, meals that are served during the school day and as part of the after school programs will provide age-appropriate and balanced nutrition for all students. All food served as part of the School Breakfast Program, the National School Lunch Program including its after school snack component will meet both the USDA Requirements for Federal School Meals Programs as well as the Rhode Island State Nutritional Requirements (RINR) (*See Addendum for Legal Reference*).

School Breakfast Program

To ensure that all children have access to a healthy breakfast, Harmony Hill School will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation. Harmony Hill School will notify parents and students about the availability of breakfast at school and Harmony Hill School will encourage parents to ensure that all day students eat a healthy breakfast, either at home or at school, before arriving for a day of learning.

National School Lunch Program (NSLP)

Harmony Hill School will make every effort to schedule lunch periods at appropriate times and provide students with at least 35 minutes to eat lunch. Harmony Hill School will work to ensure that the lunchroom environment is structured in order to promote healthy eating habits. Upon admission, parents and day students are made aware of the availability of lunch at school. In addition to the USDA and RINR nutritional requirements for lunch meals, Harmony Hill School will also provide access to free, fresh drinking water throughout the school day.

After school snacks served through the National School Lunch Program will make a positive contribution to children's diets and health. Morning snack programs at the elementary schools will maintain an emphasis on serving fresh fruits and vegetables as the primary snacks to promote student exploration of healthy food choices.

Qualifications of School Food Service Staff

The school's Food Service will provide adequate training in food service operations, including professional development in the area of food and nutrition for all responsible for the food service program.

Local Procurement

Harmony Hill School recognizes the importance of a farm to school approach to help students eat more nutritious foods and promote healthier lifelong eating patterns; support the local economy and local farmers; and teach students about the origins of their food and how it is grown. Harmony Hill School's Food Service will work to maximize the offerings of fresh, seasonal, locally grown produce at every location and at all school-sponsored events and activities.

Nutrition Standards for Competitive and Other Foods and Beverages

Vending Machines

By Rhode Island State Law (RI General Law 16-21-7), all foods sold or served outside of the Reimbursable Meal Program must adhere to the nutrition standards for Vending and A La Carte foods in schools (*See Addendum for Legal Reference*). All foods, snacks, and beverages sold on the school campus during the school day, outside of the reimbursable school meals program, will comply with the current USDA nutrition standards for competitive and ala carte foods/beverages. In addition, food items must conform to our no peanut/tree nut policy.

No students will have access to the vending machines in the Spring Administration Building during school hours, nor will any staff member purchase any items from the machines for student consumption during school hours.

Food Rewards, Incentives

Harmony Hill believes that school-based rewards must support the efforts put forth in our nutrition policies. The use of food rewards or incentives is strongly discouraged. On rare occasions, an exception may be allowed. Please contact the Director of Education first.

Classroom, School Celebrations and Functions

Any food brought in to serve students during a classroom or school function must comply with food safety and sanitation requirements. Additionally, **the increase in the numbers of both students and staff members who have serious food allergies requires that the school take steps to ensure that food brought into school does not pose a threat to student and staff safety. For this reason, ALL food brought to school to feed more than one student should meet the school's Wellness Standards, and be prepared, stored and transported under hygienic conditions. Food must be in its original container with the nutritional label attached listing all ingredients. In addition, Harmony Hill remains peanut/tree nut free, meaning, we cannot bring foods containing peanuts/tree nuts on grounds. We need to be aware that some foods are prepared in factories that prepare some food products containing nuts even though**

the food product you may be ready to purchase may not directly contain any nuts. Again, check the item's nutritional labels. While not prohibited, parties should be structured to discourage the consumption of unhealthy foods and encourage foods that meet the State's Nutritional Standards. In the elementary school, where birthday celebrations are common, a focus on celebrations that do not involve food is recommended. Ideas for suggested alternatives will be made available to staff or check the state's Thrive.com website for more information.

Physical Education and Physical Activity

Grades K-12 physical education shall be provided as required according to Rhode Island General Law and the Rules and Regulations for the School Health Programs. **Students shall receive an average of 100 minutes per week of health/physical education.** Physical Education curricula shall be aligned with the standards and performance indicators in *The Rhode Island Physical Education Framework*. Physical Education classes will have the same student/ teacher ratios used in other classes.

All students in Grades K-12, including students with disabilities and special health care needs, will receive Physical Education as prescribed by state regulation. Students will spend at least 50% of physical education time participating in moderate to vigorous physical activity.

Physical Education instruction shall be provided by certified, highly qualified teachers. Professional development will be provided as needed and appropriate to ensure the quality of instruction and the safety of students

A daily recess period, preferably outdoors, of at least 15 minutes shall be provided to all students in grades K-5. Harmony Hill School provides appropriate outdoor space. **Recess shall not be taken away from students, absent a compelling circumstance, which shall be approved and documented by the principal of the school.**

In order that students have the opportunity to increase the amount of daily physical activity and fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the Physical Education class. Supporting these goals:

HHS will discourage extended periods (longer than 2hrs.) of inactivity.

Classroom health education will complement physical education by reinforcing knowledge and self-management skills needed to maintain a physically active lifestyle

Opportunities for physical activity will be incorporated into subject areas other than physical education.

Classroom teachers will provide short physical activity breaks between lessons or classes whenever possible and appropriate.

Before/after school programs, including interscholastic activities, intramural sports, activity based classes and clubs will be offered.

Sensible Eating Plans for Overweight and Obese Students

The School Nurse and the School Pediatrician will collaborate on a plan for an overweight/obese student which will then be discussed with the student, parents/guardians, and all staff members.

Dorm and Personal Snacks

Parents are informed about Harmony Hill's wellness policy upon admission. Parents are encouraged to bring to their sons healthy and nut free snacks. Dorms are provided healthy snacks by our Food Service Program on a regular basis. Students are informed about our wellness policy through our Health Program taught in school. Students are encouraged to spend their allowance money on healthy snacks.

Implementation, Monitoring, Evaluation and Reporting

Wellness Policy Communication: This policy and any proposed updates will be posted through email for all staff and faculty members. The full implementation of this policy will require the support of staff, faculty, students, and family.

Wellness Policy Implementation and Monitoring: The Administration of Harmony Hill School, together with staff and faculty, shall monitor the implementation of this policy. The HHS Wellness Committee will review the policy on a yearly basis and forward any recommendations to the Administrative Team. The Wellness Committee shall meet and will forward the Committee's progress and/or recommendations to the President/CEO of Harmony Hill School.

In its annual review, the Wellness Committee will make sure that:

- HHS is in compliance with the current wellness policy;
- That progress is made in attaining the goals of the wellness policy; and
- That this assessment is made available upon request.

Wellness Policy Compliance: The Director of Education shall be responsible for providing the leadership necessary to be in compliance with the Wellness Policy itself as well as maintain compliance with state mandates.

Addendum

Legal References

1. RI General Law (16-21-28), Health and Wellness Subcommittee:
<http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-21/16-21-28.HTM>
2. General Law (16-22-4) and Sec. 3.5 of the Rules and Regulations for School Health Programs: <http://webserver.rilin.state.ri.us/Statutes/title16/16-22/16-22-4.HTM>
3. RI General Law (16-21-7), School Health:
<http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-21/16-21-7.HTM>
4. 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>
5. Public Law (108-265, Section 204) Child Nutrition WIC Reauthorization Act:
<http://www.fns.usda.gov/tn/healthy/108-265.pdf>
6. Rhode Island Nutrition Requirements (RINR):
http://www.thriveri.org/documents/RINR2009_%20BOR_%20Mandated%2011%205%2009.pdf
7. 2010 Rhode Island Nutrition Guidelines for School Vending & A La Carte Foods:
http://www.thriveri.org/documents/RINutrition_GuidelinesVending_AlaCarte-FINAL.pdf
8. USDA Nutrition Standards for School Meals:
<http://www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm>
9. Dietary Guidelines for Americans: <http://www.health.gov/dietaryguidelines/>
10. RI Physical Education Framework:
http://www.ride.ri.gov/instruction/DOCS/frameworks/Phys_ed/docs/RI_PE_Framework.pdf

Additional School-Based Wellness Policies

1. RI Safe School Act- Statewide Bullying Policy:
<http://sos.ri.gov/documents/archives/regdocs/released/pdf/DOE/6774.pdf>
2. RI General Law (16-21-SCHO), Rules and Regulations for School Health Programs:
http://sos.ri.gov/documents/archives/regdocs/holding/DOH/SchoolHealthPrograms_PublicHearingDraft_April2012.pdf

