

Cumberland Public Schools

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I. Policy Intent/Rationale

The Cumberland Public Schools promotes healthy schools, by supporting wellness, good nutrition, and regular physical activity as part of the total environment. The District supports a healthy environment where students and staff learn and participate in positive dietary and lifestyle practices. Schools contribute to basic health status by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student and staff performance potential.

To accomplish these goals the Cumberland Public Schools will:

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

The entire 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 school programs.

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

All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the district nutrition standards. Emphasis should 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, safety, and packaging. Locally grown and produced fruits, vegetables and dairy items should be purchased and served whenever possible.

C. Provide 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 from grades PreK through 12. 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. Increased physical activity among staff should be encouraged.

D. Be committed to improving academic performance for all students so that no child is left behind.

Educators, administrators, parents, health practitioners and communities 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. The Cumberland Public Schools will endeavor to promote an awareness of the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn.

E. Establish and maintain a district-wide Coordinated School Health and Wellness Sub-committee of the District School Committee that shall consist of:

In accordance with Rhode Island General Law Section 16-21-28, the Cumberland School Health and Wellness Sub Committee shall consist of members of the general public, a majority of who are not employed by the school district. The Committee will include at least one parent and the District Food Service Director/Manager, and may include but is not limited to, teachers, administrators, students, community and school-based health professionals, business community representatives, and

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The purpose of the sub-committee is to:

- Develop health and wellness policies, strategies and implementation plans
- Make recommendations regarding the district’s health education curriculum and instruction
- Make recommendations regarding the district’s physical education curriculum and instruction
- Make recommendations regarding nutrition and physical activity policies to decrease obesity and enhance the health and well-being of students and employees
- Evaluate policy progress and revise as necessary
- Serve as a resource to school sites

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

- Assurance that all recommendations regarding the district’s health education curriculum and instruction, physical education curriculum and instruction, nutrition policies, and physical activity policies be forwarded to the full school committee
- Encourage that students receive nutrition education and engage in regular physical activity
- Encourage healthful eating and inclusion of nutrient dense food options and the reduction of high-fat, high-sugar, and low nutrient dense foods among all school venues that involve the sale of food
- Committee will meet no less than once quarterly
- Prepare an Annual Report each year *for April 1* that includes the following information:
 1. Monthly district menus and meal counts
 2. Listing of all a la carte and vending sales of foods throughout the district including school food service, vending machines, school stores, culinary and special education programs, in-school and in-class fundraisers
 3. Listing of physical activity programs and opportunities for students throughout the school year.
 4. Listing of staff wellness promotion activities

II. Nutrition Education Standards

A. Student Nutrition Education:

The Cumberland Public Schools has a comprehensive curriculum approach to nutrition in PreK through 12th grade. All PreK-12 instructional staff will be encouraged to integrate nutritional themes from the Rhode Island Department of Education Health Education Framework and/or the Rhode Island Family & Consumer Science Framework into daily lessons when appropriate. The health benefits of good nutrition should be emphasized.

B. Parent Nutrition Education:

Nutrition education may be provided in the form of handouts, postings on the district website, articles and information provided in district or school newsletters, presentations that focus on nutritional value and healthy lifestyles, and through any other appropriate means available for reaching parents.

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C. Staff Nutrition & Physical Activity Education:

Educational opportunities for staff may include, but not be limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional value and healthy lifestyles, health assessments, fitness activities, and other appropriate nutrition and physical activity-related topics. The purpose of staff nutrition and physical activity education will be to:

- Encourage all school staff to improve their own personal health and wellness
- Improve staff morale
- Create positive role modeling
- Build the commitment of staff to promote the health of students
- Build the commitment of staff to help improve the school nutrition and physical activity environment.

III. District Nutrition Standards

A. The USDA Reimbursable School Meal Programs (school food service):

- The full meal school breakfast and lunch programs will comply with the USDA Requirements for Federal School Meals Programs. The district standards may be more restrictive than USDA guidelines but may not be less restrictive. The School Food Service provider will be encouraged to purchase locally grown fruits, vegetables and dairy products whenever possible.
- The School Food Service Program including vending, ala carte and foods sold on campus will follow the District's Nutrition Standards when determining the items offered in the cafeteria as a la carte and for competitive food offerings.
- The Food Service Director or her/his designee will be a member of the district-wide Coordinated School Health and Wellness Sub-Committee.

B. A la Carte, Vending and All Foods Sold on Campus

Food:

- Encourage the consumption of nutrient dense foods, i.e. Whole Grains, Fresh Fruits & Vegetables, and Dairy Products.
- Any given food item for sale prior to the start of the school day and throughout the instructional day, will meet the District Nutrition Standards for Vending and A la Carte Foods. Refer to attached detailed District Nutrition Standards for Vending and A la Carte Foods.

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Beverages:

- ONLY water, no sugar added flavored waters, reduced fat milk, vegetable juice, and beverages that contain fewer than 50 calories per serving will be sold on school grounds both immediately prior to and throughout the instructional day. The serving sizes for milks will not exceed 8 ounces elementary and 12 ounces middle and high schools. The serving sizes for all other beverages will not exceed 12 ounces elementary and 17 ounces middle and high schools. This standard can be phased-in over the next two school years.
- Refer to the attached detailed District Nutrition Standards for Vending and A La Carte Foods.

Cafeteria Environment:

- A cafeteria environment that provides students with a relaxed, enjoyable climate shall be developed.
- The cafeteria environment is a place where students have:
 1. Adequate space to eat and clean, pleasant surroundings;
 2. Adequate time to eat meals; and
 3. Convenient access to hand washing or hand sanitizing facilities before meals.

Fundraising:

- All fund-raising projects shall follow the District Nutrition Standards for Vending and A La Carte Foods. USDA Regulations prohibit the sale of carbonated beverages and food of minimal nutritional value in food service areas during the lunch periods. The Cumberland Public Schools prohibits the sale of any competitive food sales during lunch periods.
- All fund raising projects for sale and consumption within and prior to the instructional day will follow the District Nutrition Standards for Vending and A La Carte Foods when determining the items being sold.
- No candy will be sold for fundraising. Candy is defined as any processed food item that has sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose dextrose, high fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar /sucrose, syrup listed as one of the first two ingredients and sugar is more than 25% of the item by weight.
- Non-food based fundraisers are encouraged.
- Fundraisers that promote physical activity are encouraged.

Teacher-to-Student Rewards and Incentive:

It is the intent of the school district that rewards and incentives do not undermine efforts put forth in the nutrition policy. Therefore, the district prohibits the use of food as reward or punishment in the classroom or in the school environment. All teachers must comply with the District Nutrition Standards for Vending and A La Carte Foods in the classroom.

Classroom Snacks

Classrooms snacks provided by the teacher must comply with District Nutrition Standards for Vending and A La Carte Foods.

Celebrations

- Celebrations include, but are not limited to, birthdays, holidays, pot-lucks, etc. All classroom celebrations will comply with District Nutrition Standards for Vending and A La Carte Foods. Non-food celebrations are encouraged.
- All food and beverages brought in for celebrations must be commercially produced.

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School Stores and Concession:

School Stores and concessions which sell food during the instructional school day must comply with District Nutrition Standards for Vending and A La Carte Foods and meet USDA Regulations regarding competitive school sales.

IV. District Physical Education and Physical Activity Policy

Definitions for the purposes of this policy:

Physical Activity (PA) is 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) is a sequential, developmentally appropriate K to 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.

Adaptive Physical Education and Physical Activities are those designed for a student whose special needs or other health conditions require alternative safe and appropriate physical activities that meet their specific needs.

District Physical Activity Goal: To provide daily physical activity and physical education opportunities, empowering students with the knowledge and skills to lead a physically active lifestyle.

The Cumberland Public Schools shall utilize the following Implementation Strategies:

Physical Education: PE and/or adaptive PE will be available for all students.

1. Every student in elementary grades should participate in daily PE/PA for the entire school year with the state mandated requirement as the minimum time allotment of which 90 minutes per week is physical education. Middle and High Schools will receive 225 minutes of physical education biweekly. Physical Education classes should consist of moderate to vigorous activity during at least 50% of the time. The NASPE recommendation is for 150 minutes per week in elementary grades and 225 minutes in middle and high school.
2. District shall establish specific learning goals and objectives for PE. A sequential, developmentally appropriate curriculum shall be designed, implemented, and evaluated to help students develop the knowledge, motor skills, self-management skills, attitudes, and confidence needed to adopt and maintain physical activity throughout their lives.
3. District will implement recommended guidelines for school PE Teachers and PA leaders established by the National Association for Sport and Physical Education (NASPE) enabling students to achieve and maintain a high level of personal fitness:
 - Expose students to a wide variety of physical activities
 - Teach physical skills to help maintain a lifetime of health and fitness
 - Encourage self-monitoring enabling students to set and achieve fitness goals

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- Individualize fitness/activity programs
 - Help students to establish a personal fitness baseline and create individual fitness benchmarks to monitor progress
 - Be active/positive role models
4. District will encourage **PE/PA** guidelines for all students based on recommendations established by NASPE for ages 5-12:
- Children should accumulate at least 60 minutes, and up to several hours, of age appropriate physical activity on all (or most) days of the week.
 - Children should participate in several bouts of **PA** lasting 15 minutes or more each day
 - Children should participate in a variety of age appropriate physical activities designed to achieve optimal health
 - Extended periods (periods of 2 hours or more) of inactivity are discouraged for children during daytime hours
5. District will implement health-related fitness assessment:
- Introduce developmentally appropriate components of a health-related fitness assessment (e.g. Fitness Gram, Physical Best or the President's Challenge) beginning in grade 1 and continuing through grade 5.
 - Throughout middle school and continuing through high school a health-related fitness assessment should be administered to all students.

Physical Activity: PA and/or adaptive PA opportunities will be available for all students daily: before, during and after school.

1. Provide developmentally appropriate, safe facilities and recreation areas for **PA**.
2. Develop student understanding of all procedures and information to minimize risks associated with **PA**
3. Collaborate with qualified professionals and organizations in the community contributing to **PA** opportunities.
4. Physical activity and punishment: Teachers and other school personnel will not use physical activity (e.g.: running laps, push-ups) or withhold opportunities for physical activity (e.g.: recess, physical education) as punishment during the educational day unless student's behavior while engaging in PE/PA is unsafe. Extra-curricular, junior varsity, and varsity sports are exempt.

The Cumberland Public Schools values the health and well being of all staff members and will provide where possible facilities for staff to engage in physical activity. Employees are encouraged to promote healthy activities both for themselves and to provide positive role models to students.

First Reading Cumberland School Committee September 28, 2006

Second Reading Cumberland School Committee October 2, 2006

Second Reading Cumberland School Committee December 14, 2006

Approved Cumberland School Committee December 14, 2006