

# KINGSTON HILL ACADEMY HEALTH AND WELLNESS POLICY

## **Purpose:**

The purpose of this policy is to assure a healthy school environment for all Kingston Hill Academy students that enhances student attendance and academic performance. This policy meets the requirements of the Child Nutrition and WIC Reauthorization Act of 2004 and the Healthy Hunger Free Kids Act of 2010 (HHFKA) (*see Addendum #1 & #2*).

By establishing herein Kingston Hill Academy's goals and expectations relative to wellness, including nutrition guidelines and education, physical and health education, and physical activity, this Health and Wellness Policy has been created to provide clear and consistent direction for all administrators, teachers and other school staff, as well as students and parents of Kingston Hill Academy. This policy promotes and encourages students to adopt lifelong healthy behaviors that can protect students' health and well-being as well as reduce the risk of chronic disease, and adheres to all federal and state mandates relative to the wellness of students and staff.

## **Policy Intent:**

Kingston Hill Academy recognizes the important relationship that exists between academic performance and student health, and that meeting the basic developmental needs of students – helping to ensure that they are safe, drug-free, healthy and resilient – is vital to improving academic performance. 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*). While the primary responsibility of schools is academic preparation, Kingston Hill Academy recognizes that schools also share in the responsibility to prepare students for life, which includes teaching and modeling the skills and behaviors necessary for lifelong health.

**Table of Contents**

DEFINITIONS..... 4

POLICY COMPONENTS

1. Health and Wellness Committee.....5

2. Nutrition Education and Wellness Promotion.....5

    A. Students.....5

    B. Parent.....6

    C. Staff.....6

    D. School Gardens.....6

3. Nutrition Guidelines for All School Foods and Beverages..... 7

    A. Food Safety and Security .....7

    B. Food Marketing in Schools .....7

    C. Reimbursable Meal Program .....7

        1. School Breakfast Program.....8

        2. Eating Environment.....8

        3. Drinking Water.....9

        4. Additionally.....9

    D. Competitive Food and Beverage SALES / Other Foods and Beverages SERVED .....9

        1. Competitive Food and Beverage SALES.....9

            a. Food and Snack Sales.....9

            b. Beverage Sales.....10

            c. A la carte Food Sales.....10

            d. Vending Machine Food Sales.....10

            e. School Stores Food Sales.....10

            f. Fundraiser Food Sales.....10

2. Other Food and Beverages SERVED.....	11
a. Celebrations .....	11
b. Curriculum Based Food Activities.....	11
c. Incentives, Rewards and Recognitions.....	12
d. Extended Day Programs.....	12
4. Physical Education and Physical Activity.....	12
A. Physical Education.....	13
B. Physical Activity.....	13
1. Recess.....	13
2. Physical Activity Breaks .....	14
3. Before /After School Activity.....	14
4. Opportunities for Staff and Families.....	15
5. Implementation, Monitoring, Evaluation and Reporting.....	15
6. Areas of Importance Outside of Nutrition and Physical Education/Activity.....	16
A. Motor Vehicles.....	16
ADDENDUM.....	17
ADDITIONAL RESOURCES.....	18

## DEFINITIONS

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

**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)** – a sequential, developmentally appropriate K-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 defined as all areas of property under the jurisdiction of the school that are accessible to students during the day.

## **POLICY COMPONENTS**

### **1. Health and Wellness Committee**

RI General Law (16-21-28) requires the establishment of a coordinated school health and wellness subcommittee. The Kingston Hill Academy Health and Wellness Committee will be co- chaired by a full member of the KHA Board of Trustees. (*See Addendum #3*)

A. The school health and wellness subcommittee shall consist of members of the general public, a majority of whom are not employed by the school, including at least one parent, and are encouraged to include:

- Teachers
- Administrator
- Students
- community and school based health professionals
- business community representatives
- representatives of local and statewide nonprofit health organizations

B. The members of the Health and Wellness Committee will:

- Collaborate and coordinate resources to drive school health objectives
- Periodically review and suggest updates to the Health and Wellness Policy
- Make recommendations to the Board of Trustees 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 school, state, and federal reports required of the Health and Wellness Committee

C. 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 KHA website.

### **2. Nutrition Education and Wellness Promotion**

A. Student Nutrition Education and Wellness Promotion

- Kingston Hill Academy shall have a comprehensive, standards based, age appropriate health education program for all grades, 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*).
- Nutritional themes will be integrated across the core curriculum into daily lessons as appropriate.
- 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, field trips, after-school programming and assemblies.

#### B. Parent Nutrition Education and Wellness Promotion

- Nutrition education and wellness promotion will be provided to parents of students in all grades at KHA.
- Communication to parents about healthy eating and physical activity include:
  - Postings on the KHA website
  - Articles and information in school newsletters and monthly lunch menus
  - School presentations or assemblies
  - Other appropriate means of reaching parents

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

- Kingston Hill Academy 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.
- Kingston Hill Academy will encourage, promote, reward and support school and administrative staff health and wellness. The purpose of staff wellness education and promotion will be to:
  - Encourage all staff to improve their own personal health and wellness
  - Improve staff morale
  - Create positive role modeling for students
  - Build commitment of staff to improve the school nutrition and physical activity environment

#### D. School Gardens

- KHA recognizes that school gardens offer opportunities for nutrition education and physical activity by engaging students in such activities as planting, harvesting, weeding, along with preparation, serving, and tasting foods. Teachers and students are encouraged to take advantage of these opportunities during the school day and through after-school activities. KHA supports the incorporation of school gardens into the standards-based curriculum as a hands-on, interdisciplinary teaching tool to influence student food choices and lifelong eating habits.
- Educational activities regarding sustainable and environmentally-friendly practices (e.g., school gardens, recycling, composting, etc.) shall be included at various times throughout the curriculum when appropriate.
- KHA will support the use of school property to promote nutrition, physical activity, and curricular and co-curricular activities through school gardens. The KHA will support the sustainability of school gardens through activities including, but not limited to, fundraising, solicitation of community donations, use of existing resources, and allocation of school funds.
- The KHA administration has the authority to designate school property as a school garden and negotiate the terms of the agreements and licenses needed to create and maintain a school

garden. The KHA administration will ensure that the development of a school garden includes necessary coordination with appropriate representatives of the school buildings and grounds department.

- The KHA administration will coordinate with the KHA Garden Club to develop guidelines for school gardens. These guidelines will include:
  - Explanation of how the school garden program fits the standards-based curriculum and curriculum guidelines of the school. How the costs of the school garden, including materials, supplies, water, and personnel, will be funded
  - How the school garden will be maintained during and outside of the school year, including identification of who will supervise and maintain the garden
  - How the school garden will be used and how the harvest of the garden will be distributed

### **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 schools.

#### **B. Food Marketing in Schools**

- School-based marketing shall be consistent with KHA's nutrition education curriculum and the promotion of good health. As such, KHA 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.
- KHA will work to foster an environment that promotes healthy behaviors and activity.
- KHA requires all marketing of foods and beverages promote healthy choices. This includes advertisements on: signs, scoreboards, textbooks and websites, vending machines, food or beverage cups or containers, food display racks, and trash and recycling containers and in all school publications.

#### **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).
- The School Food Service Provider, along with Kingston Hill Academy, will administer the meal program
- Professional training and development will be provided for all food service staff working at KHA, as appropriate for their levels of responsibility.
- KHA 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.
- KHA will ensure that all children eligible for free/reduced meals will have the opportunity to participate in the SBP and NSLP by engaging in frequent outreach to families and coordination with local agencies involved in food security issues.
- Information regarding enrollment in the SBP and the NSLP will be available to all families on the school website and through yearly enrollment reminders.
- Information on the nutritional content and ingredients of meals will be available to students and parents, as requested and on the food service provider's website
- Food service will procure, serve and promote locally sourced RI products as much as possible.
- KHA and the 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.

#### 1. School Breakfast Program (SBP)

- To ensure that all children have a breakfast that meets their nutritional needs and optimizes their ability to learn:
  - KHA will operate the School Breakfast Program.
  - KHA will use methods to serve breakfasts that encourage participation, including but not limited to breakfast before school, grab-n-go style breakfast, etc.
  - KHA will notify students, parents and guardians of the availability of the School Breakfast Program.

#### 2. Eating Environment

- Kingston Hill Academy believes a well-designed and pleasant eating area is important for the promotion of healthy eating habits. KHA will continually monitor the time allotted for meals, traffic flows and cafeteria layout to ensure students are actively encouraged to eat.
- KHA will provide:
  - Adequate time to eat meals: a minimum of 20 minutes for lunch and 10 minutes for breakfast.
  - Clean, pleasant surroundings in which to eat.
  - Access to convenient hand washing and/or hand sanitizing facilities before and after meals.

### 3. Drinking water

- Access to free, safe, fresh drinking water at all times throughout the school day.
- Students and staff will be allowed to bring water bottles into the classroom.

### 4. Additionally:

- There should be no scheduled activities such as tutoring or club or organizational meetings during school meal times unless students are allowed to eat while such activities take place.
- School personnel will take reasonable steps to accommodate oral health needs of students such as tooth brushing, if needed.
- KHA will not prohibit a student from eating any food brought from home for personal snack or lunch. KHA will however encourage healthy food choices for all students.
- Students are not permitted to leave school grounds during lunch periods unless accompanied by parent and signed out at the front office.

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

Kingston Hill Academy 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 KHA Health and 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 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.

### 1. 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 exemptions.*)

#### a. Food/Snack Sales

- Only fruits, vegetables, nuts and 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 no more than 35% of calories from total sugars.
  - Items shall contain less than or equal to 230mg of sodium per packaged portion (less than or equal to 200mg as of July 1, 2016)

- Have as the first ingredient a fruit, a vegetable, a dairy product, or a 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

b. Beverage Sales

- The only beverages allowed to be sold outside of school meals include:
  - Low-fat (1%) plain, non-fat flavored or plain milk in 8 oz. portions for elementary school and 12 oz. portions for middle and high school, including nutritionally equivalent milk alternatives as permitted
  - 100% fruit/vegetable juice up to 12 oz. portions for middle and high school
  - Plain or carbonated water of any size (up to 12 oz. portions of water flavored with 100% fruit juice for middle and high schools only)
  - No artificial sweeteners
  - No caffeine

c. Cafeteria A La Carte Food Sales

- School Food Service Providers are ONLY allowed to sell whole or cut fresh fruit and/or vegetables and kitchen prepared (unprocessed) fruit and/or vegetable side dishes.

d. Vending Machine Sales

- 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*).

e. School Store Sales

- All foods and beverages sold in school stores 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*).

f. Fundraiser Sales

- Any foods and beverages sold on school premises before, during and up to one hour after school must comply with 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*).
  - Non-food based fundraisers are strongly encouraged.
  - Fundraisers that promote physical activity are strongly encouraged.
  - 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:

- 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.
- 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.
- 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.

## 2. Other Food and Beverages SERVED

### a. Celebrations

- Celebrations are social events that do not substantively advance the school's curriculum. Neither are they incentive events. Birthday or holiday events are examples of celebrations.
- Due to the importance of providing a supportive environment where students practice healthy behaviors, the following will apply for all in-school celebrations:
  - No food items will be permitted to be served or shared as in-school celebrations.
  - The distribution of candy by students and/or staff is prohibited during the school day.
  - Parents will not send in any food items for in-school celebrations.
  - Non-food items such as stickers, bookmarks, pencils, or other small items are encouraged.

### b. Curriculum Based Food Activities

- Food used in curriculum based activities should be framed so as to discourage the consumption of unhealthy food items and should encourage food and beverage items that 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).
- Food used in conjunction with the classroom curriculum will comply with the following:
  - All food and the activity in which the food is used must be specifically linked to the curriculum.
  - All food items used in conjunction with the classroom curriculum must be pre-approved by the KHA administration and the school nurse teacher.
  - Parents/guardians must be given advance notice of any classroom activity where food will be served.

- Parents/guardians shall have the right to refuse their children’s participation in food based activities.
- The teacher leading the activity shall assure the safe distribution of food and the review of all food safety procedures
- All individuals who bring food into school shall review and follow food safety procedures.
- Due to food safety and allergy issues, ingredient lists for all food/beverages will be available upon request
- Home prepared foods are discouraged. Store bought packaged food is preferred.
- Classrooms will consider using the school food service provider to purchase and prepare any foods to ensure high nutrition standards as well as proper handling for foodborne illness and food allergies are met.

c. Incentives, Rewards, and Recognition:

- School-based incentives, rewards and recognitions must support the efforts of KHA’s nutrition policies.
- The use of food or candy as a reward, incentive or punishment in the classroom or school environment is prohibited.
- Opportunity for physical activities is encouraged for positive reinforcement, recognition, and/or reward.
- Food may be used when found to be essential by a student’s educational program team. In such cases, every effort should be made to make the incentive as nutritionally sound as possible.
- This restriction does not apply to large group recognition events where parents are present, such as graduation; however, such events shall strive to utilize balanced, nutritious, and healthy foods.
- This restriction does not apply to activities where incentives are provided as coupons or certificates where after school utilization by students is under parent supervision.

d. Extended Day Programs/ Before and After School Program Snacks

- All foods and beverages sold or served in the Before or After School Program will 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*).

#### **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, Kingston Hill Academy recognizes the importance of offering students additional physical activity opportunities before, during and after school.

A Comprehensive School Physical Activity Program (CSPAP) is a multi-component approach by which school districts and schools use all opportunities for students to be physically active, meet the nationally-recommended 60 minutes of physical activity each day, and develop the knowledge, skills, and confidence to be physically active for a lifetime. A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation, physical activity before, during, and after school, staff involvement, and family and community engagement. KHA continually strives to offer students, staff and families opportunities to meet these guidelines.

#### A. Physical Education

Kingston Hill Academy will adhere to RI state requirements for physical education. Physical Education is required for all students in grades K-12 according to RI General Law (16-22-4) and Sec 3.5 of the Rules and Regulations for School Health Programs. The KHA Physical Education curriculum must be aligned with the standards and performance indicators in The RI Physical Education Framework (*See Addendum #4 & #11 and Addendum-Additional Resources #2*).

- Students will receive 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.
- KHA will provide adequate, safe and appropriate facilities for Physical Education instruction.
- Physical Education teachers will utilize developmentally appropriate health-related fitness assessments (e.g. Fitness Gram) in grades 3-5.
- 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.
- The student teacher ratio for PE class will be no more than 1:24.
- KHA will provide opportunities for physical education training for physical education teachers at various times throughout the school year.

#### B. Physical Activity

Kingston Hill Academy will encourage an environment that supports physical activity beyond the Physical Education program, for students, staff and community before, during and after the school day.

##### 1. Recess

- KHA shall allot a minimum of 20 minutes per day for recess as per RI General Law 16-22-4.2, (*See Addendum #12*), preferably outdoors.
- KHA administrators shall have the discretion to exceed the minimum allotted time for recess as they deem appropriate, including but not limited to awarding additional recess time to reward good behavior and student performance.
- Withholding recess as a disciplinary strategy may be used only as a last resort, and teachers and other school and community personnel will not use physical activities as punishment.

- KHA administrators shall have the discretion to hold indoor recess due to inclement weather or other concerns related to student safety during recess.
- During times of inclement weather, alternative activities will be provided that promote free play and students' social and emotional wellness.
- KHA encourages outside play as often as possible.
- Students will not go out for recess when the temperature falls below 20 \*F.
- When the temperature is in the 20's, outdoor conditions (wind chill and safety of the blacktop, etc.) will be taken into consideration when making a decision about outdoor recess.
- Classrooms are strongly encouraged to go for a quick walk outside (i.e. around the bus circle) if/when the air temperature is safe, but the blacktop area is not suitable for outdoor recess.
- KHA will make an effort to schedule "snow play days" when appropriate weather conditions apply.
- Parents will be notified in advance of scheduled "snow play days" in order to assure students have proper snow gear.
- KHA will make an attempt to provide snow gear (hats, gloves, snow pants, coats, and boots) to any student not adequately prepared for snow play.
- KHA will strive to schedule recess before lunch whenever possible.

## 2. Physical Activity Breaks

- KHA discourages extended periods of student inactivity (longer than 2 hours).
- Opportunities for physical activity will be incorporated into other subject areas whenever possible and appropriate.
- Classroom teachers will provide short physical activity breaks between lessons whenever possible and appropriate. Interactive smart board activities and classroom movement breaks are strongly encouraged.

## 3. Before /After School Activities

- Before/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 is strongly encouraged.
- KHA will 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 sports activities.
- School spaces and facilities will be available to students, staff and community members outside of the school day and will be available to community agencies and organizations offering physical activity programs with the proper approval of school officials. School policies concerning safety will apply at all times.
- The KHA Before and After School program will include opportunities for students to engage in free play and physical activity. Outdoor activity will be included when weather conditions are not adverse.

#### 4. Physical Activity Opportunities for Staff and Families

- KHA will strive to offer physical activity opportunities to families by relaying information about community physical activity events
- KHA will strive to offer physical activity opportunities, such as Shape up RI, participation in community marathon races, etc. to all staff.

### 5. Implementation, Monitoring, Evaluation and Reporting

#### A. Implementation and Monitoring

- The Kingston Hill Academy administration will be responsible for the development of the regulations/procedures for the implementation of this policy.
- Kingston Hill Academy is responsible for providing resources necessary for the achievement of the Health and Wellness Policy goals.
- The KHA administration, along with the Health and Wellness Committee, shall be responsible for monitoring compliance with all provisions of the policy in order to assess progress and determine areas in need of improvement.
- The KHA Health and Wellness Committee will include a review of this policy on a yearly basis and forward any recommended revisions and updates to the KHA Board of Trustees.

#### B. Compliance and Evaluation

- The KHA administration shall be responsible for providing the leadership necessary to be in compliance with the Health and Wellness Policy.
- Review of the Health and Wellness Policy will be included staff orientations at the beginning of the school year, and the Health and 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.

#### C. Reporting and Communication

- The Health and Wellness Committee will report publicly to the KHA Board of Trustees on Health and Wellness Policy implementation and evaluation on an annual basis. This report will be based on objective data collection as much as possible and should include detailed assessments of the following elements:
  - The extent to which KHA is in compliance with the Health and Wellness Policy.
  - Any obstacles in meeting compliance of the elements of the Health and Wellness Policy.
  - How the Health and Wellness Policy and practices compare to other school districts and model policies.
  - A description of the progress made in attaining the goals of the Health and Wellness Policy.
  - A Health and Wellness Policy implementation plan with measurable objectives for attaining each goal of the Health and Wellness Policy.

- The KHA Health and Wellness Policy will be posted and accessible on the school website to inform and update the public (including parents, students and others in the community) about the content and implementation of the Health and Wellness Policy.

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

The KHA Health and 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 KHA Board of Trustees for policy review.

- A. KHA will reduce the risk of motor vehicle injuries and exposure to motor vehicle exhaust fumes among students in the following ways.
  - Bus doors are not permitted to be propped open during arrival and dismissal times while buses are loading, unloading, and/or idling.
  - Designated traffic flow patterns will be followed by all motor vehicles at all times.
  - Pedestrians will follow all signage and utilize crosswalk areas while on school grounds.

Due to the location of our school and obvious safety concerns, students are not permitted to walk or ride bikes to school.

## **ADDENDUM**

1. Public Law (108-265, Section 204) Child Nutrition WIC Reauthorization Act:  
<http://www.fns.usda.gov/tn/healthy/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/TITLE16/16-21/16-21-28.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](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](http://www.thriveri.org/documents/RINR2009_%20BOR_%20Mandated%2011%205%2009.pdf)
8. USDA Dietary Guidelines for Americans:  
<http://www.health.gov/dietaryguidelines/>
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://www.thriveri.org/documents/RI\\_PE\\_Framework.pdf](http://www.thriveri.org/documents/RI_PE_Framework.pdf)
12. RI General Law (16-22-4.2), Recess  
<http://webserver.rilin.state.ri.us/PublicLaws/law16/law16157>.

## **Additional Resources**

1. CDC publication: Health and Academic Achievement

[http://www.cdc.gov/healthyyouth/health\\_and\\_academics/pdf/health-academic-achievement.pdf](http://www.cdc.gov/healthyyouth/health_and_academics/pdf/health-academic-achievement.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](http://sos.ri.gov/documents/archives/regdocs/holding/DOH/SchoolHealthPrograms_PublicHearingDraft_April2012.pdf)

First Read:

Second Read:

Adopted: