



Health and Wellness Policy (June 21, 2018)

Health and Wellness Committee Mission Statement

The Paul Cuffee School promotes healthy students by providing education to assist the school community in making healthy life choices. All students shall possess the knowledge and skills necessary to make culturally sensitive decisions regarding nutrition, exercise, and social issues. Our school will strive to provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

Nutrition Education

1. Meets the USDA requirements for the Federal School Meals Programs.
2. Provides education to the school community in selecting proper nutrition choices, including selecting healthy foods from the five food groups, portion control, and how to choose healthy snacks.
3. Encourages parental involvement by sending home educational material promoting healthy lifestyles, nutritious meals, and physical activity choices.
4. Uses the Rhode Island Health Information Framework to address nutrition concepts.

Physical Activity

1. Provides physical education classes and physical activity opportunities (such as recess in grades K-8) for all students.
2. Gears a portion of the physical education lessons towards teaching lifelong fitness pursuits.
3. Provides physical activity opportunities through after school programs.
4. Provides daily supervised recess periods, outdoors whenever possible, to engage in physical activity and scheduled prior to lunch, whenever possible.
5. Provides regular movement breaks during classroom lessons.

Social Issues

1. Teaches wellness classes during the school year. The wellness curriculum includes:
 - a. Communication skills
 - b. Diversity/inclusiveness
 - c. Violence

- d. Bullying
 - e. Substance abuse
 - f. Sexuality
 - g. Peer pressure
 - h. Conflict resolution
2. Integrates the issues listed above into all areas of the wellness policy.

Rhode Island Health Education Standards

1. Students will understand the concepts related to health promotion and disease prevention as a foundation for a healthy life.
2. Students will demonstrate the ability to access valid health information and health-promoting products and services.
3. Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
4. Students will analyze the influence of culture, media, technology, and other factors on health.
5. Students will demonstrate the ability to use interpersonal communication skills to enhance health.
6. Students will demonstrate the ability to use goal-setting and decision-making to enhance health.
7. Students will demonstrate the ability to advocate for personal, family, community, and environmental health.

Health and Wellness Committee

Paul Cuffee School regularly convenes a Health and Wellness Committee comprised of school personnel, community members, and students in order to plan, implement, and assess ongoing activities that promote healthy lifestyles.

Nutrition Standards

Paul Cuffee School will offer foods containing good nutritional content including fruits, vegetables, low-fat dairy foods, and low-fat grain products in all settings including a la carte, snacks, vending machines, fundraising activities, parties, celebrations, and school-sponsored events. Standards for food and beverages shall be as follows:

Beverages

- a. Provides 100% fruit and vegetable juices and limits portions to 4-12 ounces.
- b. Provides water that is non-carbonated, unflavored, and without added sugar, artificial sweeteners, or caffeine.

- c. Provides milk: skim or 1% in portion sizes of 8-16 ounces.
- d. Offers flavored milk (chocolate or strawberry), low-fat or skim, up to 12-ounce serving sizes with no more than 36 grams of sugar in a 12-ounce portion.
- e. Eliminates the sale of soft drinks, sports drinks, punch, fruit drinks, iced tea, coffee and coffee-like beverages, and other items not included in the allowable beverages listed above.

Grains

- a. Serves whole grains which contain at least two grams of fiber per one-ounce serving; one half of all grains served shall be whole grain.
- b. Limits portion sizes to 1.25–2 ounces, with most being 1.25 ounces.
- c. Limits total calories from fat to no more than 10%.
- d. Limits total calories from saturated fat to no more than 10%.
- e. Limits sugar content to no more than 35% of calories by weight, or less than six grams of sugar per serving.
- f. Limits the amount of trans fats.

Fruits and Vegetables

- a. Offers fruits and vegetables prepared and packaged without added fat, sugar, or sodium; serves low-fat dips and sauces on the side in small portions to make foods more appealing.
- b. Offers half-cup serving sizes of fruits and vegetables; offers additional fruits and vegetables to help students reach the recommended five-to-nine servings per day.
- c. Offers a variety of fruits and vegetables, especially colorful ones.

Funding Support

School funds, donations, grants, and federal reimbursement will be used to support this policy and evaluation.

Implementation

A plan for executing the policy, including its objectives, dates, and assigned person(s) responsibility, will be assigned annually by the Health and Wellness Committee.

Monitoring and Evaluation

It shall be the responsibility of the Health and Wellness Committee, in partnership with the School's food service partner, to oversee this policy, including monitoring, evaluation, and reporting to the schools, parents, and community.

Revision

The Health and Wellness chairperson or designee shall be responsible for convening the committee to make changes based on evidence of the effectiveness of the implementation of this policy.

Resources

- Actionforhealthykids.org
- Thriveri.org
- Fns.usda.gov/cod/Lunch/AboutLunch/NSLPFactSheet.pdf
- Health.gov
- <https://www.cdc.gov/>

Special Thanks

The Paul Cuffee School thanks the International Charter School, Pawtucket, RI, for its leadership in health and wellness education and school meals programs.