

William M. Davies, Jr. Career & Technical High School

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Educating a Technical Workforce for Rhode Island

Victoria A. Gailliard-Garrick, Director

WELLNESS POLICY

The William M. Davies, Jr. Career & Technical High School supports and promotes healthy schools and healthy children. The school encourages healthy lifestyles of both students and staff. Opportunities are offered that support wellness, good nutrition, positive dietary and vending selections, regular physical activity and health education, and a healthy school environment. Improved health optimizes student and staff performance potential so that no child or adult is left behind.

The wellness subcommittee is comprised of the following members: School Nurse / Teacher, School Business Manager, Director of Dining Services, Physical Education Teacher, Health Educator, Dining Service personnel, Culinary Arts Chef, and Students. All members participate on a voluntary basis. Meetings are held regularly after school and a bus is provided for student member transportation home. New members are always welcome.

Policy Goals:

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

The entire school community, not just the classrooms 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 always be fostered, and consideration of revenue from the sale of high-fat, high sugar, and low nutrient dense foods to support school programs should be secondary.

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 and during after school programs should meet or exceed the Davies 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, food safety, and packaging. Locally grown and produced fruits, vegetables and dairy items should be purchased and served whenever possible. The display of nutrient information in the cafetorium is required.

C. 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 schools daily education program and during after-school activities for all grades. Physical activity should include, but not be limited to, regular instructional physical education, in accordance with The Rhode Island Physical Education Framework, as well as co-curricular activities. Physical activity is also encouraged among all staff.

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

Educators, administrators, parents, health practitioners, after-school program providers 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. To ensure widespread understanding of the benefits to school environments where nutritious foods are provided and where students have an opportunity for physical activity, a public awareness campaign that highlights research demonstrating the positive relationship between good nutrition, physical activity, and capacity of students to develop and learn should be conducted.

E. Establish and maintain a Coordinated School Health and Wellness Subcommittee of the School Improvement Team that may consist of:

- Members of the Davies school communities, some of whom are not employed by the school. Such members shall include parents, students, and representatives from community agencies, the business community, local and statewide non-profit health organizations and health professionals.
- A member of the board of trustees
- District Food Service Director/Manager
- Food Service Staff member
- School personnel including, but not limited to:
 - School Nurse / Teacher
 - Health Education Teacher
 - Administrator
 - Physical Education Coordinator
 - Hospitality Career Instructor
 - Students

(This group is also known as the Food Advisory Board at Davies)

The purpose of the sub-committee is:

- Development of health & wellness policies, strategies and implementation
- Make recommendations regarding the school's physical education and health 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, (e.g. provide lists of healthy incentives, snacks, birthdays, etc.)

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

- Implementation of the Davies nutrition and physical activity standards
- Integration of nutrition and physical activity in the overall curriculum
- Assurance that staff professional development includes nutrition and physical activity issues
- 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
- Prepare an annual report that includes, but may not be limited to the following information:
 - Monthly menus and meal counts
 - Listing of all a la carte and vending sales of foods including school food service, vending machines, school stores, culinary and special education programs, in-school and in-class fundraisers, etc.
 - Listing of physical activity programs and opportunities for students throughout the school year
 - Listing of staff wellness promotion activities

NUTRITION EDUCATION

Student Nutrition Education:

The William M. Davies, Jr. Career & Technical High School has a comprehensive curriculum approach to nutrition for all grades. Beginning with the 2007-2008 school year, all health education and culinary instructional staff will integrate nutritional themes from the Rhode Island Department of Education Health Education Framework and /or the Pro Start Program through the National Restaurant Association when appropriate. The health benefits of good nutrition should be emphasized. These nutritional themes include but are not limited to:

Knowledge of the Food Guide Pyramid	Healthy Heart Choices
Sources & variety of foods, including locally grown	Dietary Guidelines for Americans
Diet and disease prevention	Understanding calories
Healthy snacks	Healthy breakfast
Food Labels	Bone Health and Osteoporosis
Major Nutrients	Multicultural influences
Serving portion size	Proper food safety/sanitation
Promote and identify high nutrient dense foods	

The Davies school will make resources and training available to staff.

Parent Nutrition Education:

- Nutrition education will be provided to parents beginning at the 9th grade level
- Nutrition education may be provided in the form of hand-outs, postings on the Davies website, articles and information provided in the school newsletters, presentations that focus on nutritional value and healthy lifestyles, and through any other appropriate means available for reaching parents.

Staff Nutrition & Physical Education:

Nutrition and physical activity education opportunities will be offered to all school staff. These educational opportunities 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 & 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.

STUDENT NUTRITION

The School Breakfast / Lunch Programs:

- The full meal school breakfast and lunch programs will continue to follow the USDA Requirements for Federal School Meals Programs.
- The School Food Service Program provider, (Aramark), will follow Davies Nutrition Standards when determining the items offered in the cafetorium. This includes vending machines, a la carte and “competitive foods” sales.
A la carte and “competitive foods” items that do not meet the Davies Nutrition Standards may be acceptable when offered on a very infrequent, intermittent basis.
- The Food Service provider is encouraged to purchase locally grown fruits, vegetables and dairy products whenever possible.
- The Food Service Director is a member of the School Health And Wellness Sub committee

Cafeteria Environment:

- The Davies cafetorium environment provides students with a relaxed and enjoyable climate
- The cafetorium environment is a place where students have:
Adequate space to eat with clean and pleasant surroundings
Adequate time to eat meals (The American School Service Association recommends at least 20 minutes for lunch from the time students are seated with their food), Davies allots 24 minutes; and
Convenient access to hand washing and hand sanitizing facilities before meals.

William M. Davies, Jr. Career & Technical High School Nutrition Standards & Policy

Nutrition Standards Intent/Rational:

The William M. Davies, Jr. Career & Technical High School strongly encourages the sale or distribution of nutrient foods for all functions and activities. Nutrient dense foods are those that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, Davies has adopted the following Nutrition Standards governing the sale of food, beverage, and candy on school grounds.

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 have no more than 10% of its total calories derived from saturated fat. This time period does not include the lunch period.
- Nuts and seeds with minimal added fat in processing (no more than 3 grams of added fat per 1.75 ounce or less package size) are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat.
- It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these Standards.

Beverages:

- ONLY milk, water, and fruit juices may be sold on school grounds both immediately prior to and during the instructional day, except in areas where students are not permitted access, such as the staff room. Flavored milks with calcium and essential nutrients will be served because we recognize that small amounts of sugar added to foods like reduced-fat milk are more appealing and improve nutrient intake without adding lots of calories.

Candy:

- Candy is defined as any processed food item that has:
 1. 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) is listed as one of the first two ingredients AND
 2. sugar is more than 25% of the item by weight.
- Vending sales of candy will not be permitted on school grounds
- Non-vending sales of candy will be permitted ONLY at the conclusion of the instructional school day.

Fundraising:

- All fund-raising projects are encouraged to follow the Davies Nutrition Standards
- All fund raising requests must be approved by the Student Council which follows the Davies Nutrition Standards
- All fund raising projects for sale and consumption within and prior to the instructional day follow the Davies Nutrition Standards when determining the items to be sold.
- Non-food based fundraisers are encouraged
- Fundraisers that promote physical activity are strongly encouraged

Teacher to Student Rewards and Incentives:

It is the intent of the Davies school that rewards and incentives do not undermine efforts put forth in this nutrition policy. Therefore, the use of food items as part of a student incentive or punishment in the classroom is discouraged. Should teachers feel compelled to utilize food items as incentives, they are required to adhere to the Davies Nutrition Standards.

After-School Snacks & Incentives:

The use of food as an incentive is strongly discouraged. Classroom snacks provided by the teacher must comply with the Davies Nutrition Standard. Exceptions will be documented in an IEP or a 504 plan.

Celebrations

Celebrations include, but are not limited to, birthdays, holidays, potlucks, etc. Davies May choose to handle celebrations in a variety of ways:

- All celebrations must comply with the Davies Nutrition Standard
- Celebrations are limited to a designated number of times per year and must be approved by the principal/director and sent to the wellness committee for approval and tracking.

School Stores:

Davies' Culinary program and School Store will comply with the Davies Nutrition Standard when food is sold during the school day.

It is recognized that the food service industry has standards and curriculum to follow. The policy will not prevent the hospitality department from following the industry protocols or standards. It does however suggest that an alternate healthy choice selection be made available whenever possible.

Concessions:

Concession stands must comply with the Davies Nutrition Standard. Concessions will offer water, 50-100% juice, and reduced fat milk or flavored milks at events.

School-Sponsored Events:

All school-sponsored events using Davies school buildings and property must comply with the Davies Nutrition Policy

PHYSICAL ACTIVITY

Definitions for the purpose of this policy

Physical Activity (PA) – 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 9 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.

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

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

1. Every student in grades 9 – 12 will participate in regular PE each school year with the state mandated requirement as the minimum time allotment. Davies will strive toward an increase in PA time thus working toward NASPE recommendations.
2. Davies 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. Davies will strive to implement recommended guidelines for school PE/PA leaders established by NASPE enabling students to achieve and maintain a high level of personal fitness.
 - Expose students to a wide variety of PA
 - Teach physical skills to help maintain a lifetime of health & fitness
 - Encourage self-monitoring enabling students to set and achieve fitness goals
 - Individualize fitness/activity programs
 - Help students establish a personal fitness baseline and create individual fitness benchmarks to monitor progress
 - Be active/positive role models
4. Davies will strive to implement recommended PE/PA guidelines for high school students established by NASPE:
 - Children should accumulate at least 60 minutes, and up to several hours, of age appropriate PA on 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 PA designed to achieve optimal health
 - Extended periods (periods of 2 hours or more) of inactivity are discouraged for children during school hours

5. Davies will strive to implement health related fitness assessment:
 - A health related fitness assessment will be administered to all students
6. All students are required to obtain 1.75 health/PE credits to be eligible for graduation.

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

1. Provide adequate, 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. Require the incorporation of NASPE Guidelines, (listed in 3 & 4 above) for all PA activities
5. Create opportunities and devote resources for staff to engage in PA
6. Restriction of PA for disciplinary purposes is prohibited unless there is a documented safety issue and with the written approval of the principal/director

This document contains the William M. Davies, Jr. Career & Technical High School comprehensive Wellness Policy. Its intent is to promote health and wellness among students and staff. By promoting health & safety behaviors the Davies community can increase students' capacity to learn, reduce absences, and improve students' physical fitness and mental alertness. This policy is consistent with the CDC's model of a Coordinated School Health Program. It consists of eight components: Health Education, Physical Education, Health Services, Nutrition Services, Counseling, a Healthy School Environment, Health Promotion for Staff, and Family & Community Involvement.

The Davies wellness policy is a comprehensive document addressing the following topics: Wellness sub-committee, Nutrition Education, Physical Education & Obesity, Physical Activity, Food & beverage availability, Vending, Food environment, and Food Service operations.

This policy will go into effect on September 1, 2007.