

Charette

2.e. School Wellness Policy

[Effective Date: 10/25/18]

School Wellness Policy

The Governing Board recognizes the relationship between student well-being, health and wellness and student achievement as well as the importance of comprehensive wellness policies. The Governing Board is committed to protecting children’s health, well-being and ability to learn to their fullest potential by supporting a school environment that promotes healthy choices and fosters lifelong habits with respect to eating and physical activity.

Therefore, the Governing Board has adopted this policy to serve as a guideline for carrying out Charette’s objectives in this arena.

A. Health and Wellness Subcommittee (“HWS”)

The Governing Board shall establish a school health and wellness subcommittee chaired by a member of the Governing Board. The subcommittee will make recommendations regarding the Charette’s health education curriculum and instruction, physical education curriculum and instruction, and nutrition and physical activity policies to decrease obesity and enhance the health and well-being of students and employees.

The school health and wellness subcommittee shall consist of members of the general public, a majority of whom are not employed by [insert school name], including at least one parent, and are encouraged to include teachers; administrator; students; community and school-based health professionals; business community representatives; and representatives of local and statewide nonprofit health organizations. The subcommittee will be chaired by a member of the Governing Board.

The Governing Board may reconstitute any existing volunteer committees as the school health and wellness subcommittee so long as said subcommittee membership meets the requirements of the Rules and Regulations for School Health Programs [R16-21 SCHO].

The school health and wellness subcommittee shall be responsible for, but not limited to, development of policies, strategies, and implementation plans that meet the requirements of the child nutrition and WIC Reauthorization Act of 2004. The school health and wellness subcommittee shall forward all recommendations regarding the Charette’s health education curriculum and instruction, physical education curriculum and instruction, nutrition policies, and physical activity policies to the full Governing Board.

Reporting shall be consistent with requirements of RIGL §16-7.1-2(h) and as follows:

All strategic plans shall include strategies to decrease obesity and improve the health and wellness of students and employees through nutrition, physical activity, health education, and physical education. Said strategies shall be submitted by May 1st of each year to the

Rhode Island Department of Elementary and Secondary Education and the Rhode Island Department of Health.

The following are possible subheadings based upon the requirements and guidance contained in the Rules and Regulations for School Health Programs [R16-21 SCHO], which is applicable to charter schools insofar as charter schools must follow the compulsory attendance laws, R.I.G.L. § 16-19-1. Section 2.1 of the regulations states that, “[a]ll schools that are approved pursuant to RIGL §§16-19-1 and 16-19-2 shall have a comprehensive school health program consisting of health education, health services and a healthful school environment, approved by the State Commissioner of Elementary and Secondary Education and the Director of Health in accordance with RIGL §16-21-7.” Each school should review these regulations in connection with drafting its School Wellness Policy.]

- B. Nutrition Education and Wellness Promotion**
- C. Nutrition Guidelines for All School Foods and Beverages**
- D. Physical/Health Education and Physical Activity**
- E. Implementation, Monitoring, Evaluation and Reporting**
- F. Areas of Importance Outside of Nutrition and Physical Education/Activity**

Resource

Rules and Regulations for School Health Programs [R16-21 SCHO]