



Wellness Policy Summary and Implementation Guide for Principals & Staff

Healthy Students Learn Better!

The purpose of the Lincoln Public Schools Wellness Policy (JU) is to provide a healthy school environment for all K-12 students, consistent with current state and federal regulations. Research has shown a strong correlation between nutritious eating and physical activity AND improved test scores, behavior and general academic performance.

As places of learning, schools have a responsibility to teach and model healthy behaviors. Developing healthy habits in childhood provides a foundation for lifelong wellness.

The policy was very carefully developed to incorporate the specific state and federal laws and regulations regarding school wellness, nutrition and physical education/activity.

This document is a summary of the policy, highlighting the most relevant information for building principals and staff, including coaches and advisors who work with students outside the classroom. Principals are responsible for ensuring that all staff understand and comply with all provisions of the District Wellness Policy. For complete language and citations, please refer to the full [Wellness Policy](#).

The Lincoln Wellness Committee is responsible for reporting annually to the School Committee on policy implementation and compliance, as a district and for individual schools. RIDE reviews Wellness Policy language, compliance and implementation as part of school districts' USDA Administrative Review.

HIGHLIGHTS OF WELLNESS POLICY COMPONENTS

Nutrition Education and Wellness Promotion:

Health education is mandated for all students K-12, with nutrition education incorporated.

- Nutritional themes will be incorporated across the core curriculum where appropriate.
- Consistent messaging with regard to Nutrition Education and Wellness Promotion will be found throughout the school environment, including in the cafeteria, during field trips, after-school programs, assemblies, etc.
- Staff members are encouraged to be attentive to their own personal health and are encouraged to be **positive role models** for students.

Nutrition Guidelines for All School Foods and Beverages:

All food made available to students will comply with state and local **food safety regulations**.

- **Food sharing between students is discouraged.**
The School Food Service Provider will ensure that all foods served in school meet federal and state nutrition standards and include Rhode Island grown produce as much as possible.
- **Marketing or promotion of foods and beverages that do not meet the Nutrition Standards is prohibited.** This includes ads/pictures on vending machines, scoreboards, fundraising materials, etc.
- **The Nutrition Standards apply to ALL food and beverages sold at school during the school day.** This includes cafeteria a la carte, vending machines, school stores, and food-based fundraising.
- **The use of food or candy as a reward, incentive or punishment is prohibited.** Use of recognition, social rewards or privileges are appropriate alternatives.
- **Staff and students CANNOT distribute candy to others at school** - in the classroom or on school grounds during the school day.
- **Classroom celebrations should not be centered on food.** Up to 4 school/classroom celebrations that include food are permitted annually. Healthy food options should be included and Principals shall document these in their annual report to the district.
- **Parents must be notified** if any food/beverage, brought into the school, is being shared in the classroom or at school. **Parents must have a way to refuse and be offered a substitute** due to allergies and nutrition concerns.
- **Students and staff should be able to drink water throughout the school day.** Clear and transparent water bottles are allowed in the classroom.

HIGHLIGHTS OF WELLNESS POLICY COMPONENTS

Physical Education and Physical Activity:

- Students will receive an average of **100 minutes per week of Health/Physical Education**.
- Recess, free play and after-school activities are not counted as Physical Education.
- **All elementary schools will allot a minimum of 30 minutes per day for recess**, preferably outdoors.
- During times of inclement weather resulting in indoor recess, schools will provide alternative activities that promote free play.
- **Withholding recess as a disciplinary strategy should be used ONLY when safety issues are of concern.**
- Classroom teachers will include **short physical activity breaks** between lessons whenever possible and appropriate.
- All schools are encouraged to offer before/after school activities and extracurricular programs that provide opportunities for physical activity and/or promote wellness.

Implementation, Monitoring, Evaluation and Reporting:

- The District Wellness Policy will be posted and accessible on the District's website.
- Building principals will work with the Superintendent and District Wellness Committee to document compliance with all provisions of the policy in order to assess progress and determine areas in need of improvement (tools for assessing compliance will be provided).
- The principal of each school shall be responsible for providing the leadership necessary to be in compliance with the Wellness Policy.
- The School Food Service Provider shall be responsible for meeting the nutrition regulations of the federal school meal programs.
- The District Wellness Committee, working with school administration and the School Food Service Provider, is responsible for supporting schools and staff in complying with the policy, and will report publicly to the Superintendent and School Committee on policy implementation and evaluation.



Wellness Policy Implementation Checklist for Principals & Staff

- Keep at least one hard copy of the Lincoln Wellness Policy in your main office for reference.
- Distribute this summary document and/or visit www.lincolnps.org (under the School Committee Tab) to view the full Lincoln Wellness Policy to all teachers and staff.
- Distribute the one-page Wellness Policy Summary to your school's parent organization and all other extracurricular groups that must comply with the District Wellness Policy.
- Communicate relevant policy information to students and families through newsletters and at Back-to-School Events, Open Houses, etc.
- Assist in recruiting at least one representative from your school to serve as a member of the District Wellness Committee each school year (may be a staff member or parent).