

Procedures for Narragansett Pier Middle School For the Policy on Nutrition and Physical Activity

The following procedures are aligned with the Narragansett School District Nutrition and Physical Activity Policy.

Some form of communication (e.g.; letter, list-serve, and/or newsletter) will be sent to Narragansett Pier Middle School parents/guardians at the beginning of each academic school year to explain NPMS procedures for the District Nutrition and Physical Activity Policy.

Nutrition

Cafeteria

The cafeteria provides a sanitary and comfortable place for students to have lunch. In an effort to maintain food safety, children are not to share food. Due to potential spoilage and cross-contamination, food not eaten from the cafeteria trays will be discarded and not “saved” for students to share with others. Food may not be taken out side to playground.

Lunch detentions in classrooms and classrooms lunch may occur following a food safety checklist.

Food Safety Checklist

- Disinfect surface of desks, tables where students will eat lunch
- Cleaning materials for desks/tables will be provided by maintenance department and stored in a secured area
- Hand washing and hand sanitizer will be available in classrooms, offices and/ or science labs where lunches are held
- Science lab chemicals will not be used in a classroom/science lab during a lunch time
- Staff will be aware of food allergies among students in a classroom lunch

Vending Machines

Beverages sold in vending machines should only be milk, water, 100% fruit juices and electrolyte replacement beverages (sports drinks). **Soda will not be sold.**

Foods sold in vending machines should be nutrient dense, with no more than 30% of it calories derived from fat or with no more than 10% of its total calories derived from saturated fat.

Food from vending machine will be allowed in classrooms.

Students are prohibited from using the vending machine in the teachers’ dining room or have staff purchase items for them.

The District Food Service contractor will provide the products in vending machines to meet the guidelines of the district nutrition policy as adopted by the Narragansett School Committee in August 2005.

Fundraising / Dances

NPMS will promote alternative fundraising such as book sales, school supplies (pencils, clothing, erasers, etc) sales. Baked food sales should be healthy choices. **Home baked products** such as brownies, cakes, cookies, etc **will not** be sold in order to avoid the potential of food borne illness, to reduce allergic reactions to foods and to support a healthy school environment. Food can be purchased from a vendor which complies with food safety regulations (acceptable foods include prepackaged products). The District's Food Service Provider should have first option to provide products for the function.

Soda will not be sold at school fundraisers or at school dances.

Celebrations and Curriculum based Activities

In an effort to maximize instructional time, consideration of students with food allergies and other medical conditions and food safety regulations, the expectations for NPMS will include:

- On a daily basis, **food or candy will not be used as a reward**. No candy should be sent in to school from home. Should candy be sent into school, it will be returned to the student to take home.
- In the event that a class/grade is being recognized for something very special, the classroom/program leader will take into consideration what the "recognition" will be. Should food be an option, the classroom teacher/program leader will ensure that the food is safe for those with food allergies and other medical conditions. **Priority** should be a healthy choice and food should come from a vendor that complies with food safety regulations. The District's Food Service Provider should have the first option to provide the product for the event. A competitive bid may also be obtained from an outside vendor. No home prepared products will be served or shared. If home prepared food is brought in to school, the food will be returned home.
- For events such as holidays or birthday recognition, parents are encouraged to send in small items such as pencils, sticker, etc. If a parent chooses to bring in a healthy snack for the celebration, it should be purchased from a vendor which complies with food safety regulations with considerations for students with allergies and other medical conditions.
- Food that coordinates with a curriculum activity or as a part of an educational program will be purchased from a vendor which complies with food safety regulations (acceptable foods include prepackage products or restaurant items). In such cases, every effort should be made to make the food choice as nutritional as possible. Allergies and medical conditions should be taken into consideration.
- Should there be a question about a food related activity, the building administrators may be contacted, and will make decisions regarding that activity. Questions concerning nutrition and food safety may be directed to the Districts' Food Service Director.
- School nurse will provide a confidential list of students with allergies and other medical conditions to staff.

Links for Food Safety information:

www.homesafety.org; www.fsis.usda.gov; www.fda.gov; www.cdc.gov/foodsafety/

Physical Activity

The Narragansett Pier Middle School (NPMS) will provide physical education and physical activity opportunities to all students to develop habits to lead to a healthy, active lifestyle.

- Physical education will be offered to all students in NPMS for each grade level for a minimum of 100 minutes per week. A schedule of PE classes will be completed by June 1st for the following school year by the building administration.
- Parents and students will be given a report/feedback on student's personal fitness assessment at least once per academic school year.
- Physical activity (PA) opportunities will be available for all students in NPMS with collaboration with Narragansett recreation, South County YMCA, in-school enrichment programs (interscholastic sports, intramural activities, after school enrichment activities). PA opportunities will be provided before, during and/or after school. Permission slips/waivers are required for all programs.
- There will be an opportunity for physical activity for all students in NPMS during lunches.
- Advisory program will provide at least one opportunity for a physical activity session each month.
- Playground facilities need to be maintained and inspected for safety on an annual basis. This inspection should be performed by a certified safety inspector for playground equipment and facilities. Safety concerns will be reported to maintenance via the school link; School Dude On-Line Maintenance Request System.
- During the school day, extended periods (periods of two hours or more) of inactivity are discouraged for students and staff. PA opportunities/suggestions will be made available in the nutrition and physical activity toolkit.
- Physical activity opportunities should be made available to student for various school projects connected to curriculum or enrichment (e.g.; salt marsh, poem bash, grade level socials, beach clean ups).
- Opportunities and resources for physical activities will be provided for students and staff, e.g.: Brain Gym, Cooperative Games, Walking Program, and Wellness Programs.
- Provide students, parents and staff with health related physical fitness assessment tools. (e.g., Fitnessgram, YMCA Healthy Habits Program, Shapeup RI program, BC/BS Wellness Program).

Links for physical activity:

www.pecentral.org; www.aahperd.org; www.americanheart.org;
www.schoolhealth.info/; www.actionforhealthykids.org.

