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[The Flu: A Guide for Parents \(/ftpimages/719/download/download_3168402.pdf?_=1668712665167\)](#)

[Flu Facts \(/ftpimages/719/download/download_3168404.pdf?_=1668712665167\)](#)

[Head Lice \(/ftpimages/719/download/download_2651774.pdf?_=1668712665167\)](#)

[Head Lice Facts \(/ftpimages/719/download/download_2651778.pdf?_=1668712665167\)](#)

[Concussion Packet \(/ftpimages/719/download/download_2267581.docx?_=1668712665167\)](#)

[Concussion Action Plan \(/ftpimages/719/download/download_2267583.docx?_=1668712665167\)](#)

[Return to Play Guidelines \(/ftpimages/719/download/download_2267586.doc?_=1668712665167\)](#)

[Return to Learn Guidelines \(/ftpimages/719/download/download_2267585.docx?_=1668712665168\)](#)

[Annual Health Emergency Form \(/ftpimages/719/download/download_1588357.doc?_=1668712665168\)](#)

Rice Student Wellness Policy

Rice Memorial High School is committed to providing a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity. The wellness policy was developed with guidance from the Department of Education, Department of Health, Agency of Agriculture, and Vermont educators to comply with Vermont's Act 161 of the 2004 Vermont Legislative Session and the Child Nutrition and WIC Reauthorization Act of 2004. The policy is divided into five sections:

I. Nutrition

II. Physical Education

III. Physical Activity

IV. Implementation



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A. Nutritious food Choices

1. Nutritious foods are available wherever and whenever food is sold or otherwise offered at school.

Definitions: Nutritious foods are nutrient-dense foods including whole grains; low-fat or non-fat dairy products; fresh, frozen, or canned fruits and vegetables; lean meats, poultry, fish, and beans. Nutritious foods exceed the nutrient levels of Foods of Minimal Nutritional Value. (The United States Department of Agriculture (USDA). 7 CFR 210.11 and 7 CFR 210, Appendix B).

B. The School food Service Program

1. Menus are planned to conform to the Dietary Guidelines for Americans and the nutrient standards established in the regulations of the National School Lunch Program (7CFR 210) and the School Breakfast Program (7CFR 220).

2. A la carte foods conform to the Guidelines outlined in Appendix B.

Definitions: A la carte food includes all food sold by the food service program that are not part of a reimbursable meal.

3. Food pricing strategies are designed to encourage students to purchase nutritious items and/or reimbursable items.

4. Compatible with federal regulations for such purchases, the food service program establishes procedures to include locally grown foods and beverages in the development of purchasing bids or procedures.

C. Other Food Choices at School

1. Foods and beverages available at school support the nutritional needs of students, are nutritious and meet the Guidelines outlined in Appendix B.

2. All food sales on school grounds are under the management of the school food service program. Nutritious foods are included at any time foods are sold at school to raise funds.

3. Foods sold through vending machines conform to the Guidelines outlined in Appendix B. No foods are sold from vending machines during meal service times.

4. To the extent possible, foods sold in vending machines, school stores, snack bars, and other venues are purchased using the practices described above regarding locally grown foods.

D. Promoting Healthy Eating Behaviors

1. Students and staff have adequate space to eat meals in pleasant surroundings and adequate time to eat, relax, and socialize. Lunch periods are at least 20 minutes long. Sufficient transition time is also provided.

2. Nutrition education is integrated within the health education program. Nutrition education focuses on developing healthy eating behaviors, is based on theories and methods proven effective by research, and is consistent with Vermont's Health Education Standard 3.5.

3. Food is not used as a reward or a punishment for students.



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demonstrated wellness activities.

1. Instruction/coaching is designed to develop sport specific skills that are based on appropriate teaching/learning progressions.
2. Instruction/coaching provides a learning environment that is appropriate to the characteristics of the athletes and goals of the program.
3. Instruction/coaching utilizes a variety of teaching strategies to improve athletic performance and development.
4. Instruction/coaching uses appropriate forms of motivation and provides constructive feedback to athletes.

B. Before and After-School Programs

1. Use of the school facilities by community members for physical activities is encouraged.

C. Promotion of Student/Staff Wellness:

1. Rice will encourage participation in an employee wellness program.
2. Staff will have access to the weight room and instruction to use equipment.
3. The school will encourage a culture of wellness throughout the building.
4. Physical conditions such as temperature, noise and lighting will be conducive to a positive learning and eating environment.

IV. Policy Implementation

Rice will establish a coordinated school health team (CSHT), with an identified coordinator, to meet regularly to update and monitor the wellness policy.

The CSHT will conduct periodic assessments of the wellness policy to identify and prioritize needs.

The wellness policy will be posted to the school website to provide access for families and the community.

The CSHT will develop a summary report of compliance to be reviewed on a regular basis and shared with the school community

V. Reporting to the Community

A. Report Topics

In reporting nutrition and fitness data, in a format easily understood by the public, Rice will be in compliance with state and federal confidentiality laws. Data for the report is available from the following sources:

1. The number of students participating in athletics
2. Youth Risk Behavior Survey data
3. School Lunch Program data, such as the percentage of students participating in the meals program.
4. Health Services Program data, such as the percentage of students with a health care and dental provider.

References:

16 V.S.A. § 216. Wellness Program

Child Nutrition Reauthorization 2010: Local School Wellness Policies

Dietary Guidelines for Americans 2005