

# Healthy Schools Healthy Kids



An initiative of the Rhode Island Departments  
of Health and Education



MAKE HEALTHY PART OF YOUR FAMILY  
RHODE ISLAND DEPARTMENT OF HEALTH

Funding from Center for  
Disease Control and Prevention:



**INTRODUCTION**

**PROCESS**

**TOOLS**

**DATA**

**RESOURCES**

# Rhode Island District Health & Wellness Subcommittee (DHWS)

## Toolkit Components

### Front Matter

- 0.0 – Cover
- 0.1 – Binder Tabs
- 0.2 – Toolkit Components

### I. Introduction

- 1.1 – Introduction
- 1.2 – P.L. 108-265 – Child Nutrition and WIC Reauthorization Act of 2004, Sec. 204 “Local Wellness Policy”
- 1.3 – RIPL Chapter 05-074/05-076 – An Act Relating to Education (on District Wellness Subcommittees, Policies & Plans)
- 1.4 – RIPL Chapter 06-231/06-234 – An Act Relating to School Committees and Superintendents (requiring healthier beverages and snacks in elementary and middle schools)
- 1.5 – RIPL Chapter 07-080/07-092 – An Act Relating to Education – Health and Safety of Pupils (requiring healthier beverages and snacks in high schools)
- 1.6 – RIPL Chapter 08-254/463 – An Act Relating to Curriculum – Instruction in Health and Physical Education (requiring alignment with state standards)

### II. Process

- 2.1 – Suggested Steps and Timeline for DHWS
- 2.2 – Sample Agenda for 1<sup>st</sup> DHWS Meeting
- 2.3 – RIDE, District Strategic Plan Guidance
- 2.4 – RIDE, District Strategic Plans & Wellness Guidance
- 2.5 – RIDE, Physical Education Curriculum Law Memo
- 2.6 – American Cancer Society, *Improving School Health: A Guide to School Health Councils*

### III. Tools

- 3.1 – Rhode Island Healthy Schools Coalition (RIHSC), School Nutrition Survey
- 3.2 – RIHSC, School Physical Activity/Physical Education Survey
  - a. Elementary
  - b. Middle
  - c. High
- 3.3 – CDC’s School Health Index
- 3.4 – Rhode Island School District Nutrition & Physical Activity Model Policy Language
- 3.5 – Rhode Island Nutrition Guidelines for School Vending & A La Carte Foods
- 3.6 – RI School Health & Wellness Checklist
- 3.7 – RI Nutrition Requirements 2009 for School Meals
- 3.8 – Approved Products for School Vending and A La Carte Foods in Rhode Island

#### **IV. Data**

- 4.1 – Childhood Obesity Data
- 4.2 – Information Works! / SALT Survey – Statewide Health Data (Health Risks, Students’ Point of View, Engaging Families & Communities, Incidents of Suspension)
- 4.3 – *Youth Health Risk Behaviors: How Rhode Island Schools Can Use Survey Data to Create a Healthy Environment for Students* (YRBS School Briefs)
- 4.4 – YRBS School Briefs, 2005 Update
- 4.5 – YRBS School Briefs, 2007 Update
- 4.6 – RIDE, Executive Summary: RI School Nutrition Environment Evaluation, Phase I
- 4.7 – Information Works! / SALT Survey – Local Health Data (Health Risks, Connectedness, Engaging Families & Communities)
- 4.8 – 2006 School Health Profiles Data on Physical Activity, Physical Education, Nutrition and Food Service
- 4.9 – Information Works! / SALT Survey – Local Health Data (Health Risks, Students’ Point of View, Engaging Families & Communities)

#### **V. Resources**

- 5.1 – Helpful Resources (websites)
- 5.2 – CDC, Make a Difference at Your School
- 5.3 – Rhode Island Farm-to-School
- 5.4 – RI Farm-to-School Update
- 5.5 – Rhode Island YMCAs
- 5.6 – YMCA Healthy Lifestyles Program
- 5.7 – RI Food-Safe School Program
- 5.8 – New England Food & Dairy Council (NEDFC) resources (website, Dairy and school wellness, Nutrition Expeditions)
- 5.9 – NFL and Action for Healthy Kids, ReCharge Energizing After School
- 5.10 – Safe Routes to School
- 5.11 – FRAC, Parent Outreach brochure
- 5.12 – CT Dept. of Ed, Healthy Celebrations
- 5.13 – CSPI, *Sweet Deals: School Fundraising Can Be Healthy and Profitable*
- 5.14 – thrive, *Rhode Island School District Health and Wellness Subcommittees: A Progress Report*