



**BISHOP MCVINNEY SCHOOL**

155 Gordon Avenue | Providence, RI 02905

(401) 781-2370 | [www.bmv-school.org](http://www.bmv-school.org)

## **WELLNESS POLICY**

**BISHOP MCVINNEY SCHOOL** is committed to encouraging and supporting the overall wellbeing of our students, faculty members, and their families. It is our belief that nurturing a spirit of mental and physical health begins at home and is supplemented by a school curriculum that promotes regular physical activity, wholesome mealtime options, and a healthy, nurturing learning environment. Bishop McVinney School strives to consistently focus on health and wellness that encourages our students to fulfill their potential as ever-learning, ever-growing students.

**THE PURPOSE** of this policy is to identify and establish the necessary guidelines for our school's commitment to wellness education. Our Wellness Policy has been created in order to ensure compliance with all [Federal and State laws](#) related to the health of our students and staff, and is a reflection of our commitment to our school and our community.

**OUR PROMISE** to our students, staff, and families, is wholehearted dedication to the health and wellbeing of each child, independent of circumstance. Bishop McVinney School makes every effort to protect the privacy of our students with regard to meal reimbursement status, and to ensure that every child is equipped with the appropriate tools for learning, beginning with a healthy meal. All children who do not bring their own lunch from home will be served the available school lunch, which adheres to a standard of quality and nutrition that is recognized both locally and federally. Physical and wellness activities implemented by the school as part of the curriculum are designed to encourage age-appropriate engagement and awareness of healthy decision-making for all Pre-K through 8<sup>th</sup> grade students and faculty, with a compassion for physical, emotional, and developmental limitations.



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### SCHOOL LUNCH PROGRAM

Bishop McVinney School participates in the National School Lunch Program, recognizing and enforcing a standard of nutrition that reflects those articulated by [Federal and State laws](#). School meal pricing is reasonably set to reflect the cost incurred by the school, and family contribution is dependent on federal lunch program reimbursement status. Families are informed of eligibility status in writing within 5 days of submitting a completed lunch application to the school. Bishop McVinney School has partnered with Providence Public Schools in an agreement with SODEXO, a food service provider, to deliver, prepare, and serve quality and local breakfast and lunch meals for our students. Additionally, meals offered to students throughout the school day adhere to the following Bishop McVinney School standards:

- All meals are served in a clean and sanitary environment that provides areas for handwashing and hand sanitizing before and after eating.
- Clean and accessible drinking water is available to all students, in close proximity to mealtime areas. Water bottles from home are encouraged for each child and may be carried on their person throughout the school day. Regular water breaks and bathroom breaks are available to all students.
- A balanced lunch meal that is appealing and practical for individual children is offered daily. Our school's standard lunch meals include a variety of fruits/vegetables, whole grain options, and low fat/ fat free milk options, in adherence to Local Food Policy Standards.
- All students will have a minimum of 20 minutes to eat after sitting down for lunch, and all lunches are scheduled to be served between 11a-1pm daily.
- Though sharing in any other context is usually encouraged, we discourage the sharing of food items among students for hygienic reasons and due to increasing concerns regarding food allergies and dietary restrictions.



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## **SCHOOL BREAKFAST PROGRAM**

Bishop McVinney School participates in the National School Breakfast Program, providing wholesome breakfast options to students before the start of the school day. Breakfast choices available at our school follow the nutrition standards of [Federal and State laws](#).

Students are encouraged to eat a healthy breakfast before a day of learning, and may do so at school with the breakfast options provided or with a prepared breakfast from home. School breakfast pricing is reasonably set to reflect the cost incurred by the school, and family contribution is dependent on federal lunch program reimbursement status.

## **FRESH FRUITS & VEGETABLES PROGRAM**

Bishop McVinney School participates in the National Fresh Fruits and Vegetables Program. This program provides a variety of fruits and vegetables delivered fresh daily as a supplemental snack provided to all children, free of charge, regardless of lunch program reimbursement status. The goal of this program is to continuously enrich and improve each child's diet by providing healthy options that help create and instill better lifestyle and eating habits for our children.

## **COMPETITIVE FOODS**

Advertisement or promotion of food and beverages that are not in compliance with [USDA Smart Snacks and Rhode Island Nutrition Standards](#) is not permitted in our school. No foods or beverages (even those meeting standards) may be sold during school meal service, in accordance with our school's food service contract.

## **BIRTHDAY PARTIES & CLASSROOM CELEBRATIONS**

School celebrations are fun and exciting for students, as they can help encourage social health and help develop friendships, but they can also pose a distraction in classrooms if not carefully coordinated. Bishop McVinney School asks that parents communicate directly with their child's teacher at least **1 WEEK** in advance of scheduling any birthday party or celebratory event, so



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that there is ample time to prepare and to go over any classroom dietary restrictions for the inclusion of all students. Considerations for celebrations that involve physical activity or healthy competition are encouraged, as they can be a fun and rewarding alternative to traditional birthday celebrations for students, staff, and families. A 20-minute window for birthday/celebratory events is standard.

### RECESS & PHYSICAL EDUCATION

Bishop McVinney School understands the importance of physical activity for growing minds and bodies. Organized physical activity is proven to support student social and academic development, and allows children to expend energy that may otherwise result in unintended or negative outcomes. Our staff makes a strong effort to ensure that every child participates in scheduled recess/freeplay time and physical education classes, in addition to stretch breaks and walking breaks throughout the school day.

- Physical Education classes are scheduled at least twice a week for grades K-8, and are led by a licensed Physical Education Teacher. An effort to hold Physical Education classes outdoors to encourage more rigorous physical activity is always a priority. An emphasis on indoor physical activity will be made in conjunction with Health and Wellness Education during inclement weather. Health and Wellness classes highlight the importance of nutrition, and mental and physical health at age-appropriate levels. Physical Education classes may not be withheld or imposed as a form of punishment by staff. On the contrary, physical activity may be used as a reward for positive behavior in the classroom, i.e. extra recess time, additional stretch breaks, or social activity time with classmates.
- Grades K-6 have a minimum 20-minute window for recess/freeplay each day, scheduled after lunch. An effort to hold recess outside will be made as weather permits. Indoor recess may be held in an empty classroom where students are encouraged to stretch and play freely, always under adult supervision.



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## **BEFORE & AFTER-SCHOOL ACTIVITIES**

Our Before and After-School program makes a strong effort to offer a range of physical activities that meet the needs and abilities of all students. Outdoor freeplay is often encouraged, as weather permits. Our schoolyard space has been specially designed for all age groups to benefit from age-appropriate outdoor games and sports. Organized sports games like basketball and soccer, along with hopscotch and other painted games, encourage team-building and healthy, competitive sportsmanship. To supplement outdoor play, indoor games and team-building activities ranging from table tennis to chess and other board games are available for our program students. A wide-range of enriching activities are planned by our after school program staff on a regular basis.

## **SOCIAL & EXTRACURRICULAR ACTIVITIES**

Bishop McVinney School celebrates diversity and promotes respect for children and families of all cultures and backgrounds. To accommodate individual limitations including but not limited to food-based allergies or intolerances, and personal and cultural preferences, our school allows families to refuse their child's participation in any school-related celebration involving food, or to request reasonable accommodation to allow for a child's participation in social activities, religious/non-religious celebrations, or field trips. Please inform your child's teacher(s) of any decision to exclude your child from an upcoming activity for any reason related to the aforementioned, or if there is a need to provide additional accommodation for your child for a specific event or activity.

## **SCHOOL WELLNESS COMMITTEE**

In accordance with [RI Laws and Regulations](#), Bishop McVinney School has established a Wellness Committee to make recommendations regarding the district's health education curriculum and instruction, physical education curriculum and instruction, and nutrition and



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physical activity policies to decrease obesity and enhance the health and wellbeing of students and employees. (TITLE 16 Education CHAPTER 16-21 Health and Safety of Pupils) Our school's Wellness Committee convenes regularly and is comprised of school personnel, community members, parents, and students with the goal of enhancing and promoting activities and partnerships that encourage healthy lifestyles. Additionally, annual food and nutrition training in accordance with USDA Professional Standards is required of all food handlers and meal time personnel.

The School's Wellness Committee is responsible for the implementation, execution, and distribution of the School's Wellness Policy, and is tasked with monitoring and evaluating it periodically. This Wellness Policy and any related updates will be posted on the school website: [www.bmv-school.org](http://www.bmv-school.org) and a physical copy will be available for reference on school grounds at all times.

### REFERENCES

Providence Public Schools District Wellness Policy

[Http://pesb.ppsd.org/Reference\\_Library/ESB\\_Policies\\_and\\_Regulations/Policies//Wellness%20Policy-Approved-8.23.2017-te.pdf](http://pesb.ppsd.org/Reference_Library/ESB_Policies_and_Regulations/Policies//Wellness%20Policy-Approved-8.23.2017-te.pdf)

Rhode Island Healthy Schools Coalition Website: Laws & Regulations

[Https://www.rihsc.org/laws--regulations.html](https://www.rihsc.org/laws--regulations.html)