









Rhode Island District Health & Wellness Subcommittee Toolkit

This toolkit was developed to help RI school districts meet various state and federal requirements for District Health & Wellness Subcommittees, local wellness policies, and nutrition requirements for snacks and beverages.

Download the Toolkit by section (each section contains several documents):







1. [Front Matter](#)  (0.2 MB)
2. [Introduction](#)  (0.2 MB)
3. [Process](#)  (1.7 MB)
4. [Tools-Part 1](#)  (1.2 MB)
5. [Tools-Part 2](#)  (0.3 MB)
6. [Data-Part 1](#)  (2.5 MB)
7. [Data-Part 2](#)  (11.2 MB)
7. [Resources](#)  (4.9 MB)

Download individual documents in the Toolkit:







0. Front Matter

1. [Cover](#) 
2. [Binder Tabs](#) 
3. [Toolkit Components](#) 


I. Introduction

1. [Introduction](#) 
2. [P.L. 108-265 – Child Nutrition and WIC Reauthorization Act of 2004, Sec. 204 "Local Wellness Policy"](#) 
3. [RIPL Chapter 05-074/05-076 – An Act Relating to Education \(on District Wellness Subcommittees, Policies & Plans\)](#) 
4. [RIPL Chapter 06-231/06-234 – An Act Relating to School Committees and Superintendents \(requiring healthier beverages and snacks in elementary & middle schools\)](#) 
5. [RIPL Chapter 07-080/07-092 – An Act Relating to Education - Health and Safety of Pupils \(requiring healthier beverages and snacks in high schools\)](#) 
6. [RIPL Chapter 08-254/08-463 - An Act Relating to Curriculum - Instruction in Health and Physical Education \(requiring alignment with state standards\)](#) 

II. Process

1. [Suggested Steps and Timeline for DHWS](#) 
2. [Sample Agenda for 1st DHWS Meeting](#) 
3. [RIDE, District Strategic Plan Guidance \(Mar. 2008\)](#) 
4. [RIDE, District Strategic Plans & Wellness Guidance \(Apr. 2006\)](#) 
5. [RIDE, Physical Education Curriculum Law Memo \(Sep. 2008\)](#) 
6. [American Cancer Society, Improving School Health: A Guide to School Health Councils](#) 



III. Tools

1. [Rhode Island Healthy Schools Coalition \(RIHSC\), School Nutrition Survey](#) 
2. RIHSC, School Physical Activity/Physical Education Survey












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- a. [Elementary School Survey](#) 
- b. [Middle School Survey](#) 
- c. [High School Survey](#) 
3. [CDC's School Health Index](#) 
4. [RI School District Nutrition & Physical Activity Model Policy Language](#) 
5. [RI Nutrition Guidelines for School Vending & A La Carte Foods \(most recent version on Kids First website\)](#) 
6. [RI School Health & Wellness Checklist](#) 
7. [RI School Nutrition Requirements 2009](#) 
8. [RI Approved Product List: School Vending & A La Carte Foods in RI Schools](#) 

IV. Data

1. [Rhode Island Childhood Obesity Data](#) 
2. [Information Works! / SALT Survey - Statewide Health Data \(Health Risks, Students' Point of View, Engaging Families & Communities, Incidents of Suspension\) \(2006-07 school year\)](#) 
3. [Youth Health Risk Behaviors: How Rhode Island Schools Can Use Survey Data to Create a Healthy Environment for Students \(YRBS School Briefs\)](#) 
4. [YRBS School Briefs, 2005 Update](#) 
5. [YRBS School Briefs, 2007 Update](#) 
6. [RIDE, Rhode Island School Nutrition Environment Evaluation: Vending & a La Carte Food Policies, Phase I Executive Summary](#) 
7. [RIDE, Rhode Island School Nutrition Environment Evaluation: Vending & a La Carte Food Policies, Phase II Executive Summary](#) 
8. [2006 School Health Profiles Physical Activity & Nutrition Data](#) 
9. [Information Works! / SALT Survey - Local Health Data \(Health Risks, Connectedness, and Engaging Families & Communities\) \(2006-07 school year\)](#) 

V. Resources

1. [Helpful Resources \(websites\)](#) 
2. [CDC, Make a Difference at Your School](#) 
3. [Rhode Island Farm-to-School](#) 
4. [Farm-to-School Update \(Fall 2008\)](#) 
5. [Rhode Island YMCAs](#) 
6. [YMCA Healthy Lifestyles Program](#) 
7. [RI Food-Safe School Program](#) 
8. [New England Food & Dairy Council \(NEDFC\)](#) 
9. [NFL and Action for Healthy Kids, ReCharge Energizing After School](#) 
10. [Safe Routes to School](#) 
11. [FRAC, Parent Outreach brochure](#) 
12. [CT Dept. of Ed, Healthy Celebrations](#) 
13. [CSPI, Sweet Deals: School Fundraising Can Be Healthy and Profitable](#) 
14. [thrive, Rhode Island School District Health and Wellness Subcommittees: A Progress Report](#) 

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Tobacco Addendum to Toolkit

An additional set of tools has been developed to help districts and schools address the issue of tobacco in a comprehensive and effective manner. It is intended for use by District Health and Wellness Subcommittees and other district or school leaders in developing and implementing policies, programs, and curricula to help prevent and reduce the use of tobacco throughout the school community. Resources and tools in the toolkit are based on best available research and models, with an emphasis on Rhode Island resources.