



## **Health and Wellness Policy**

Selections for meeting the Requirements for the Child Nutrition and WIC Reauthorization Act

### **Rationale**

The link between nutrition, physical activity and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity are essential to reduce the risk for many chronic diseases. Schools have a responsibility to help students learn, establish and maintain lifelong healthy eating and activity patterns. Well planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health as well as their behavior and academic achievement in school. Staff wellness is also an integral part of a healthy school environment, since school staff can be daily role models for healthy behaviors.

### **Goal**

All students at Bridgewater Academy shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff at Bridgewater Academy is encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, Bridgewater Academy adopts this school wellness policy with the following commitments to nutrition education, physical activity, nutrition guidelines, other school based activities and implementations. This policy is designed to effectively utilize school and community resources to equitably serve the needs and interest of all students and staff, taking into consideration difference in culture.

### **Nutrition Education**

- The school cafeteria or eating area serves as a learning laboratory to support nutrition education through menu offerings and signage.
- The school will provide education for students to help them learn skills needed to practice lifelong healthy eating.
- The classroom, cafeteria and other school venues provide clear and consistent messages that explain and reinforce healthy eating and physical activity habits.



## **Promotion of Healthy Eating and Nutrition Guidelines**

- Encourage the increased consumption of a variety of healthy foods including: fruits, vegetables, whole grain, low fat dairy, and low sodium products.
- Offer food and beverages outside the lunch and breakfast meal service which are a good source of nutrients, moderate in sodium, moderate or low in fat, moderate in sugar that is not naturally occurring in the food and moderate in calories.
- Strive to improve student nutrition behaviors on the school campus; include an increase of healthier meal choices by students to include fruits, vegetables, whole grains, and low fat dairy products.
- Serve school meals which meet the USDA nutrition standards for all meals as well as provide sufficient choices, including new foods and foods prepared in new ways to meet the taste preference of the students.
- Designated lunch periods for all students offer sufficient time to enjoy eating healthy foods. Lunch periods will be scheduled near the middle of the school day when possible.
- Students shall be encouraged to test healthy food items with which they are not familiar to promote behavior change and healthy school meal consumption.
- Support healthy eating by utilizing the food service area as a learning laboratory to support classroom instruction through menu offerings and signs supporting healthy eating.
- Food and beverages are not used as reward or punishment.
- Classroom celebrations shall encourage healthy choices and portion control.
- Set guidelines for refreshment served at parties, celebrations and meetings during the school day.
- Offer skim or 1% milk fat beverage selection where 2% milk fat or whole milk fat beverages are available and encourage the consumption of lower fat options.
- Provide student's opportunities to practice healthy habits – they can choose from an array of healthy food options, eat in relaxed and comfortable surroundings and enjoy daily physical activity.

## **Physical Activity**

- Ensure that every student from kindergarten through sixth grade receives regular, age appropriate quality physical education.
- Provide within the school environment a safe enjoyable activity for all students including those who are not athletically gifted.
- Provide, through physical education, safe and satisfying physical activity for all students, including those with special needs.
- Provide for fitness education and assessment to help students understand and improve or maintain their physical well-being.



- Promote the benefits of doing regular amounts of physical activity now and through life.
- Ensure that physical activity facilities on school grounds are kept safe and well-maintained.

### **Goals for Other School Based Activities**

- The after-school environment includes physical activity and promotes healthy eating habits.
- Participate in the After School Snack Program offered by the Child Nutrition Programs.
- Provide information to parents to help them promote and incorporate physical activity and healthy eating into their children's lives.
- Provide services to ensure that students with nutrition-related health problems are referred to appropriate services for counseling or medical treatment.
- Dining room supervisory staff (teachers, aids, janitorial staff, etc.) shall receive appropriate training in how to maintain a safe, orderly, and pleasant eating environment

### **Staff as Role Models**

- Train staff who supervises student dining areas to encourage healthy eating patterns through a positive daily experience.
- Offer opportunities and encouragement for staff to model healthy eating habits.
- Develop strategies for teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active.

### **Food Safety/Food Security**

- All foods made available will comply with state and local food safety and sanitation regulations.
- Implement Hazard Analysis and Critical Control Point (HACCP) plans and guidelines to prevent food illness in school.
- All food service equipment and facilities must meet applicable local and state standards concerning health, safe food preparation, handling and storage, drinking water, sanitation and workplace safety

### **Measuring Implementation**

- Conduct a review of the progress toward school wellness policy goals each year and identify areas for improvement.



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- Prepare and submit a yearly report to the school's administrators regarding the progress toward implementation of the school wellness policy and recommendations for any revisions to the policy as necessary.
- Periodically assess how well the policy is being managed and enforced.