

Brighten Academy Charter School Wellness Policy

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The Brighten Academy Governing Board adopts the following policy which shall be effective on that date the policy is adopted by the board.

The Governing Board recognizes that student wellness and proper nutrition are related to students' well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes and protects student wellness through proper nutrition, nutrition education, nutrition promotion, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

I. Wellness Policy Implementation, School Wellness Committee, Monitoring and Accountability

Development of Wellness Plan- In accordance with federal law, the Board will involve parents, students, physical education and health teachers, representatives of food services, Board members, and school administrators in developing a school-wide wellness plan. While considering input from various stakeholders interested in the promotion of overall student health and well-being, the Board establishes, in this policy, goals to promote student wellness. The Director or designee shall develop regulations to address all of the required wellness components specified in federal regulation.

School Wellness Committee- Brighten Academy will convene a school wellness committee that meets twice a year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this wellness policy.

The committee will consist of parents, students, physical education and health teachers, school nutrition representatives, board members, and school administrators.

The names of these individuals are:

Name	Title
Katie Derringer	Administrator/Wellness Policy Coordinator
Mary Kong	School Nutrition Representative
Josh Kiker	Physical Education Teacher
Melissa Wallis	Board Member
Michele Jenkins	Parent
Jason Green	Parent
Kyle Singer	Student
Camden Hatfield	Student

The Wellness Policy Coordinator will ensure compliance with the policy.

Record Keeping- Brighten Academy will retain records to document compliance with the requirements of the wellness policy. Records will be kept with the Wellness Policy Coordinator. Documentation will include:

*The written wellness policy

*Documentation demonstrating efforts to actively solicit membership from the required stakeholders and the members' participation in the development, implementation, and periodic review and update of the wellness policy

*Documentation of the public notification requirements

Public Access- The school will inform and update the public, including parents, students, and others in the community, about the content and implementation of the wellness policy. Methods may include developing or disseminating printed or electronic materials to families of school children and other members of the community, and posting the school wellness policy on the school website. All information will be made available to the public in an accessible, easily understood manner. The school will measure periodically and make available to the public an assessment of the wellness policy. The policy can be found at www.brightenacademy.com.

II. Nutrition

Nutrition Guidelines- To the extent practicable, the school shall participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP).

Nutrition Promotion Goals- It is the intent of the Board that the school shall teach, encourage, and support healthy eating by students. The school shall provide nutrition education consistent with federal and state requirements and engage in nutrition promotion aimed at attainment of the following goals:

- Nutrition will be taught in classes through integration with the curriculum.
- Students will be encouraged to begin each day with a healthy breakfast and to continue each day with a healthy lunch

Nutrition Standards- In order to promote healthy eating habits, Brighten Academy will participate in the USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Brighten Academy is committed to offering school meals through the NSLP and SBP programs, that:

- Are accessible to all students
- Are appealing and attractive to children
- Are served in clean and pleasant setting

- Meet current nutrition requirements established by local, state, and federal regulations. Brighten offers reimbursable meals that meet USDA nutrition standards.
- Promote healthy food and beverage choices using 5 or more of the following Smarter Lunchroom techniques:
 - Daily fruit options are displayed in the line of sight and reach of students
 - All available vegetable options have been given creative or descriptive names
 - Daily vegetable options are bundled into all grab and go meals available to students
 - All staff members have been trained to politely prompt students to select and consume the daily vegetable options with their meal
 - White milk is placed in front of other beverages in all coolers
 - Student surveys are used to inform menu development
 - Student artwork is displayed in the service or dining areas
- Menus will be posted on the school's website
- Brighten Academy will accommodate students with special dietary needs
- Participation in federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.
- Nutrition information for all foods served by the nutrition program will be made available to the parents and students via appropriate methods.
- School cafeteria will be inspected by the local health inspector, per federal requirements. All deficiencies cited by the inspector will be reported to administration and corrected immediately.

Staff Qualifications and Professional Development- The school nutrition director and the Food Service Management Company will refer to USDA's Professional Standards for School Nutrition Standards website to find training that meets the needs of the school lunch program and attend any trainings offered by the GADOE pertaining to school nutrition.

Competitive Food and Beverages- Brighten Academy is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy habits. A summary of the standards and information are available at: www.fns.usda.gov/healthierschoolday/tools-school-smart-snacks.

III. Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess classroom-based physical activity, walk and bicycle to school, and out-of-school time activities and Brighten Academy is committed to providing these opportunities.

breaks, or physical education) will not be withheld as punishment for any reason. This does not include participation on sports teams that at have specific academic requirements. Brighten Academy will provide teachers and other school staff with alternative ways to discipline students.

To the extent practicable, Brighten Academy will ensure that its grounds and facilities are safe and that equipment is available to students to be active. Brighten Academy will conduct necessary inspections and repairs.

Physical Education- Brighten Academy will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

All students will be provided equal opportunity to participate in physical education classes. Brighten Academy will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All elementary students in each grade will receive physical education for at least 40-80 minutes per week throughout the school year.

All middle school students are required to take the equivalent of one academic year of physical education.

Brighten Academy's physical education program will promote student physical fitness through individualized fitness and activity assessments and will use criterion-based reporting for each student.

Recess (Elementary)- Brighten Academy will offer at least 20 minutes of recess on all or most days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating.

- Outdoor recess will be offered when weather is feasible for outdoor play.

- In the event that the school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.
- Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Physical Activity Breaks (Elementary and Middle School)- Brighten Academy recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. Brighten Academy recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom times. These physical activity breaks will complement, not substitute, physical education class, recess, and class transition periods.

IV. Other Activities that Promote Student Wellness

Brighten Academy will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. Brighten Academy will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

Classrooms at Brighten Academy are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in reading, science and math.

Community Health and Promotion and Engagement- Brighten Academy will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

Brighten Academy will use electronic mechanisms (such as email or displaying notices on Brighten Academy's website), as well as non-electronic mechanisms, (such as newsletters, presentations to parents, or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

