Brighten Academy Charter School

Wellness Committee

September 25, 2020 at 12:00pm via Zoom

Feedback solicited for this working document to kbemus@brightenacademy.com

Participants

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| Kelly Bemus | Administrator, Nutrition Director |
| Mary Kong | Cafeteria Manager |
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Purpose – The purpose of the wellness committee is 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.

[Wellness Policy](https://brightenacademy2-my.sharepoint.com/%3Ab%3A/g/personal/kbemus_brightenacademy_com/EYo3ym8Arc9Ati-tGlSmO8UBKYKzDQHsChSUhtOt8f8npw?e=lyd5S6) - was last reviewed by the Governing Board April 2019, as part of their three-year review cycle

Nutrition Promotion Goals

1. At least two learning expeditions will integrate nutrition education
2. Students will be encouraged to begin each day with a healthy breakfast and to continue each day with a healthy lunch
3. Vegetable offerings will be listed on the menu with creative or descriptive names

Physical Wellness Promotion Goals

1. At least two learning expeditions will integrate physical wellness education
2. Student work related to wellness will be featured in the cafeteria
3. Athletics programs will be offered to all students grades 5-8. The athletic program will add one new offering every three years.
4. Hand washing will be encouraged throughout the day and especially at transitions to/from recess and lunch. Hand sanitizing areas will be accessible throughout the school.

Nutrition and Physical Education Goals

1. Fresh fruits and vegetables will be available through the weekly menu offerings
2. Physical instruction will be scheduled for all K-5 students and available to all MS students
3. The PE program will promote student physical fitness through individualized fitness and activity assessments, with criterion-based tracking for each student to set personal goals
4. All school meals will meet current nutrition requirements established by local, state, and federal regulations
5. Fruits and vegetables will be packaged as grab-and-go for cold-lunch days
6. Vending machines will stock items that meet USDA Smart Snack nutrition standards at a minimum. The beverage machine will stock water.

Community Health, Promotion, and Engagement Goals

1. The kitchen manager will accommodate dietary needs as required by health professionals, as well as dietary requests as much as practicable
2. School staff will elicit input from students about school meals through lunch surveys
3. Online menus will be linked through the school website, and families will be encouraged to download the app. The online menu will contain nutrition information for all prepared items.