

Wellness Program

H27

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

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, school administrators, and the public 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 legislation.

School Wellness Committee – Brighten Academy will convene a school wellness committee that meets annually 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 Wellness Policy Coordinator will ensure compliance with the policy.

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 plan. 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 plan on the school website. The school will measure periodically and make available to the public an assessment of the wellness plan.

Nutrition Guidelines – To the extent practicable, the school shall participate in available federal school meal programs. All foods and beverages made available on campus during the school day shall be consistent with the requirements of federal and state law. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the US Secretary pursuant to the most current federal child nutrition act and the National School Lunch Act, as those regulations and guidance apply to all schools. The Director or designee shall develop procedures for operation of school food services at the school during the day with the objectives of promoting school health and reducing childhood obesity.

Nutrition Promotion – Promotion and modeling of good nutritional measures will occur throughout the school. Promotion techniques may include publication of menus with nutrient analysis and listing of common allergens, web-based nutrition and wellness newsletters, food marking, labeling, special promotions, posters, aesthetic environment, and parent education.

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

1. The breakfast, lunch, and snack programs will, at a minimum, follow the USDA Requirements for the Federal School Meals Programs. This includes the type and quantities of foods offered for the reimbursable meals as well as the overall nutritional content of the meals. The nutrition program will offer a variety of age appropriate food and beverage selections.
2. The school will promote and encourage the use of safe and healthy foods and beverages that are low in fat and sugar and high in fiber in a la carte, vending, classroom, and after school programs.
3. The nutrition program will take every measure to ensure that students have access to meals. Meals will be offered free and at reduced prices to eligible students based on the Federal guidelines.
4. A la carte foods served by the nutrition program will be limited to food and beverages that meet the Federal, State, and local policies.
5. Nutrition information for all foods served by the nutrition program will be made available to the parents and students via appropriate methods.
6. School cafeterias are inspected by the local health inspector, per federal requirements. All deficiencies cited by the inspector will be reported to the Board by the administration and corrected immediately.

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, and out-of-school time activities and Brighten Academy is committed to providing these opportunities.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be withheld as punishment for any reason. This does not include participation on extracurricular activities that 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.

Brighten Academy 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) – All Elementary students will be offered at least 20 minutes of recess on 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, for physical education class, recess, and class transition periods.

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.

Staff are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by Brighten Academy's curriculum experts.

Community Health 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.

As described in the "Community Involvement, Outreach, and Communications" subsection, 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.

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