

Birmingham Community Charter High School

SCHOOL WELLNESS POLICY

The Governing Board of Birmingham Community Charter High School (“BCCHS”) recognizes the link between student health and academic achievement. It is the goal of BCCHS to promote the health of its students by supporting wellness, good nutrition and regular physical activity as vital components of the complete learning environment. In furtherance of this goal, the BCCHS Board of Directors adopts this School Wellness Policy.

I. INVOLVEMENT OF SCHOOL AND COMMUNITY STAKEHOLDERS

BCCHS’ School Wellness Committee (“Committee”) will implement, monitor, review and as necessary, revise the BBCHS’ School Wellness Policy. The Committee is comprised of BCCHS administrators, teachers, staff, the school nurse, school health and physical educators, school counselors, school psychologists, parents, members of the community, and students. BCCHS has designated the BCCHS State and Federal Programs Officer to oversee the Committee and to ensure that BCCHS complies with the requirements of this policy. This individual will also be responsible for ensuring that the public is informed and updated regarding the content and implementation of this policy.

II. NUTRITIONAL QUALITY OF FOODS AND BEVERAGES SOLD AND SERVED ON CAMPUS

A. SCHOOL MEALS

As a sponsor of the USDA’s National School Lunch Program, BCCHS’ will ensure that meals served through the National School Lunch and Breakfast Programs and provided by Chartwells/BCCHS Breakfast programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- Ensure that half of the served grains are whole grain.

The School Wellness Committee will attempt to engage students and parents in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food

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choices. The School Wellness Committee will form a student taste panel that will meet regularly in an effort to identify new entrée and side item options to be implemented in the BCCHS cafeteria. In addition, parents and students will have access to information about the nutritional content of meals. This information will be made available in the BCCHS cafeteria as well as on the BCCHS website.

BREAKFAST:

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- BCCHS will, to the extent possible, operate the School Breakfast Program.
- BCCHS will, to the extent possible, utilize methods to serve school breakfasts that encourage participation, which may include serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break or recess.
- BCCHS will notify parents and students of the availability of the School Breakfast Program.
- BCCHS will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials and other means.

SNACKS:

Snacks served during the school day or in after-school care or enrichment programs should make a positive contribution to student’s diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and beverages that are within the nutritional standards, as stated above. BCCHS will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. BCCHS will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents. If eligible, BCCHS will pursue receiving reimbursements through the National School Lunch Program for snacks provided through after-school programs.

FREE AND REDUCED PRICE MEALS:

The National School Lunch Program is a Federal and State funded program designed to assist those families in need of financial assistance in providing nutritious meals to their children. BCCHS will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

MEAL TIMES AND SCHEDULING:

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In an effort to support nutrition, good eating habits and social interaction, BCCHS shall, as practical:

- Provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Will schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.;
- Will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Will encourage students to properly clean their hands before they eat meals or snacks.

QUALIFICATIONS OF SCHOOL FOOD SERVICE STAFF:

Qualified Child Nutrition professionals will administer the BCCHS meal programs. As part of BCCHS' responsibility to operate a high quality Child Nutrition program, BCCHS will provide continuing professional development for all Child Nutrition professionals in BCCHS' cafeteria. Staff development programs will include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility in areas including safe food handling, food preparation, and service.

SHARING OF FOODS AND BEVERAGES:

BCCHS shall discourage students from sharing their food or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

INDIVIDUAL FOOD SALES:

This section of the School Wellness Policy applies to food and beverages sold individually, outside of reimbursable school meals program. This includes, but is not limited to, food sold through vending machines, cafeteria a la carte/snack lines, associated student body stores, fundraisers.

All food and beverages sold individually outside the reimbursable school meal programs during the school day, will meet the following nutrition and portion size standards:

BEVERAGES:

Allowed:

- Water without added caloric sweeteners;
- Fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners;

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- Milk: cow's or goat's milk; 2 percent, 1 percent, or nonfat; containing Vitamins A & D; containing at least 25 percent of the Daily Value (% DV) for calcium; containing no more than 28 grams of total sugar per 8 fluid ounces;
- Non-dairy milk: containing Vitamins A & D; at least 25 percent of the Daily Value (% DV) for calcium; no more than 28 grams of total sugar per 8 fluid ounces; 5 grams fat or less per 8 fluid ounces;
- Electrolyte replacement beverages with water as the first ingredient; no more than 2.1 grams of added sweetener per 1 fluid ounce; between 10 and 150 milligrams of sodium per 8 fluid ounces; between 10 and 90 milligrams of potassium per 8 fluid ounces; and no added caffeine.

Not Allowed:

- Soft drinks containing caloric sweeteners;
- Iced teas;
- Fruit-based drinks that contain caloric sweeteners;
- Beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

FOODS:

Snack food items that are sold individually:

- Will have no more than 35% of its calories from fat (excluding nuts, seeds, nut butters, eggs, cheese packaged for individual sale)
- Will have no more than 10% of its calories from saturated fat;
- Will have no more than 35% of its weight from added sugars (excluding fruit, non-fried vegetables; and dried blueberries, cranberries, cherries, and tropical fruit that contain added sugar);
- Will have no more than 250 calories per item/container;
- Lower sodium food and beverage choices shall be encouraged.

Entrée food items that are sold individually:

- Will have no more than 400 calories;
- Will have no more than 4 grams of fat per 100 calories (excluding nuts, seeds, nut butters, eggs, cheese packaged for individual sale);
- Must consist of two or more food groups (meat/meat alternative, fruit/vegetable, grain/bread);

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- Will provide a choice of at least two fruits and/or non-fried vegetables. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines)
- Lower sodium food and beverage choices shall be encouraged.

PORTION SIZES:

Foods and beverages sold individually are limited in portion size to those listed below:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
- One ounce for cookies;
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- Eight ounces for non-frozen yogurt;
- Twelve fluid ounces for beverages, excluding water; and
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetable are exempt from portion-size limits.

FUNDRAISING ACTIVITIES:

To support children's health and school nutrition-education efforts, fundraising activities which sell food and beverages and occur one hour before the start of school to one hour after school ends must meet the above nutrition and portion size standards for foods and beverages sold individually. All fundraising activities which sell food and beverages must comply with the BCCHS Fundraising Policy and must receive prior written approval from the BCCHS Assistant Principal in charge of Activities and the State and Federal Programs Officer at least four weeks in advance of the fundraising activity. BCCHS strongly encourages the sale of non-food items for fundraising.

CAMPUS & CLASSROOM ACTIVITIES:

The BCCHS community is encouraged to consider the following recommendations with respect to campus and classroom-based activities:

Rewards/Punishment:

BCCHS will not use food or beverages as rewards for academic performance or good behavior and will not withhold food or beverages as a punishment.

Celebrations & Events:

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BCCHS encourages the consumption of healthy foods and beverages at school celebrations and events (including classroom parties). Teachers should limit celebrations that involve food during the school day to no more than one part per class per month. BCCHS will disseminate a list of healthy party ideas to parents and teachers. It is strongly recommended that any type of classroom or school sponsored activity which will serve food or beverages take place after the lunch meal period, in order to avoid interference with the lunch program.

III. NUTRITION AND PHYSICAL ACTIVITY PROMOTION AND FOOD MARKETING

NUTRITION EDUCATION AND PROMOTION:

BCCHS aims to teach, encourage, and support healthy eating by students. BCCHS shall provide nutrition education pursuant to BCCHS' curriculum content standards. In addition, BCCHS shall:

- Integrate nutrition education into classroom instruction in academic subjects;
- Promote developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Emphasize caloric balance between food intake and energy expenditure (physical activity/exercise);
- Teach media literacy with an emphasis on food marketing; and
- Include nutrition education training for teachers and other staff.

INTEGRATING PHYSICAL ACTIVITY INTO THE CLASSROOM SETTING:

For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior skill, students need opportunities for physical activity beyond physical education class. Toward that end:

- Classroom health education should complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- Opportunities for physical activity should be encouraged to be incorporated into other subject lessons; and
- Classroom teachers will be encouraged to provide short physical activity breaks between lessons or classes, as appropriate.

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COMMUNICATIONS WITH PARENTS:

BCCHS will support parents' efforts to provide a healthy diet and daily physical activity for their children. BCCHS may offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on the BCCHS website, and provide nutrient analyses of school menus. BCCHS shall encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the nutrition standards stated in the School Wellness Policy for individual foods and beverages. BCCHS will provide parents a list of foods that meet BCCHS' snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, BCCHS will provide opportunities for parents to share their healthy food practices with others in the school community.

BCCHS will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

BCCHS will also inform and update parents regarding the content and implementation of this policy by posting this policy on the BCCHS website.

FOOD MARKETING IN SCHOOLS:

BCCHS marketing shall be consistent with nutrition education and health promotion. As such, BCCHS shall limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for food and beverages sold individually as stated in the School Wellness Policy. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products will be encouraged.

NUTRITION PROMOTION:

BCCHS will make efforts to promote proper nutrition during meal times. These efforts will include, but not be limited to, labeling, posters, and special promotions.

IV. PHYSICAL ACTIVITY OPPORTUNITIES AND PHYSICAL EDUCATION

DAILY PHYSICAL EDUCATION (P.E.):

All students, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 225 minutes/week) for the entire school year. All physical education will be taught by a certified physical education

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teacher. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

DAILY RECESS:

BCCHS discourages extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, BCCHS, as practical, shall give students periodic breaks during which they are encouraged to stand and be moderately active.

PHYSICAL ACTIVITY OPPORTUNITIES BEFORE AND AFTER SCHOOL:

BCCHS shall offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. BCCHS, as appropriate, shall offer interscholastic sports programs. BCCHS shall offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school childcare and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

V. MONITORING AND POLICY REVIEW

MONITORING:

The Principal or designee will assist with the implementation and monitoring of the School Wellness Policy. BCCHS food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Principal. In addition, BCCHS will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

BCCHS will develop a summary report every two years on BCCHS' compliance with the School Wellness Policy. That report will be provided to the Board of Directors and also distributed to all interested individuals and groups.

POLICY REVIEW:

To help with the initial development of the BCCHS School Wellness Policy, BCCHS will conduct a baseline assessment of its existing nutrition and physical activity environments and policies. The results of this assessment will be compiled to identify and prioritize needs.

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Assessments will be repeated every two years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, BCCHS will review its nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; nutrition and physical education policies and program elements, the extent to which the school is in compliance with the existing policy; the extent to which the policy compares to the USDA's model policy; and a description of the progress made in attaining the goals of this policy. BCCHS will, as necessary, revise the School Wellness Policy and develop work plans to facilitate its implementation.