

# Policy

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SUPPORT OPERATIONS

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## SCHOOL WELLNESS POLICY

### I. Policy

The Brookfield Central School District is committed to promoting healthy schools by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, school programs contribute to the basic health of children, as well as offering them the opportunity to teach their parents/guardians important lessons learned at school which may positively influence their entire family. Improved health optimizes student performance and ensures that no child is left behind.

### II. Goals for Nutrition Education, Physical Activity and other School Based Activities

#### A. Nutrition Education

1. Students in grades Pre-K through 12 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
2. Nutrition education is offered in the cafeteria as well as in the classroom.
3. Students receive consistent nutrition messages throughout schools, classrooms, cafeterias, homes and community.
4. Brookfield Central School District health education curriculum standards and guidelines include both nutrition and physical education.
5. Staff who provide nutrition education will have appropriate training.
6. The District provides information/resources to enable teachers, and other school staff to promote wellness and good nutrition as part of the overall curriculum.

#### B. Physical Activity

1. Students are given opportunities for physical activity through physical education (PE) classes, recess periods and the integration of physical activity into the academic curriculum.

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2. The District encourages parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
  3. The District provides opportunities/resources to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.
- C. Other School-Based Activities
1. Dining Environment
    - a. Provide a clean, safe and enjoyable meal environment for all students.
    - b. Provide enough space and serving area to ensure that all students have access for school meals.
    - c. Drinking fountains are available in schools, so that students may obtain water at mealtime and throughout the day.
    - d. Encourage all students to participate in the school meals program and protect the identity of students who eat free and reduced price meals.
  2. Dining Time
    - a. Adequate dining time for students to enjoy healthy foods.
    - b. Schedule lunch time as near the middle of the school day as possible.
  3. Food or Physical Activity as Incentive
    - a. Food or beverage selections for student incentive should be nutritionally balanced.
    - b. Students will not be denied participation in physical education classes as a form of discipline.
  4. Consistent School Activities and Environment
    - a. Ensure that all fundraising efforts are supportive of healthy eating.
    - b. Provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education.
    - c. Provide opportunities for and encourage physical activities during recess.

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- d. Encourage parents, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing health eating and being physically active.
- e. Provide information and outreach materials about other Food and Nutrition Service (FNS) programs such as Food Stamps, and Women, Infants, and Children (WIC) to students and parents.

#### D. Nutritional Guidelines

- 1. Nutritional guidelines shall be established for all foods and beverages available on school campus during the school day, focusing on maximizing nutritional value by decreasing fat and added sugars, increasing nutrition density and moderation of portion size of each individual food or beverage sold within the school environment including:
  - a. School meals – the District’s School Food Service Program ensures that the students are served reimbursable school meals that consistently meet or exceed the Federal and State requirements and nutrition standards set forth under the 17 CFR Part 210 and Part 220 for the six required nutrients; protein, calories, iron, calcium, vitamin A and vitamin C. Furthermore, in the category of the two required fats, saturated and total fat, the program will serve meals that ensure less than 30% of the total calories will come from saturated fats. Only juice which contains 100% vegetable or fruit juice will be made available. Menus are computer analyzed, ensuring that the levels of required nutrients meet or exceed program guidelines, as listed above in this section.
  - b. Foods and beverages in á la carte sales in the food service program on school grounds.
  - c. Foods, beverages and refreshments served at celebrations sold in vending machines, school stores or as part of school sponsored behavioral programs or fundraising activities will promote healthy choices as identified by our nutritional guidelines.
- 2. Restriction of Sweets in Schools
  - a. The sale of sweetened foods will be prohibitive.
  - b. Sweetened foods consist of sweetened soda water, chewing gum, candy including hard candy, jellies, gum, marshmallow candies, fondant, licorice, spun candy, candy coated popcorn, and water ices except those which contain 100% fruit or fruit juices.

### III. Guidelines for Reimbursable School Meals

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The District will ensure that reimbursable school meals meet as a minimum, the program requirements and nutrition standards set forth under the 7 CFR part 210 and Part 220.

The District 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.

IV. Implementation and Evaluation of Policy

A. Evaluation and feedback are very important in maintaining this policy. Principals within the Brookfield Central School District area are charged with operational responsibility to:

1. Periodically assess how well this policy is being managed and enforced.
2. Reinforce policy goals with school staff if necessary.
3. Assess students, parent, teacher, and administration satisfaction with the new policies.

V. Community Involvement in Policy Development and Review

Yearly, parents, students, representatives of the school food service program, Board of Education members, administrators and the public will be involved in the development and review of the Brookfield Central School District's School Wellness policy.

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Brookfield Central School District

Legal Ref: Education Law Sections 915, 1709 and (23); National School Lunch Act 1946 as amended (42 USC 1751-1760); Child Nutrition Act 1966; Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004 (PL 108-265)

Adopted: 05/24/06

Revised: 10/08/14