

Bergenfield Board of Education
WELLNESS REPORT
February 12, 2025

1. Students in the District have access to healthy food throughout the school day-both through reimbursable school meals and other foods available throughout the school campus-in accordance with Federal and State Nutrition Standards;
 - a. All food served throughout the District either meets or exceeds USDA standards for nutrition. This includes all meals served, a la carte snacks, and vending machine items.
2. Students receive quality nutrition education that will help them develop lifelong healthy eating behaviors;
 - a. Nutrition is taught in the health education classes.
3. Students have opportunities to be physically active before, during, and after school;
 - a. The District provides organized sports and clubs that promote physical activity outside of normal school hours, as well as physical education within the school day.
4. Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
 - a. The Physical Education and Health Department promotes wellness through nutrition and lifestyle education. This includes the teaching of lifelong activities, establishing healthy lifestyles and increased opportunities for exercise and positive self-esteem building for all students.
5. School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
 - a. Faculty and staff are encouraged to participate in activities with students where possible and also participate in Zumba classes and nutritional education.
6. The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
 - a. The Culinary Club is utilized with the high school.
7. The District establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.
 - a. The Food Service Program and District are in constant communications and monitoring of the program. The District has also hired a third-party auditor to monitor the program.