



Belfast Central School



Wellness Summary for Students, Staff, and Community

School Districts that participate in the Free and Reduced Lunch Program are required to have Local Wellness Policies under the **USDA Healthy, Hunger-Free Kids Act** (<https://www.fns.usda.gov/school-meals/healthy-hunger-free-kids-act>). This provision requires school districts to report wellness events and activities annually and report progress toward meeting wellness goals every three years. The results of these reports will be shared with the Board of Education and the school community and will be posted on the District's website.

District Wellness Committee The District has established a wellness committee that meets at least once per year to oversee and establish goals for school health and safety policies and programs, including the development, implementation, and periodic review and update of this District-level wellness policy. The District Wellness Committee will evaluate and make recommendations that reflect the specific needs of the District and its students. The District will actively seek members for the District Wellness Committee through the use of email, newsletters, the District's website, the District's social media page(s), and/or advertisements.

Anyone interested in participating in the development, review, update, and implementation of the local school wellness policy should e-mail Wellness@belfastcsd.org.



2025-26 District Wellness Goals

- Participate in the Farm-to-School program.
- Grow support for the School/Community Garden.
- Emphasize the role of healthful eating and physical activity for overall health and wellness.

Guidance & Goals for our Families

- Since the 2019-20 school year, BCS has qualified for the Community Eligibility Program (CEP). This means all BCS students can receive a **FREE** breakfast and a **FREE** lunch each day! Any extra items after the first free meal have a cost associated with them.
- **Menus** are posted on the District website, outside the Café, on hallway TV, sent home monthly with elementary students, daily announcements made in the morning for High School, and are available in the main office.
- Students will be asked for their feedback on the school meals (and specials) through surveys, conversations, and voting in the Café! Always know that your voice matters!
- All foods, beverages, and snacks sold or marketed during the school day* by the school or school affiliates, such as class fundraisers, booster clubs, etc, should meet the **USDA Smart Snack Standards**.
- Free drinking water will be available at all times throughout the school day at refillable fountains
- In keeping with the goals of the District, BCS is focusing on **Healthy Snack Options**. Healthy snacks should be sent in with your student (s) daily. Whenever there is an opportunity to make the healthier snack choice, we hope that parents, caregivers, and students will make the best choice.



Grow Our Own Produce!

BCS has four sources for growing and using our own produce:

- Greenhouse
- Aquaponics Lab
- Vertical Eco Living Wall Gardens
- Community Garden



The Belfast community is encouraged to utilize the community garden by the playground each spring and summer!



Physical Education and Physical Activity

- All students in grades PK-12 are required to take physical education.
- Interscholastic sports, intramural sports, and recess will not serve as substitutes for physical education.
- Students in high school (grades 9-12) are offered the opportunity to select an elective of Weight Lifting. This class will replace the regular physical education for students who have a special interest in learning the fundamental skills of weight training for personal fitness through hands-on experience, participation, and guidance.
- Activities and equipment can be adapted to meet the needs of students who are temporarily or permanently unable to participate in their scheduled physical education class.
- Interscholastic sports, physical activity clubs, and open gyms all shall be available to all students.
- Annual physical education field trips include golf, bowling, and skiing.
- Sensory Paths are located in the elementary and preschool hallways.
- BCS installed a new playground in the Fall of 2022.
- BCS staff have the opportunity to participate in the CHC Healthy Works program to support healthy decisions and physical activity.
- BCS also organized a staff wellness day starting in the 24-25 school year!
- The [BCS Fitness Center](#) is open to the Community! Check our website for hours.

The full BCS Wellness [Policy 5661](#) can be viewed on the BCS webpage.