

Bnos Menachem School

Wellness Policy

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1. Introduction

Good nutrition and physical activity before, during, and after the school day, are strongly connected with positive student outcomes. For example, students who eat a proper meal for breakfast and lunch have proven to score higher grades and better test scores. However, when students eat less healthy foods or below the recommended amounts, they achieve lower grades on average. In addition, students who are physically active through walking or biking to and from school, recess, physical activity breaks, and extracurricular activities – do better in school overall. This policy details our school’s Wellness goals for all students to practice healthy eating and physical activity behaviors throughout the school day. Specifically, this policy ensures that:

- ♣ Students in our school have access to healthy foods for breakfast and lunch—following Federal and state nutrition standards;
- ♣ Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- ♣ Students have opportunities to be physically active before, during, and after school;
- ♣ A schedule is set up to review management, implementation, and communication about, and monitoring of the Wellness policy. Staff Qualifications and Professional Development All new school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. This policy applies to all students and staff in the school.

2. Nutrition Goals

School Meals

Our school is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans fat per serving (nutrition label or manufacturer’s specification); and to meet the nutrition needs of school children within their calorie requirements. Our school meal programs aim to improve the diet and health of school children, help lessen childhood obesity, model healthy eating and support healthy choices

Our school participates in USDA child nutrition programs, including:

- National School Lunch Program (NSLP),
- School Breakfast Program (SBP),
- Summer Food Service Program (SFSP),

Our school will make sure that meals served through the above programs:

- ♣ Are accessible to all students;
- ♣ Are appealing and attractive to children;
- ♣ Are served in clean and pleasant settings;
- ♣ Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.

Our school makes healthy choices more attractive by:

- ❖ Displaying fruit in attractive bowls or baskets
- ❖ Daily fruit options are displayed in a location in the line of sight and reach of students
- ❖ Encouraging the students to eat the healthy options.
- ❖ Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

Water

To encourage students to drink water, our school will make drinking water available where school meals are served during mealtimes. Water cups/jugs will be available in the cafeteria if there is no drinking fountain.

Class Parties

Students are encouraged to bring healthy foods to all birthday and class parties.

Nutrition Education

Our school aims to teach, model, encourage, and support healthy eating by students. We will provide nutrition education that:

- ♣ Is integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- ♣ Include enjoyable activities such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens where applicable;
- ♣ Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- ♣ Include nutrition education training for teachers and other staff.

Essential Healthy Eating Topics

Our school will try and include the following topics on healthy eating in the classroom curriculum:

- ♣ The relationship between healthy eating and personal health and disease prevention
- ♣ Eating a variety of foods every day
- ♣ Balancing food intake and physical activity
- ♣ Eating more fruits, vegetables, and whole grain products
- ♣ Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
- ♣ Choosing foods and beverages with little added sugars
- ♣ Eating more calcium-rich foods
- ♣ How to prepare healthy meals and snacks
- ♣ The importance of drinking water
- ♣ The importance of eating breakfast, lunch and supper

Withholding Food as Punishment

Our school will provide teachers and other school staff with a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

3. Fitness Goals

Children and teenagers should try and participate in 60 minutes of physical activity every day through:

- ♣ Physical education,
- ♣ Recess,
- ♣ Classroom-based physical activity,
- ♣ Out-of-school time activities.

Our school will ensure that its grounds and facilities are safe and that equipment is available to students to be active.

4. Promoting Student Wellness

Physical Education

Where possible, our school will provide students with physical education using a physical education curriculum consistent with national and state standards for physical education. All students will be provided equal opportunity to participate in physical education classes. Our school will aim to provide all elementary students in each grade with physical education for at least 45 minutes per week throughout the school year. All secondary students (middle and high school) are required to take the equivalent of one academic year of physical education.

Physical Activity Topics in School Curriculum

Our school will work to include the following topics on physical activity in the school curriculum:

- ♣ How physical activity can contribute to a healthy weight
- ♣ How physical activity can contribute to the academic learning process
- ♣ Opportunities for physical activity in the community
- ♣ Preventing injury during physical activity
- ♣ Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active

Recess (Elementary)

All elementary schools will offer at least 15 minutes of recess twice daily during the school year

Withholding Physical Activity as Punishment

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. Our school will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

Before and After School Activities

Our school encourages students to participate in physical activity either before and/or after the school day (or both) through a variety of methods.

5. School Wellness Committee

Our school has put together a Wellness committee that meets intermittently and at least annually to oversee development, implementation, and regular review and update of this Wellness policy. The committee represent all school levels (elementary and secondary schools) and include: parents; students; School Food Director; school health professionals (i.e., nurses, physicians, dentists); mental health and social services professionals [i.e., school counselors, psychologists, social workers, or psychiatrists]; school administrators (ex., principal, vice principal), community or parent body health professionals (ex., dietitians, doctors, dentists); and the general public.

5a. Wellness Policy Implementation & Monitoring Implementation Plan

Our school will develop and maintain a plan for the implementation of this wellness policy. The plan includes information about who will be responsible for changes, as well as specific goals for nutrition standards for all foods and beverages available on the school campus, nutrition education, physical activity, physical education, and other activities that promote student wellness.

Wellness Documents

This wellness policy can be found at: www.bnosmenachem.org or at the school's office. The following documents are available upon request:

- ♣ The written wellness policy;
- ♣ Information about community involvement in the implementation and review of the policy;
- ♣ Documentation of annual policy progress reports;
- ♣ Documentation of the triennial assessment* of the policy;
- ♣ Documentation demonstrating compliance with public notification requirements, including:
 - ❖ Methods by which the wellness policy, annual progress reports, and assessments are made available to the public (For example: newspaper article, parent letter, school newsletter or email);
 - ❖ Efforts to actively notify families about the availability of wellness policy.

Wellness Implementation Assessment Tool

At least once every three years, the school will complete a Wellness Implementation Assessment Tool. The Assessment will be completed by the Food Service Director and a member of the Wellness Committee. We will actively notify households/families of the availability of the Wellness Implementation Assessment.

Revisions and Updating the Policy

The wellness policy will be updated if needed based on the results of the annual progress reports and triennial assessments, and/or as school priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued.

5b. Community Engagement Community Involvement

Our school is committed to being responsive to community input, which begins with awareness of the wellness policy. We will actively communicate ways in which the community and others can participate in the development, implementation, and periodic review and update of the wellness policy. We will also inform parents of the availability of child nutrition programs and how to apply. We will send emails and/or newsletters to ensure that all families know about the Wellness Policy and how to get involved. We will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum.

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(3) Email: program.intake@usda.gov.

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