

Wellness Policy

Introduction

The School recognizes the importance of student health through nutritious eating habits and physical activity and knowledge about such. Research suggests that there is a positive correlation between a student's health and the ability to learn. The School shall promote and support student health and wellness and create a positive, safe, and health-promoting learning environment to help all students achieve personal, academic, developmental and social success.

The following policy outlines the School's procedures and establishes goals to ensure a healthy environment is developed and maintained.

Wellness Committee

The School will form a committee to further the goals listed in this policy. The committee may include, parents and caregivers, students, representatives of the school nutrition program, physical education teachers, health education teachers, school health professionals, social service staff, administrators, board members, health professionals or any other interested stakeholder that is aligned with the goals of the policy. The committee shall meet a minimum of four times per year. The committee shall document each meeting and all efforts to review the policy at each meeting.\

The Wellness Policy will be reviewed and updated at least every three years. The wellness committee shall evaluate compliance with the policy, how the policy compares to model wellness policies, and progress in attaining the goals of the policy. The assessment shall be posted on the School's website.

Implementation and evaluation

The School shall develop, implement, monitor, review, and, as necessary, revise School nutrition and physical activity policies to promote student wellness.

The School Leader will ensure implementation and compliance with established nutrition and physical activity wellness policies.

The School Leader shall ensure that the policy is posted on the School website and distributed to families.

The School Leader shall publish revision or updates to the policy.

Nutritional goals

Where applicable, nutrition education shall be a part of health and physical education classes and integrated into other subject areas when connections to the curriculum can be developed.

The School is committed to serving healthy meals with fruits, vegetables, whole grains, fat-free or low-fat milk and to meeting the caloric requirements for each student's needs.

The School meals will aim to improve the diet and health of the students and model proper choices to support lifelong healthy eating habits

The School will participate in the National School Lunch Program (NSLP), the School Breakfast Program (SBP) and any other applicable federal child nutrition programs that are:

- Accessible to all students
- Appealing and attractive to children
- Served in clean and pleasant setting
- Meet or exceed USDA nutrition standards
- Promote healthy food and beverage choices

The School shall ensure that drinking water is available to students throughout the day.

If any foods or beverages are sold during the school day, the School shall ensure that the foods meet the USDA Smart Snacks in School nutrition standards. The School shall not advertise any foods or beverages that do not meet the Smart Snacks in School nutrition standards.

The school shall request that all food and beverages brought by parents for classroom parties and/or classroom snack comply with the nutrition standards. Any food provided by a teacher or staff member during the school day shall comply with the nutrition standards.

Staff Qualifications and Professional Development

All 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. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

<http://professionalstandards.nal.usda.gov/>

Physical Activity goals

The School shall comply with Physical Education requirements with regard to its provisions to students and the qualifications of educators.

The School shall provide students with opportunities, support, and encouragement to be physically active on a regular basis. Where advisable, physical activity and movement shall be integrated across the curriculum and throughout the school day to promote exercise awareness.

The School shall encourage parents and families to provide physical activity outside the regular school day such as outdoor play, sponsored recreation activities, or lifelong activities.

Other Activities

The School shall meet the requirements of the Child Nutrition and WIC Reauthorization Act of 2004, the National School Lunch Act, the Child Nutrition Act, the Healthy, Hungry-Free Kids Act of 2010 and any other applicable state or federal law or regulation.

The School Leader will, as deemed advisable, engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing and implementing nutrition and physical activity policies.

Wellness Policy Assessment Tool

Form 357 Rev 8/17

This template provides information on wellness policy goals and practices within the SFA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school, or at a minimum, each school level. The wellness policy and completed assessment must be available to the public. Triennial assessment is required by USDA, annual assessments are strongly encouraged in New Jersey.

SFA/District Name **East Bridge Academy of Excellence** Policy Reviewer **Jillian Thornton VP of Compliance**

School Name _____ Date **8/16/2023**

Select all grades: PK ☐ K ☒ 1 ☒ 2 ☒ 3 ☒ 4 ☒ 5 ☒ 6 ☒ 7 ☒ 8 ☒ 9 ☐ 10 ☐ 11 ☐ 12 ☐

Yes No I. Public Involvement

☒ ☐ We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

☒ Administrators ☒ School Food Service Staff ☒ P.E. Teachers ☒ Parents
☒ School Board Members ☒ School Health Professionals ☒ Students ☐ Public

☒ ☐ Person in charge of compliance:

Name/Title: **Jillian Thornton VP of Compliance**

☒ ☐ The policy is made available to the public.

Indicate How: **posted on the school website and distributed to parents during parent meetings**

☒ ☐ Our policy goals are measured and the results are communicated to the public.

Please describe: **yes but could be done better, progress toward ensuring implementation is ongoing**

☒ ☐ Our district completes triennial reviews of the wellness policy. If more frequently, please describe:

Yes No II. Nutrition Education

☒ ☐ Our district's written wellness policy includes measurable goals for nutrition education.

☒ ☐ We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

☒ ☐ We offer nutrition education to students in: ☒ Elementary School ☒ Middle School ☐ High School

Yes No III. Nutrition Promotion

☒ ☐ Our district's written wellness policy includes measurable goals for nutrition promotion.

☒ ☐ We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

☒ ☐ We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

☒ ☐ We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

☒ ☐ We ensure students have access to hand-washing facilities prior to meals.

☒ ☐ We annually evaluate how to market and promote our school meal program(s).

☐ ☒ We regularly share school meal nutrition, calorie, and sodium content information with students and families.

☐ ☒ We offer taste testing or menu planning opportunities to our students.

☐ ☒ We participate in Farm to School activities and/or have a school garden.

☒ ☐ We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

☐ ☐ We price nutritious foods and beverages lower than less nutritious foods and beverages.

☐ ☐ We offer fruits or non-fried vegetables in: ☐ Vending Machines ☐ School Stores ☐ Snack Bars ☐ à La Carte

☒ ☐ We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

☐ ☒ We provide teachers with samples of alternative reward options other than food or beverages.

☒ ☐ We prohibit the use of food and beverages as a reward.

(Cont. on page 2)

Yes No **IV. Nutrition Guidelines** (Cont. from page 1)

- ☒ ☐ Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- ☒ ☐ We operate the School Breakfast Program: ☒ Before School ☒ In the Classroom ☒ Grab & Go
- ☒ ☐ We follow all nutrition regulations for the National School Lunch Program (NSLP).
- ☐ ☒ We operate an Afterschool Snack Program.
- ☐ ☒ We operate the Fresh Fruit and Vegetable Program.
- ☒ ☐ We have a Certified Food Handler as our Food Service Manager.
- ☐ ☐ We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:
☐ as à La Carte Offerings ☐ in School Stores ☐ in Vending Machines ☐ as Fundraisers

Yes No **V. Physical Activity**

- ☒ ☐ Our district's written wellness policy includes measurable goals for physical activity.
- ☒ ☐ We provide physical education for elementary students on a weekly basis.
- ☒ ☐ We provide physical education for middle school during a term or semester.
- ☐ ☐ We require physical education classes for graduation (high schools only).
- ☒ ☐ We provide recess for elementary students on a daily basis.
- ☒ ☐ We provide opportunities for physical activity integrated throughout the day.
- ☒ ☐ We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- ☒ ☐ Teachers are allowed to offer physical activity as a reward for students.
- ☐ ☒ We offer before or after school physical activity: ☐ Competitive sports ☐ Non-competitive sports ☐ Other clubs

VI. Additional Info: Indicate any additional wellness practices and/or future goals used to establish a school environment that promotes students' health, well-being, and ability to learn. Describe progress made in attaining these goals.

- East Bridge Academy of Excellence has partnered with Kitchen of Life where students visit the facility once a month and learn how to cook healthy meals. Students learn about nutrition value, healthy food choices and social emotional skills.

VII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

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