



BRONZEVILLE ACADEMY®
CHARTER SCHOOL

SCHOOL-WIDE WELLNESS POLICY

1. GOAL

Children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive; it is a known fact that good health fosters students' attendance and education.

Unfortunately, obesity rates have doubled in children and tripled in adolescents over the last two decades, and it has been found that physical inactivity and excessive calorie intake are the primary causes of obesity. Additionally, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases--including unhealthy eating habits, physical inactivity, and obesity--often are established in childhood.

School districts around the country are facing significant fiscal constraints and are unable to provide a healthy meal plan on a daily basis. That is why it is a goal of Bronzeville Academy Charter School to reverse these statistics and be proactive in the fight against obesity and the fight for healthful living for all children in our community.

Community participation is essential to the development and implementation of successful school wellness policies, so we reach out to all members of our community to aid us in accomplishing our school wellness goals.

Bronzeville Academy Charter School is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore,

- Bronzeville Academy Charter School will engage students, parents, teachers, food service professionals, and other interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.
- All students in grades K-8 will have opportunities, supports and encouragement to be physically active on a regular basis.
- Foods and beverages sold and served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Our food service staff will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the



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student body in meals planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

- To the maximum extent practicable, all schools in our care will participate in available federal school meal programs (including the National School Breakfast Program, National School Lunch Program, Fresh Fruit and Vegetable Program, After School Snack Program and Child and Adult Care Food Program [including suppers]).
- Our schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education, school meal programs, and related community services.

1. PLAN TO ACHIEVE POLICY GOALS

School Health Councils

Bronzeville Academy Charter School will create a school health council to develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies. The council also will serve as a resource to our multiple school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and the community and should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)

Foods and Beverages Sold and Served on Campus

Meals served through the National School Breakfast and Lunch Programs will

- be appealing and attractive to children.
- be served in a clean and pleasant setting.
- meet, at the minimum, nutrition requirements established by local, state, and federal statutes and regulations.
- offer a variety of fruit and vegetables.
- serve only low-fat (1%) and fat free milk and nutritionally equivalent non-dairy alternatives (to be defined by the USDA).
- ensure that 100% of grain served is whole grain.

Bronzeville Academy Charter School will engage students and parents through surveys and taste-tests of new entrees in the selection of foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, we will share information about the nutritional content of meals with parents and students. Such information will be made available on menus, campus newsletters, on cafeteria menu boards, or other accessible materials.



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Bronzeville Academy Charter School will operate a School Breakfast Program to ensure that all children have breakfast, either at home or at school, to meet their nutritional needs and enhance their ability to learn. We will also encourage parents to provide a healthy breakfast for their children through newsletters articles, take-home materials, or other means.

Free and Reduced Meals

Bronzeville Academy Charter School 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 school meals.

Summer Food Service Program

Schools in which more than 50% students are eligible for free or reduced-price school meals will sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and preferably, throughout the entire summer vacation.

Mealtimes and Scheduling

- Students will have at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
- Meal periods will be scheduled at appropriate times, e.g., lunch should be scheduled between 11a.m. and 1p.m.
- Meals should not be scheduled during tutoring, club, organizational meetings or activities unless students may eat during such activities.
- Students will be provided access to hand washing or hand sanitizing before they eat meals or snacks; and
- Reasonable steps should be taken to accommodate the tooth brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff

As part of Bronzeville Academy Charter School responsibility to operate a quality food service program, we will provide continuing professional development for all Bronzeville Academy Charter School discourages students from sharing their food or beverages with one another during meal or snack times, including food and beverages sold individually (e.g., food sold outside of reimbursable school meals, such as through nutrition professionals in our schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.



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Sharing of Food and Beverage Vending machines, cafeteria a la carte snack lines, fundraisers, school stores, etc.) given concerns about allergies and other restrictions on some children's diets.

The school food service program will approve and provide all food and beverage sales to students. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, food and beverages sold individually should be limited to low fat and nonfat milk, fruits, and non-fried vegetables.

Beverages

Allowed Beverages

- Water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally equivalent non-dairy beverages (to be defined by the USDA)

Beverages Not Allowed

- Soft drinks containing caloric sweeteners; sports drinks, ice teas, fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low fat or fat free chocolate milk (which contains trivial amounts of caffeine)

Foods

A food item sold individually

- Will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans-fat combined.
- Will have no more than 35% of its weight from added sugars.
- Will contain no more than 230mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items.
- Will contain no more than 480mg of sodium per serving for pastas, meats, and soups.
- And will contain no more than 600mg of sodium for pizza, sandwiches, and main dishes.

Portion Sizes

Limit portion sizes of foods and beverages sold individually to those listed below:

- One and one-quarter ounces of chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit.



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- One ounce of cookies.
- Two ounces of cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items.
- Four fluid ounces of frozen desserts, including, but not limited to, low-fat or fat-free ice cream.
- Eight ounces of non-frozen yogurt.
- Twelve fluid ounces of beverages, excluding water.
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals.
- Fruits and vegetables are exempt from portion size limits.

Fundraising Activities

To support children's health and school nutrition education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for food and beverages sold individually. We will encourage fundraising activities that promote physical activities (e.g., walk-a-thons and dance-a-thons). The parent council will make available a list of ideas for acceptable fundraising activities.

Snacks

Snacks served during the school day, after-school care or enrichment programs will make a positive contribution to children's diet and health with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Our Food Service Manager will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The Food Service Manager will then disseminate a list of healthful snack items to teachers, after school program personnel and parents.

Rewards

Bronzeville Academy Charter School will not use food or beverages, especially those that do not meet the nutrition standards for food and beverages sold individually (above), as rewards for academic performance or good behavior and will not withhold food or beverage, including food served through school meals, as a punishment.

Celebrations

Bronzeville Academy Charter School will limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for food and beverages sold individually (see above). The Food Service Manager will disseminate a list of healthy party ideas to parents and teachers.



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Food and beverages offered or sold at school-sponsored events outside of the school day (such as, but not limited to, athletic events, dances, or performances) will meet the nutrition standards for meals and food and beverages sold individually (see above).

2. NUTRITION AND PHYSICAL ACTIVITY PROMOTION AND FOOD MARKETING

Nutrition Education and Promotion

Bronzeville Academy Charter School aims to teach, encourage, and support healthy eating. We will provide nutrition education and engage in nutrition promotion that

- Is offered at each grade level as a part of sequential, comprehensive, standards-based programs designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Includes enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.
- Promotes fruits, vegetables, whole grain products, low fat and fat free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- Emphasize caloric balance between food intake and energy expenditure (physical activity/exercise).
- Links with school meals programs and other food and nutrition-related community services.
- Includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting

For students to receive the national recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for student to fully embrace regular physical activity as personal behavior, students need opportunities for physical activity beyond physical education class. Towards that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active



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lifestyle and to reduce time spent on sedentary activities, such as watching television.

- Opportunities for physical activity will be incorporated into other subject lessons.
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communication between Parents

- Bronzeville Academy Charter School will support parents' efforts to provide a healthy diet and daily physical activity for their children. We will offer healthy eating seminars for parents, send home nutrition information and provide nutrient analyses of school menus. We will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. We will provide parents with a list of foods that meet our snack standards and ideas for healthy celebrations/parties.
- Bronzeville Academy Charter School will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day. We will support parents' efforts to provide their children with opportunities to be physically active outside of school through special events or physical education homework. Other opportunities will be shared through newsletter or other take home materials.

Food Marketing in School

- School-based marketing will be consistent with nutrition education and health promotion. As such, we will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. School-based marketing of brands promoting predominantly low nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Staff Wellness

- Bronzeville Academy Charter School highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. We will establish and maintain a staff wellness committee composed of staff members, school health council members, and members of the community. The staff wellness



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committee could be a subcommittee of the school health council. The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among staff. The staff wellness committee should distribute its plan to the school health council annually.

3. PHYSICAL ACTIVITY OPPORTUNITIES AND PHYSICAL EDUCATION

Daily Physical Education (P.E.) K-8th

- All students, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 255 minutes/week for middle and high school students) for the entire school year. All physical education will be taught by a certified physical education teacher. Students' involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirements. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess

- All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which the school will encourage—verbally and through the provision of space and equipment—moderate to vigorous physical activity. We discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities such as mandatory school-wide test taking take place, periodic breaks will be given to students during which they are encouraged to stand and be moderately active.

Other Opportunities for Physical Activities

- Bronzeville Academy Charter School will offer extracurricular physical activity programs, such as activity clubs or intramural programs. We will offer a range of activities that meet the needs, interests and abilities of all students, including boys, girls, students with disabilities and students with special health care needs.
- After-school childcare and enrichment programs will provide and encourage—verbally and through the provision of space, equipment, and activities—daily periods of moderate to vigorous physical activity for all participants.

Use of School Facilities Outside of School Hours



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- School space and facilities will be available to students, staff and community members before, during, after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

4. MONITORING AND POLICY REVIEW

Monitoring

- The Chair of the School Health Council will ensure compliance with established school-wide nutrition and physical activity wellness policies. In each school, the Principal or Chairperson will ensure compliance with those policies in his/her school and will report on the school's compliance to the Chief Operating Officer.
- The School Food Service Staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Food Service Manager.
- The Chair of the School Health Council will develop a summary report every three years on school-wide compliance with the established nutrition and physical activity wellness policies. That report will be provided to the school board and also distributed to the school health council, parent/teacher organization, school principals and school health services personnel.

Policy Review

- To help with the initial development of the wellness policies, each school will conduct a baseline assessment of the school's existing nutrition and physical activity environment and policies. The results of the school-by-school assessments will be compiled to identify and prioritize next steps.
- Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement and develop work plans to facilitate their implementation where needed.