



Bethesda Academy Wellness Policy

The policies outlined within this document are intended to create a school environment that protects and promotes the health of our students. Our commitments to providing nutrition education and regular physical activity, as well as access to nutritious foods for all students are described here:

Nutrition Education and Promotion

Students will receive consistent nutrition messages throughout the school, classrooms, cafeteria and school media:

- Teachers will integrate nutrition information in core curriculum
- Nutrition promotion will include daily participation through our work study program in the area of farming and wildlife.
- The nutrition education program will be linked to school meal programs, school gardens, cafeteria nutrition promotion, after school programs and work study programs.
- Nutrition education will be offered in the cafeteria as well as the classroom, with coordination between the cafeteria manager, food service staff and teachers.
- Nutrition education will promote fruits, vegetables, whole grain products, low fat dairy products, healthy food preparation methods and accurate portion sizes.
- Staff members responsible for nutrition education will regularly participate in professional development.
- Nutrition information will be provided to families via handouts, newsletters, postings on the school website and presentations. The school menu is posted online weekly for students and parents to read.
- Staff will be encouraged to model healthy eating habits. Staff will eat the school lunch with students so that the students can see modeled behavior.
- Families will be requested to pack lunches that meet the school nutrition plan.
- The scheduled health classes will promote adequate intake and healthy eating practices, teach students how to examine labels and teach students about direct marketing that effects their food choices.

Nutrition Standards for All Food and Beverages Sold or Served on School Grounds

USDA School Meals:

School meals will include a variety of healthy choices while accommodating special dietary needs and ethnic and cultural food preferences. Bethesda Academy will participate in the USDA school breakfast, school lunch and summer food programs.

In addition:

- All reimbursable meals will meet nutrition standards mandated by the USDA, as well as any additional state nutrition standards that go beyond USDA requirements;

- The school meal programs will be administered by a team that will include a dietician and business manager . Consultants will be used to help with professional development of the cafeteria staff. All cafeteria staff will be provided training on USDA meal plans/reimbursable meals so they can properly advise students as to the meal components they may/must take, as well as cooking techniques, recipe implementation, sanitation, and food safety;

- All menus will be reviewed by a dietician when possible. When this is not feasible, sample USDA menus or USDA software for menu review may be used;

- Students will be provided at least 10 minutes to eat breakfast and 20 minutes to eat lunch after being seated;
- Meals will be served in a clean and pleasant setting and under appropriate supervision. Rules for safe behavior will be consistently enforced; - High school campuses will be “closed” meaning that students are not permitted to leave the school grounds during the school day;
- Tutoring, club, or organizational meetings will not be scheduled during meal time, unless students may eat during such activities;
- Students will have access to hand washing/hand sanitizing facilities before meals and snacks and cafeteria staff will remind students to make use of them;
- Information on the nutritional content and ingredients of meals will be found on menus, in school newsletters and on the district web-site. Parents and students will be informed that information is available and information shall be kept up-to-date;
- Participation in school meal programs will be promoted. Parents will be notified of the availability of the breakfast, lunch and summer food programs and will be encouraged to determine eligibility for reduced or free meals.
- Foods served as part of the Aftercare (childcare) programs run by the school must meet USDA standards if they are reimbursable under a school meals program. Otherwise they must meet the schools' nutrition standards for competitive foods.

Competitive Foods and Beverages

All foods and beverages sold on school grounds to students outside of reimbursable school meals are considered “competitive foods.” Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores and for in-school fundraisers. All competitive foods must comply with the schools' nutrition standards, as well as all applicable state and federal standards. Foods served as part of the Aftercare (child care) programs must also comply with the schools' nutrition standards unless they are reimbursable under USDA school meals program, in which case they must comply with all applicable USDA standards.

Foods

Only fruits, vegetables, nuts and seeds, whole grains, low-fat dairy and combination products may be sold, following the standards below: - Packaged items shall not exceed one serving per package/200 calories; - Items shall contain no more than 35% of total calories from fat, less than 10% of total calories from saturated fats and zero transfats. Exception: The fat content of nuts and seeds will not count against the total fat content of packaged products;

Items shall contain no more than 35% of calories from total sugars. Exception: Yogurt, may contain up to 30grams of total sugars per 8 oz serving;

- Items shall contain less than or equal to 200mg of sodium per packaged portion;
- Combination items must contain at least one serving of whole grains, fruit or vegetable, per portion as packaged, in any combination (e.g., ½ serving of fruit and ½ serving of whole grain in one portion). A la carte items in the cafeteria must be USDA school meal components (200 calorie limit does not apply) AND meet the above fat and sugar limits. A la carte items cannot exceed 480mg of sodium. Whole fruits, vegetables, nuts and seeds are preferable to processed food items.

Beverages

The only beverages allowed to be sold outside of school meals include:

- Low-fat (1%), non-fat or non-dairy milk in 8 oz portions (plain or flavored with no more than 22 grams of total sugars per 8 oz);

-100% fruit/vegetable juice in 4 oz portions for elementary and middle school, and 8 oz portions for high school;

-Plain water.

Additional Foods Available to Students

Fundraising

- Non-food fundraising is promoted. When in-school fundraising involves food, items must meet the schools' nutrition standards for competitive foods and cannot be sold for immediate consumption. When out-of-school fundraising events involve food, items sold must meet the nutrition standards for a la carte items sold in the cafeteria OR the district's nutrition standards for competitive foods.

- Fundraising activities that promote physical activity are encouraged.

- Fundraising activities will not promote branded products (for example, Domino's Dough Raising Program, branded candy sales, etc.)

Celebrations

- Celebrations that involve food will be limited to one per month. Only foods that meet the schools' nutrition standards will be allowed at school celebrations;

- Parents will be made aware in advance of when a celebration with food is taking place and what is to be served;

- Non-food celebrations will be promoted and a list of ideas will be available to parents and teachers.

Access to Drinking Water

- Students and school staff members will have access to free, safe, fresh drinking water at all times throughout the school day. Water jugs and cups will be available in the cafeteria if water fountains are not present, and water cups will be available near water fountains. Supervisory staff will facilitate access to water in the cafeteria. Students will be allowed to bring drinking water from home into the classroom.

- Water will be promoted as a substitute for sugar-sweetened beverages (SSBs)

- School staff will be encouraged to model drinking water consumption.

- Maintenance will be performed on all water fountains regularly to ensure that hygiene standards for drinking fountains, water jugs, hydration stations, water jets, and other methods for delivering drinking water are maintained.

Other Marketing

School-based marketing will be consistent with nutrition education and health promotion. As such, the following guidelines apply:

- Bethesda Academy will restrict food and beverage marketing to the promotion of only those foods and beverages that meet the nutrition standards set forth in the School Wellness Policy;

Examples of marketing techniques include the following:

- Brand names, trademarks, logos, or tags, except when placed on a physically present food or beverage product or on its container;

- Displays, such as on vending machine exteriors;

- Corporate brand, logo, name, or trademark on cups, posters, book covers, school supplies, or educational materials;
- Corporate brand, logo, name, or trademark on school equipment, message boards, scoreboards, or uniforms;

Advertisements in school publications or school mailings;

- Sponsorship of school activities, fundraisers, or sports teams;
- Educational incentive programs such as contests, or programs that provide schools with supplies or funds when families purchase specific food products;
- Free samples or coupons displaying advertising of a product.

Food used as reward or punishment Research clearly indicates that the use of food to reward/reinforce desirable behavior and academic performance, etc. has negative, unintended consequences. The use of food as a reward and withholding food as a punishment are strictly prohibited.

Physical Activity Physical Education

All middle school students (gr. 6-8) will receive daily recess (100 minutes per week). High school students will receive physical education for a total of 1.5 credits during high school. Physical Education will be standards- based, using national and state-developed standards. Physical Education classes will be sequential, building from year to year, and content will include motor skills, concepts and strategies, engagement in physical activity, physical fitness, responsible behavior and benefits of physical activity. Physical education programs will meet the needs of all students, including those who are not athletically gifted, and actively teach cooperation, fair play, and responsible participation. Students will be able to demonstrate competency through application of skills. Student involvement in other activities, including those involving physical activity (e.g. interscholastic or intramural sports), will not be substituted for physical education.

- Physical education classes will count toward graduation and GPA;
- Teacher to student ratio will be no greater than 1:25;
- The school will provide adequate space/equipment and conform to all safety standards;
- The school prohibits the use of physical activity and withholding of physical education class and other forms of physical activity as punishment;
- All Physical Education classes will be taught by a qualified physical education teacher and at least 50% of class time will be spent in moderate to vigorous activity;
- Physical education staff will receive professional development on a yearly basis;

Physical Activity

All students will have opportunities for physical activity beyond physical education class on a daily basis. Classroom health education will reinforce the knowledge and skills needed to maintain a physically active lifestyle. Students will be encouraged to reduce sedentary time, and will not be required to engage in sedentary activities for more than two hours without an opportunity to stretch and move around. Short (3-5 minute) "energy release" physical activity breaks will be provided between classes. Teachers will be expected to incorporate opportunities for physical activity in the classroom whenever possible and will be encouraged to serve as role models by being physically active alongside the students.

Recess

All middle school students will have at least 20 minutes a day of supervised recess after the lunch period, during which moderate to vigorous physical activity will be encouraged. Outdoor recess will only be withheld in the event of extreme weather, as defined by the district (this may vary regionally). In the event that recess must be held indoors, teachers and staff will follow indoor recess guidelines, developed by the school's Wellness Committee, to ensure adequate physical activity for students. High school and middle school will offer interscholastic sports programs to all students.

Evaluation and Enforcement

This wellness policy was developed by the District Wellness Committee, a group comprising individuals from the following groups: parents, teachers, students, school administration, food service director and staff, and, and Health and Physical Education staff. The school principal serves as the committee's leader and enforcer of the policy. The committee is active—meetings are held annually prior to the school year to review and revise, if needed, policy content and to design and evaluate implementation plans throughout Bethesda Academy. The committee uses a rubric to evaluate the policy's effectiveness (attached).

Current Members of the School Wellness Committee (2014-2015):

Megan Kicklighter	Principal
Keith Kilgore	Dean of Students
Jaime Sullivan	Teacher
Minnie Wingster	Cafeteria Manager
Clevan Thompson	Teacher/ Instructional Technology
Katy Margeson	Athletic Trainer
Cody Brown	Student
Jan Welsh	Parent