

## **Introduction**

In compliance with Public Law 108-265 Section 204, the Child Nutrition and WIC Reauthorization Act of 2004, Belleville Mennonite School will develop and implement a School Wellness Policy.

## **Mission Statement**

Belleville Mennonite School recognizes that providing healthy and nourishing foods and appropriate physical activity for students promotes student attendance, education and achievement, and lifelong healthy habits. Therefore, BMS expresses its commitment to maintaining school environments that promote and protect student health by providing appropriate nutrition education, physical education, a variety of healthy food and beverage choices and encouraging all BMS employees to model healthy behaviors.

## **Goal**

In support of the mission statement, BMS adopts the following goals.

- The school will engage any interested students, parents, teachers, and food service workers in implementing, monitoring, and reviewing BMS's nutrition and physical activity policies.
- All students in grades K through 12 will have opportunities, support and encouragement to be physically active on a regular basis.
- Food service workers will provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of the student body.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- To the maximum extent practicable, our school will participate in available federal school meal programs.
- BMS will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

To achieve these policy goals, the administrator, school board and wellness committee will work to implement, monitor, review, and as necessary, revise school nutrition and physical activity policies.

## **Nutritional Quality of Food and Beverages Sold and Served On Campus**

### **School Meals**

Free and reduced meals will be offered to all families who qualify. Students will not be able in any way to identify what type of lunch another student receives.

Meals served through the National School Lunch Program will:

- be appealing and attractive to children
- be served in clean and friendly environment
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
- offer a variety of fruits and vegetables ( if we have funds available we will make fruits & vegetables available to students 3 times a week for snacks FREE )
- serve only low fat (1%) and fat free milk and nutritionally-equivalent non-dairy alternatives defined by USDA
- ensure that all grains served are whole grain rich

There shall be no food brought into the school for lunch that is in competition with school-provided lunches, except for a packed lunch brought to school by an individual for his/her own consumption. Students may not bring snack food to share with others that does not comply with the wellness policy.

The Cafeteria staff of BMS will involve students and parents in the lunch program by:

- using parent volunteers whenever possible in the preparation and serving of school meals
- making taste tests available to students of new nutritional foods
- providing surveys to students and parents about school foods at least one time during the school year

### **Meal times and Scheduling**

- Students will have at least 20 minutes to eat after sitting down for lunch.
- Lunch will be scheduled between 11 AM and 1 PM for all students.
- Tutoring, club or organizational meetings or activities will not be scheduled during mealtimes, unless students may eat during such activities.
- Reasonable steps will be taken to accommodate the tooth-brushing regimes of students with special oral health needs (orthodontia or high tooth decay risk).

### **Water**

To promote hydration, free, safe drinking water will be available to all students throughout the school day. The Café will make cups available during mealtimes. In addition, students will be allowed to bring water bottles to the classroom.

## **A la carte Foods**

To support healthy food choices and improve student health and well-being, all foods and beverages sold outside of school meal programs during the school day (12:00 am – 3:30 pm) will meet the USDA Smart Snacks in School nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in the Café, vending machines and snack or food carts.

## **Fundraising**

BMS will only use foods, beverages and non-food items designed for delivery or consumption after school hours as fundraisers.

## **School-sponsored Events**

School activities, athletic and academic functions, etc. that occur after the school day (3:30pm) are not covered by this policy. Food and beverages offered at these functions *should* include some healthy choices.

A packed lunch can be provided by the cafeteria for all field trips. Teachers must always give the students the option of a lunch from the Café.

## **Celebrations and Rewards**

- Snacks and birthday treats brought to the classroom should make a positive contribution to children's health. The school will provide a list of healthy snack items to teachers and parents, including non-food celebration ideas.
- Teachers will ensure that food allergies of any participants are known before serving any food item.
- Soda may not be served during the school day.
- School staff should limit celebrations that involve food during the school day to no more than four times per class per year. These celebrations should include no more than one food or beverage that does not meet nutrition standards for food and beverages served or sold on campus.
- Food and beverages will not be used as a reward, or withheld from students as a consequence for inappropriate behavior or poor academic performance.

## **Recommendations for Snack Foods**

- Fruit smoothies
- Fresh fruit & vegetables
- Yogurt, yogurt parfaits
- Trail mix
- String cheese
- Fig cookies
- Whole grain crackers or pretzels
- Whole grain soft pretzels
- Plain popcorn
- Fruit snacks (with 100% juice or fruit as the first ingredient)
- Pudding
- Graham crackers
- Baked chips

## **Physical Activity Opportunities and Physical Education**

### Weekly Physical Education

All students in grades K-12, including students with disabilities, special health-care needs and in alternative educational settings, will receive physical education twice a week, totaling 60 minutes a week for elementary students and 100 minutes a week for middle and high school students, for the entire school year. All physical education will be taught by a teacher certified in education. Student involvement in other activities involving physical activity (e.g. interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50% of physical education requirement. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity

### Daily Recess

All students in Grades K-3 will have at least 45 minutes a day and students in grades 4-5 at least 30 minutes a day of supervised recess, preferably outdoors, during which staff will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. Partial school days are exempt from this criteria.

### Physical Activity Opportunities Before and After School

Middle and high school students will be offered extra-curricular physical activities, such as interscholastic sports programs. These activities will be offered to all middle and high school students, including boys, girls, students with disabilities and students with special health care needs.

### Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (e.g. running laps, pushups) as punishment. Physical Education classes will not be withheld from any student as punishment. No more than 5 minutes of recess per day will be withheld as punishment.

### Use of School Facilities Outside of School Hours

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

## **Nutrition and Physical Activity Promotion and Food Marketing**

### Communication with Parents

Belleville Mennonite School will support parents' efforts to provide a healthy diet and daily physical activity for their children. BMS will send home nutrition information and post nutrition tips on the school website. BMS will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the nutrition standards mentioned. The school will provide parents with a list of foods that meet the snack standards and ideas for healthy celebrations, parties, rewards and fundraising activities.

BMS will provide information about physical education and other school-based physical activity opportunities before, during and after the school day and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such support will include sharing information about physical activity and physical education through a newsletter, handbook, or other take home materials, or special events.

### Food Marketing in Schools

School based marketing will be consistent with nutritional education and health promotion. As such, schools 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 low-nutrition foods and beverages are prohibited. (Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet and similar media when such materials are used in a class lesson or activity, or as a research tool). The promotion of healthy foods, including fruit, vegetables, whole grains, and low-fat dairy products is encouraged.

### Staff Wellness

Belleville Mennonite School highly values the health and well-being of every staff member and supports their personal efforts to maintain a healthy lifestyle. School staff is encouraged to model healthy eating behaviors. Any food or beverage that does not meet the above guidelines will not be consumed in front of the students. The teacher's lounge will be exempt from this ruling.

Adopted: No. 12 Minutes, 2005-06

Revised: September 2015, No. 3 Board Minutes, 2015-16