



Broxton-Mary Hayes Elementary School Wellness Policy

(updated June 4, 2024)



Broxton Mary Hayes Elementary School (hereto referred to as BMHES) is committed to the optimal development of every student. BMHES has convened a wellness committee that meets four times per year. BMHES believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year. Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. This policy outlines BMHES's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

Nutrition Education Goals

BMHES will educate students about healthy eating habits. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.

1. Nutrition education will include enjoyable, developmentally-appropriate, culturally relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens. (Example: 4H)
2. Nutrition education will be included in the **Health** curriculum so that instruction is sequential and follows the USDA Dietary Guidelines for Americans. BMHES will include in the health education curriculum the following essential topics on healthy eating:
 - Food guidance from <https://www.choosemyplate.gov/>
 - Reading and using USDA's food labels
 - Balancing food intake and physical activity
 - Food safety
 - Social influences on healthy eating, including media, family, peers, and culture
 - How to find valid information or services related to nutrition and dietary behavior
 - Resisting peer pressure related to unhealthy dietary behavior
 - Influencing, supporting, or advocating for others' healthy dietary behavior

Nutrition Promotion Goals

BMHES's students and staff will participate in School Nutrition Week and receive consistent nutrition messages throughout the school, classrooms, gymnasium, and cafeteria. BMHES will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs with everything we feed the students.

1. Promote healthy food and beverage choices using at least ten Smarter Lunchroom techniques.
2. BMHES will implement at least one of the following four Farm to School activities:
 - Local and/or regional products are incorporated into the school meal program
 - School hosts a school garden
 - School hosts field trips to agricultural center
 - School utilizes promotions or special events, such as tastings, that highlight the local/regional products.

Regular Physical Activity Goals

BMHES will provide opportunities for all students to maintain physical fitness by participating in physical education class and/or recess every day. BMHES will offer students a variety of physical activity opportunities that are in addition to, and not a substitute for, physical education.

1. Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be required or withheld** as punishment for any reason.
2. BMHES will offer at least 20 minutes of recess on all or most days during the year.
 - Outdoor recess will be offered when weather is feasible for outdoor play.
 - Active recess programming will be utilized to create universal participation by offering multiple activities at recess; designate different areas of play throughout the playground; provide equipment to decrease congestion on play structures.
 - In the event that the school or district must conduct indoor recess, teachers and staff promote physical activity for students, to the extent practicable.
 - BMHES staff provides short (3-5 minute) physical activity breaks to students during and between classroom time. Activity break ideas are available through Go Noodle.
 - All BMHES students will participate in physical education that meets or exceeds state standards.
 - All BMHES students in grades K-5 will receive physical education for at least 60 minutes per week throughout the school year.

Nutrition Standards

BMHES will provide all students with meals and Smart Snacks that are USDA compliant. BMHES is committed to serving competitive healthy meals to children with plenty of fruits, vegetables, whole grains, fat-free/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 the school children within their calorie requirements. BMHES will participate in the USDA child nutrition programs, including National School Lunch Program (NSLP) and the School Breakfast Program (SBA). BMHES is committed to offering school meals through the NSLP and SBP programs.

1. All school meals are accessible to all students
2. Drinking water will be available to all students throughout the school day
3. Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and seated.
4. All school nutrition program staff will meet or exceed hiring and annual continuing education requirements in the USDA professional standards for child nutrition professionals.
5. The foods and beverages sold outside of the school meals programs will meet the USDA Smart Snacks in School nutrition standards, at a minimum.
6. All food offered and marketed on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards. Exemptions may be allowed at the discretion of the school principal, but shall not exceed more than one exemption per class.
 - BMHES will provide a list of healthy party ideas and snacks to parents and teachers, including non-food celebration ideas.
 - BMHES will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards
 - BMHES will provide teachers and other relevant school staff a list of alternative ways to reward children. Food and beverages will not be used as a reward, or withheld as punishment for any reason, such as performance or behavior.
 - Only food and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day.

Other School Based Activity Goals

BMHES will create a total school environment that is conducive to being physically active for all students. BMHES will integrate wellness activities across the entire school setting, not just in the cafeteria, and physical activity facilities. BMHES will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

1. BMHES will continue relationships with its community partners, including mental health agencies, and our local hospital, in support of this wellness policy's implementation.
2. BMHES will promote to parents/caregivers, families and the community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be invited to participate in school-sponsored events and will receive information about health promotion.
3. When feasible, BMHES will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

Wellness Committee Stakeholder Feedback & Awareness of Wellness Policy Implementation Goals

1. BMHES will include representatives from the school food authority, PE teacher, school nurse, school social worker, and school administrators as committee members to develop, implement, and periodically review and update the wellness policy by holding quarterly meetings.
2. BMHES will encourage parents and the general public to participate in the development, implementation, and periodic review and update of the wellness policy via our school website, social media, and monthly newsletters.
3. At school governance council meetings, BMHES administrator/committee member will involve District 5 board member to participate in the periodic review and update of the wellness policy.
4. BMHES will solicit student feedback in the development, review and update of the wellness policy during monthly CAB (Caring Adult in the Building) sessions.
5. BMHES wellness chairperson/school counselor will use our school website to share school wellness policy, quarterly wellness committee agenda, data showing how our wellness policy was implemented, updates to the policy, and three year assessment findings.
6. BMHES will conduct an assessment every three years of the wellness policy to ensure district alignment during a wellness committee meeting where wellness committee members and stakeholders will be invited to attend to provide suggestions to consider when updating the policy.