

## **Wellness Policy: Update August 2018**

South Bronx Charter School is committed to providing a school environment that promotes and protects students' health, well-being and the ability to learn by supporting healthy eating and physical activity. In understanding the importance of nutritious foods and the need to be physically active to thrive in the South Bronx Charter School, we have established guidelines to develop and utilize in a successful wellness program that meets and needs of our students.

This is our plan:

1. The school will engage students, parents, staff, food service professionals, health professionals and other interested community members in developing and implementing, monitoring and reviewing a school wide nutrition and physical policy.
2. All students will be given opportunities, support, and encouragement to be physically active on a regular basis.
3. Food and beverage sold or served will meet the nutritional standards and recommendations of New York State Child Nutrition Program and USDA Guidelines.
4. South Bronx Charter School will provide nutritional and physical education to ensure a healthy life style that will embrace our student's habits of healthy eating and physical activity.

### ***School Health Committee***

The committee will consist of the Principle, Nurse, Food Service Director, Health teacher, Gym teacher and PTO. Nutritional Food and Beverage served at the South Bronx Charter School. South Bronx Charter School Child Nutrition Program will:

1. Meet the State requirements on nutrition and federal regulations
2. Offer a variety of fresh fruits and vegetables
3. Use local products
4. Participate in the National Breakfast, Lunch and Snack program
5. Forster an environment where the teachers are encouraged to develop a training program of physical activity and child nutrition
6. Reach out to the parents with news letters on helpful suggestions and encourage good nutrition and activities with their children.
7. Ensure all snacks and birthday parties' food meets an approved list of healthy items.

### ***Food Safety***

1. Food brought into the school must be prepared in a recognized state legal food service establishment or your school food service.
2. No home prepared food items allowed.
3. Store bought food items must be free of all types of nuts and nut oils
4. Food service preparation areas will be restricted to food service staff and authorized personnel.

### ***Nutritional and Physical activity Promotion***

South Bronx Charter school plans are to teach, encourage and support healthy eating habits of students by:

1. Offering at each grade level a standard based program that provides students with the necessary skills and knowledge to promote and protect their health. This will be achieved through health education classes, science class and food service program.
2. Promote the consumption of fruit, veggies, whole grains, and low fat and fat free products. Healthy food preparation methods.
3. Providing educational information and encouraging healthy eating and physical activity for families, both within the home and outside the home.
4. Making training available to the teachers and staff to effectively deliver quality nutrition education.

### ***Staff Wellness***

South Bronx Charter School supports and truly cares about the health and well-being of every staff member by:

1. Offering a comprehensive Health Insurance Program

2. Employee assistance program
3. Health Gym discounts

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

#### Physical Education

1. All students will receive a physical education that meets the New York State Department of Education mandates and aligns to the New York State Standards.
2. All Physical education will be taught by a certified physical education teacher.

#### Daily Recess

1. Students will have twenty minutes of supervised daily recess.
2. Equipment will be provided and personal supervised recess.

### ***Monitoring and Evaluation***

At the committee meetings a self- evaluation of the programs will be discussed.

1. Food service director will ensure the standards and food policy are adhered to.
2. Food service Director will be assigned the task of monitoring the program on a monthly basis.

***\*\*Parents/Guardians are welcome to participate, review, with the Schools Local Wellness Policy\*\****

**Please email [Jvaras@sbcsgmail.com](mailto:Jvaras@sbcsgmail.com) for more information.**

**Non-Disclosure Statement:** *A charter school shall not discriminate against or limit the admission of any student on any unlawful basis, including on the basis of ethnicity, national origin, religion or ancestry. A school may not require any action by a student or family (such as an admissions test, interview, essay, attendance at an information session, etc.) in order for an applicant to either receive or submit an application for admission to that school. This is an equal opportunity, free, public, charter school, open to all children on a space-available basis. USDA is an equal opportunity employer.*