

**BROOKFIELD LOCAL SCHOOLS WELLNESS POLICY
IRN #050120**

THE SCHOOL BOARD OF BROOKFIELD SCHOOLS, TRUMBULL COUNTY, OHIO, PROMOTES HEALTHY SCHOOLS BY SUPPORTING WELLNESS, GOOD NUTRITION, AND REGULAR PHYSICAL ACTIVITY AS PART OF THE LEARNING ENVIRONMENT. THE DISTRICT SUPPORTS A HEALTHY ENVIRONMENT WHERE CHILDREN LEARN AND PARTICIPATE IN POSITIVE DIETARY AND LIFESTYLE PRACTICES. BY FACILITATING LEARNING THROUGH THE SUPPORT OF GOOD NUTRITION AND PHYSICAL ACTIVITY, SCHOOLS CONTRIBUTE TO THE BASIC HEALTH STATUS OF CHILDREN.

AS REQUIRED BY CONGRESS, SECTION 204, PUBLIC LAW 108-265, THE BROOKFIELD LOCAL SCHOOL WELLNESS COMMITTEE DETERMINES AND MONITORS ALL WELLNESS INITIATIVES OF THE SCHOOL BOARD OF BROOKFIELD SCHOOLS INCLUDING OBESITY PREVENTION. THE BROOKFIELD SCHOOL BOARD WELLNESS POLICY COMMITTEE WILL RECOMMEND AND MONITOR OBJECTIVES FOR THE WELLNESS POLICY.

FEDERAL, STATE, AND DISTRICT LEGISLATION, POLICY OR GUIDELINES, SUPPORTING THE TENETS OF THE BROOKFIELD SCHOOLS WELLNESS POLICY: FEDERAL – RICHARD B. RUSSELL NATIONAL SCHOOL LUNCH ACT, 1946, CHILD NUTRITION ACT OF 1966, DIETARY GUIDELINES FOR AMERICANS.

GOALS

1. NUTRITION EDUCATION

- a. School programs offer students in kindergarten through grade 12 nutrition education that provides the knowledge they need to adopt healthy lifestyles.
- b. Nutrition education is a component in elementary through high school.
- c. The staff responsible for providing school-based nutrition and health education programs is adequately trained.
- d. The school cafeteria serves as a learning laboratory to teach and practice good nutrition.
- e. The District provides nutrition education and encourages healthy eating for families, both within the home and outside. Family members are engaged as a critical part of the team responsible for teaching children about health and nutrition.

2. PHYSICAL ACTIVITY AND OTHER SCHOOL BASED ACTIVITIES

- a. Schools work to provide the opportunity for every student to receive regular, age appropriate, quality physical education.
- b. Schools recommend that students participate in physical activity before, during and after school in accordance with nationally recommended guidelines.
- c. All physical education classes shall be taught by certified physical education teachers and be designed to build interest and proficiency in skills, knowledge, and attitudes essential to a life-long, physically active lifestyle.
- d. The physical education curriculum shall be coordinated with the health education curriculum.
- e. Physical education should provide safe and satisfying physical activity for all students including those with special needs.
- f. Elementary schools will provide at least 15 minutes of daily recess on days that they do not have physical education.

- g. Schools shall not use participation or non-participation in physical education class or recess as a way to punish or discipline students.
- h. Schools shall give parents information to help them promote and incorporate physical activity and healthy eating into their children's lives.

GUIDELINES

1. ALL FOOD SERVED ON SCHOOL PROPERTY WILL BE WITH THE INTENT OF PROMOTING STUDENT HEALTH AND REDUCING CHILDHOOD OBESITY

- a. Food and beverages offered over the course of the school week as part of the National School Lunch and Breakfast Programs are nutrient dense, including whole grain products and fiber rich fruits and vegetables to provide students a variety of choices to maintain a balanced diet.
 - 1. A variety of nutrient dense foods are offered to students at each meal always including low fat milk, fruits/vegetables, meat/meat alternates and grains.
 - 2. Food and beverages served during the school day include a variety of healthy choices that are of excellent quality, appealing to the students and served at the proper temperature.
 - 3. Foods and beverages available during the school day should minimize the use of trans fats and saturated fats, sodium and sugar as defined by the Dietary Guidelines for Americans.
 - 4. Salads are available daily.
 - 5. Fruit is available at each meal
 - 6. Food and Nutrition Services will encourage whole grain breads and cereals.
 - 7. Food and Nutrition Services will offer low fat milks
 - 8. At a minimum, foods served as part of a school lunch or breakfast will meet the Dietary Guidelines for Americans.

- b. If an ala-carte, vending or other food sales are available they should include a variety of choices of nutritious foods, such as fruits, vegetables, low fat dairy items and water and be in compliances.
- c. Drinking water and hand sanitizing facilities should be conveniently available for students at all times.
- d. A list of healthy food and non-food alternatives will be made available to parents and teachers for classroom celebrations and rewards. Food served in the classroom will be obtained from approved sources.
- e. Schools shall encourage fundraisers that promote positive health habits such as the sale of non-food and nutritious food items as well as fundraising to support physical activity events.
- f. Food and beverages sold at events must be obtained from approved sources and reinforce the importance of healthy choices.
- g. Snacks and rewards provided in after-care programs should re-enforce the importance of healthy choices.

ADDITIONAL DISTRICT – SCHOOL BASED WELLNESS GOALS

1. The District continually coordinates a comprehensive outreach and promotion plan to ensure maximum participation in the school meal program.
2. Schools ensure that students who receive free or reduce price meals are not treated differently from other students or identified by their peers.
3. Each school in the District serves breakfast and lunch as part of the National School Lunch and Breakfast Programs.
4. All food and nutrition services personnel have adequate pre-training and participate in on-going professional development in the areas of sanitation, school food service essentials, nutrition and quantity cooking.
5. School menus must meet the requirements of the USDA for school meals, and over the course of a week meet the nutritional standards recommended by the Recommended Dietary Allowances or equivalent. Each meal served meets the guidelines for a USDA reimbursable meal.

6. Food and Nutrition Services ensures that required and effective food safety practices are applied to all foods prepared, sold and served through the Food and Nutrition Services Department.
7. Meals are scheduled as close as possible to the middle of the day. Dining areas are to be welcoming and attractive.
8. Continue the expansion of the program coordinated by the Physical Education Department, which provides nutrition and fitness education for students and families.

EVALUATION BROOKFIELD LOCAL SCHOOLS WELLNESS POLICY

1. Each school is responsible for identifying an individual or group responsible for implementation of the Brookfield Local School District's Wellness Policy requirements in that school or department.
2. The Wellness Policy Committee shall convene at least annually to assess whether policies are effective in improving student health. The chair person will appoint a District Administrator to coordinate the evaluation process.
3. The Brookfield Local School District's Health Advisory Committee, the Fitness Committee and the Nutrition Committee will continue to provide input and recommendations regarding wellness initiatives and outcomes.
4. Wellness Policy Committee will annually determine wellness promotion objectives based on results of the annual Wellness Policy Evaluation and report the effectiveness of the policy and recommended revisions if necessary to the Food Service Supervisor.