

BROOKE CHARTER SCHOOL WELLNESS POLICY

Policy Goals

Brooke Charter School is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is our policy that:

- All students will have opportunities, support, and encouragement to be physically active on a regular basis;
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*;
- We will participate in available federal school meal programs (including the School Breakfast Program and the National School Lunch Program);
- We will provide health education and physical education to foster lifelong habits of healthy eating and physical activity; and
- Parents will have the opportunity to provide input on all of the above via the school's Parent Involvement Committee.

TO ACHIEVE THESE POLICY GOALS:

I. Parent Involvement Council

Each school's wellness policy will be published each year in the Student and Family Handbook and will be subject to review by the school's Parent Involvement Committee.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals. Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations; and
- Offer a variety of fruits and vegetables.

Breakfast. To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, Brooke Charter School will:

- Operate the School Breakfast Program;
- Arrange bus schedules and utilize methods to serve school breakfasts that encourage participation; and
- Notify parents and students of the availability of the School Breakfast Program.

Free and Reduced-Priced Meals. Brooke Charter School will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

Sale of Individual Food and Beverage Items. Foods and beverages will not be sold individually or separately from the school lunch, breakfast, or snack programs (*i.e.*, foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.)

Snacks. Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health in accordance with snack guidelines provided via the National School Lunch Program.

III. Nutrition and Physical Activity Promotion and Food Marketing

Brooke Charter School teaches, encourages, and supports healthy eating by students by providing health education as part of the physical education and/or character education curriculum:

- Equipping students with the knowledge and skills necessary to promote and protect their health;
- Promoting fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices; and
- Emphasizing caloric balance between food intake and energy expenditure (physical activity/exercise);

Food Marketing in Schools. Brooke Charter 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.

IV. Physical Activity Opportunities and Physical Education

Physical Education (P.E.) - Students will have the opportunity to engage in regular physical activity (moderate to vigorous) through dance and movement classes, taught at least twice per week.

Daily Recess. Elementary school students will have 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Physical Activity Opportunities Before and After School. Brooke Charter School will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

V. Monitoring and Policy Review

Monitoring. The principal or designee will ensure compliance with established nutrition and physical activity wellness policies, and will provide for regular review of the school's wellness policy.