Bronx
Charter School
for the Arts

Bronx Charter for the Arts
Wellness Policy

Table of Contents

Preamble

I. School Health Committees

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

III. Nutrition and Physical Activity Promotion and Food Marketing

IV. Physical Activity Opportunities and Physical Education

V. Monitoring and Policy Review

Bronx Charter for the Arts
Wellness Policies on Physical Activity and Nutrition

Preamble

Bronx Charter for the Arts 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, we will:

• Support all schools in providing opportunities for and encouraging all students to be

physically active on a regular basis.

• Ensure that food and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans

• Ensure that school meals provide students with access to a variety of affordable, nutritious, and appealing foods that meet their health and nutritional needs while accommodating the religious, ethnic, and cultural food preferences of the student body.

• Ensure that students are provided with clean, sanitary settings and adequate time to eat.

• Participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], Summer Food Service Program.

• Provide nutrition education and physical education to foster life-long habits of healthy
eating and physical activity. Establish linkages between health education and school meal programs and related community service agencies.

Bronx Charter for the Arts is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Bronx Charter for the Arts:

- The school will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing school-wide nutrition and physical activity policies.

- 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.

- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

- To the maximum extent practicable, Bronx Charter for the Arts will participate in available federal school meal programs (including the National School Lunch Program).

- Bronx Charter for the Arts will provide nutrition education and physical activities to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Committee

Bronx Charter for the Arts will create, strengthen, or work within existing school health committees to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The committee also will serve as resources for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)

II. Nutritional Quality of Foods and Beverages Sold and Served at Bronx Charter for the Arts

School Meals

Meals served through the National School Lunch Program 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;
- offer a variety of fruits and vegetables;[1]
- serve only low-fat (1%) and fat-free milk
- have water available at all meals

Bronx Charter for the Arts will engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, Bronx Charter for the Arts will share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

***Meal Times and Scheduling*.**

Bronx Charter for the Arts:

- will provide students with at least 20 minutes to eat after sitting down lunch.;
- should meal periods at appropriate times, e.g., lunch should be scheduled between 10 a.m. and 2 p.m., if possible;

[1] No fried vegetables will be offered. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.

- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;

- will schedule recess periods prior to lunch (in elementary schools), if possible ;

- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and

- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff. Qualified nutrition professionals will administer the school meal programs. At least one person will be certified by the NYC Health Department. As part of the school's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Sharing of Foods and Beverages. Bronx Charter for the Arts will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets. Bronx Charter for the Arts strongly discourages bag lunch items brought from home, such as candy, soda, high-fat items and any other non-nutritive food items.

Beverages

- Allowed: water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 100% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent non dairy beverages (to be defined by USDA);

- Not allowed: soft drinks containing caloric sweeteners; sports drinks; seltzer water; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

Foods

- Follow the National School Lunch Program and School Breakfast program guidelines and requirements.

Portion Sizes:

- Follow the National School Lunch Program and School Breakfast program guidelines and requirements.

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, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The school will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

- If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

Rewards. The school will not withhold food or beverages (including food served through school meals) as a punishment.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion. Bronx Charter for the Arts aims to teach, encourage, and support healthy eating by students Bronx Charter for the Arts will provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting.
For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;

- opportunities for physical activity will be incorporated into other subject lessons; and

- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents. Bronx Charter for the Arts will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The school will provide parents a list of foods that meet the school's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the school will provide opportunities for parents to share their healthy food practices with others in the school community.

Bronx Charter for the Arts 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 supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Food Marketing in Schools. School-based marketing will be consistent with nutrition 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 (above).[2] School-based marketing of brands promoting predominantly low-nutrition foods and beverages[3] is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy

[2] 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.
[3] Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.

low-nutrition food products, free samples or coupons; and food sales through fundraising activities.

Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines and sales of fruit for fundraisers.

IV. Physical Activity Opportunities and Physical Education

Daily Recess. All elementary school students will have at least 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.

Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School. Bronx Charter for the Arts will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. Bronx Charter for the Arts will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

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.

Physical Activity and Punishment. Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

V. Monitoring and Policy Review

Monitoring. Designated administrative personnel will ensure compliance with established school-wide nutrition and physical activity wellness policies. Principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to their designee.

The school food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Principal. Designated administrative personnel will develop a summary report every three years on school-wide compliance with the school's established nutrition and physical activity wellness policies, based on input from schools within the community. That report will be provided to the school board and also distributed to all school health committee, parent/teacher organizations, school principals, and school health services personnel in the school.

Policy Review. The school will conduct a baseline assessment of the existing nutritional

and physical activity environment and policies.[4] Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

[4] Useful self-assessment and planning tools include the *School Health Index* from the Centers for Disease Control and Prevention (CDC), *Changing the Scene* from the Team Nutrition Program of the U.S. Department of Agriculture (USDA), and *Opportunity to Learn Standards for Elementary, Middle, and High School Physical Education* from the National Association for Sport and Physical Education.