

Bridgeville Elementary School District

Wellness Plan

Background

The federal Child Nutrition and Women, Infants and Children Reauthorization Act of 2005 contains a requirement that each school board in school districts participating in the National School Lunch Program or the Child Nutrition Act of 1966 adopt and implement a wellness policy. This wellness policy is implemented at the school level through a wellness plan. This requirement is in response to an epidemic of obesity currently sweeping through the youth of the United States. This epidemic is thought to be due to two primary factors. The first is the ready availability of inexpensive and nutritionally inadequate food stuffs that are consumed in unhealthful quantities. The second issue involves a relative lack of physical exercise among the youth of the United States. The wellness policy is required to address several elements. These elements are nutrition education, physical activity, nutritional guidelines for all food available on school grounds during the school day, assurance that guidelines for reimbursable school meals will not be less restrictive than federal regulations and a plan for measuring the implementation of the wellness policy.

School District Profile

Bridgeville Elementary School District is a small rural school district with a single school. The district currently has an

enrollment of forty five students in kindergarten through eighth grade. The district comprises 500 square miles or approximately one student for each ten square miles. The district has been experiencing declining enrollment for many years and currently has three classrooms each with a span of three grades. Due to the districts small size and the history of declining enrollment resources are stretched extremely tight. The district wellness plan must be clear in scope, simple in design and rich in utility to be an effective tool for the Bridgeville Elementary School District to provide students with the tools necessary to make sound, healthful and lifelong decisions involving nutrition and physical activity.

The Wellness Plan

- 1) The Wellness Plan will pertain to all school based activities including the After School Program.
- 2) The school will continue to follow federal nutrition guidelines for all reimbursable school meals including the breakfast program, lunch program and after school snack program. The district will ensure that guidelines for reimbursable meals will meet or exceed all federal, state and local requirements. The district will continue to offer the breakfast program, lunch program and after school snack program and encourage all students to participate. The cafeteria will be a safe, clean and comfortable space where students will have adequate time to procure and eat their meals. All school supplied foods and beverages will meet district nutrition standards.
- 3) The school will promote age appropriate health enhancing physical activity through the physical education program. The program requires 200 minutes of physical activity every 10 school days. In addition to the physical education program students will have the opportunity to be physically active at

morning recess, lunch recess and in the After School Program. To generate interest in physical fitness we will continue Field Day each fall and spring. This activity allows students to assess their progress at various physical activities over time. Some of these activities are jumping rope, distance run, pull-ups, rope climb and sit and reach. Field Day also includes testing activities required annually by the state of California. Students will be encouraged to not only be physically active at school but also at home. Notes home will provide parents with information regarding appropriate and healthful levels of physical activity at home. In addition to physical activities during the school day the school will continue to support the athletic program, provide students in the after school program with appropriate health enhancing physical activity and promote extracurricular physical activities such as square dancing and swimming. Teachers will be provided with appropriate materials and professional development opportunities to keep the physical education program up to date with current curricula, standards and research.

- 4) In conjunction with the physical education program the district will provide age appropriate nutrition, health and physical fitness education. The aim of this education will be to make students aware of the nutritional content of the foods and beverages they eat and drink, the long term consequences of consuming nutritious versus non-nutritious foods and beverages, the relationship between health, physical fitness, obesity and personal choices regarding nutrition. Sweets and desserts are frequent choices at meal and other times in most homes and dining establishments and are a part of the American culture. Nutrition education will stress that there is nothing wrong with eating desserts and sweets as long as they are incorporated into a nutritionally balanced diet. It is not a matter of whether an individual consumes these foods but how much and how often these foods are consumed and whether sweets and desserts are incorporated into a nutritionally balanced diet. In addition students will be

instructed in appropriate caloric intake and how caloric intake is related to portion size and how both are related to obesity. The education provided will foster sound lifelong habits that will result in a healthy life style. Notes home will provide parents with information regarding age appropriate nutritional requirements to promote health and physical fitness. Age appropriate curricula will be obtained to provide nutrition, health and physical fitness education to students. Sources of curricula will include but not be limited to the Dairy Council, the Food Pyramid and the California Department of Education's Physical Education Content Standards and Health Framework. Teachers will be provided with appropriate materials and professional development opportunities to implement the nutrition education program.

5) In addition to the district's breakfast, lunch and snack program the district will require any school provided food available on school grounds to be nutritionally balanced, meet district nutrition standards and be appropriate to the caloric requirements of the students involved. Nutritionally balanced means a generally accepted nutritionally appropriate combination of proteins, complex carbohydrates and fats for the caloric value of the food or beverage in question. Auxiliary groups will be strongly encouraged to procure foods and beverages meeting district nutritional standards when using foods and beverages in fund raising events. Through notes and letters home the district will encourage parents bringing foods and beverages to school for celebrations, parties or other reasons to provide nutritionally balanced foods and beverages such as home baked goods with complex carbohydrates and fruit juices. The school will discourage parents from providing carbohydrate laden foods and beverages with little nutritional content. Notes and letters home will include information relating nutrition, health and obesity. The school will discourage the use of food as a reward and encourage other forms of rewards such as playing a favorite game, a fun physical activity break or reading a favorite book.

- 6) The school will not market foods and beverages through any advertisement or incentive programs unless those foods and beverages meet district nutrition standards.
- 7) Students will be prohibited from purchasing food or beverages from the two vending machines in the Community Center from one-half hour before school to one-half hour after school. In addition the vending machines shall be off limits to students participating in the After School Program.
- 8) To ensure the district meets the expectations in the wellness plan, the plan and associated board policy will be reviewed annually by the Bridgeville Elementary School District Board of Trustees. In addition to this annual review the Superintendent/Principal will continually monitor the implementation of the plan through monthly faculty meetings and discussions with staff. Due to the small size of the school the plan is best monitored on an ongoing basis through direct communication with the involved staff members. This wellness plan is designed to be flexible in nature to allow for the inevitable changes that any plan will require over time to be of utility to its users.