



**School
Wellness
Policy**

Brandon School Wellness Policy

I. Nutrition education

- Students ages 8 through 18 years of age receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Nutrition education is offered in the school dining room as well as in the classroom with coordination between the Food Service staff and teachers.
- Vocational hands- on experience in the food service is available to student who are interested.
- Students receive consistent nutrition messages throughout the school, classrooms, cafeteria, houses, community and media.
- Health education curriculum standards and guidelines include both nutrition and physical education.
- Nutrition is integrated into the health education or core curricula in such classes such as Math Science and language arts

II. Physical activity

- Students are given opportunities for physical activity during the school day through physical education classes, daily recess periods for both Lower and Upper school students and the integration of physical activity into the academic curriculum.
- Students are given opportunities for physical activity through a range of before and after school programming.
- The school encourages parents and guardians to support their children's participation and physical activity to be physically active role models and to include physical activity and family events
- The school provides training to enable teachers and other school staff to promote enjoyable lifelong physical activity among students.

III. Guidelines for all foods and beverages on school campuses

- The school strives to ensure that all meals served for both breakfast and lunch meet USDA School nutrition guidelines.
- All students receive free meals while enrolled in the school.
- Meals served at school are made attractive to students and feedback is solicited to encourage participation.
- Students have the opportunity to provide input on local cultural and ethnic foods.
- The school does not market or sell foods or beverages including caffeine containing beverages not approved through the USDA school nutrition guidelines.
- Free water is available throughout the day in the cafeteria.

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IV. Other school-based activities that promote student wellness

A. The dining environment

- The school provides a clean safe enjoyable meal environment for students with access to consume meals both inside and outside.
- Posters depicting national school lunch guidelines are displayed throughout the cafeteria to increase and encourage participation.

B. Time to eat

- The school will schedule lunch time as near the middle of the day as possible.
- All students receive at least 10 minutes of seated time for breakfast and at least 20 minutes seated time for lunch
- The school will schedule recess for elementary schools before lunch if possible so the children will come to lunch left distracted and ready to eat.
- The upper school also has recess or free time of at least 30 minutes every day

C. Food or physical activity as reward and Punishment

- The school prohibits the use of food as a reward or punishment.
- Physical activity such as extra recess time is encouraged as a non-food reward
- The school will not deny student participation in recess or other physical activities as a form of discipline or for classroom makeup time.

D. Consistent school activities and environment

- The school will ensure that all School fundraising efforts are supportive of healthy eating
- The school will provide opportunities for ongoing professional training and development for all Food Service staff and teachers in the area of nutrition and physical education.
- The school makes efforts to keep school physical activity facilities open for use by students and staff outside the regular school hours.
- The school encourages parents, teachers, School administrator,s students and Food Service professionals to serve as role models in practicing healthy eating and being physically active both in school and at home

V. Wellness Committee

- The school will establish a wellness committee that represents at minimum, food service, nursing, school administration, teachers and students.
- The committee will aim to meet 4 times a year.
- During the committee representatives will develop and implement wellness activities to support the overall health and wellness of the school community.

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- The activities will support the following categories; nutrition, physical activity, wellness promotion and general wellness.
- At the end of every school year, a report will be generated that summaries the impact and success of wellness activities.
- The end of year report will be posted on the internal website and will be made available to the public upon request.
- Every three year an assessment will be conducted. The Wellness policy will be updated based on results of assessment.