

Board Policy 1.46
School Wellness

SECTION 1. Policy Statement and Purpose

The Board recognizes the relationship between student well-being and student achievement as well as the importance of a comprehensive wellness program. Therefore, Brookside Charter School (“Brookside Charter” or the “School”) will provide developmentally-appropriate and sequential nutrition and physical education, as well as opportunities for physical activity.

SECTION 2. Wellness Committee and Program Coordinator

The School will establish a Wellness Committee that meets at least four times per year. The Wellness Committee will consist of at least one parent, student, the School Nurse or other school health professional, physical education teacher, Nutrition Services representative, Board member, School administrator, member of the public, and other community members as appropriate. If available, a qualified, credentialed nutrition professional will be a member of the Wellness Committee. The Wellness Committee will assess all education curricula and materials pertaining to wellness for accuracy, completeness, balance, and consistency with the State of Missouri’s education goals and standards.

The Board also authorizes the Superintendent to designate one or more School staff members as the School Wellness Program Coordinator(s). Only employees of the School who are members of the Wellness Committee may serve as Wellness Program Coordinator(s). Wellness Program Coordinator(s), in consultation with the Wellness Committee, are responsible for implementing and evaluating this policy, and ensuring School compliance.

SECTION 3. Staffing and Professional Development

All School nutrition program directors, managers, and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. School nutrition personnel shall refer to USDA’s Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

SECTION 4. Nutrition Guidelines

It is the policy of the School that all foods and beverages offered or sold to students during the school day will meet the Smart Snacks in School nutrition standards established by the U.S. Department of Agriculture (USDA). These nutrition standards apply to all food and beverages offered or sold to students, including those sold in vending machines, school stores or concessions, or through School-sponsored fundraisers, as well as at celebrations and parties, in classrooms at snack time, or as rewards and incentives, unless an exemption applies.

The School participates in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). The School is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- (1) are accessible to all students;
- (2) are appealing and attractive to children;
- (3) are served in clean and pleasant settings;
- (4) meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations; and
- (5) promote healthy food and beverage choices using “Smarter Lunchroom” techniques.

SECTION 5. Nutrition Promotion and Education

Brookside Charter will provide nutrition education aligned with the Show-Me Standards and Missouri’s Frameworks for Curriculum Development in Health/Physical Education in all grades. In addition, the School will disseminate nutrition messages and other nutrition-related materials received from the USDA to students, staff, and the community through a variety of media and methods. The School will promote healthy food choices using the “Smarter Lunchroom” techniques and Smart Snacks in School nutrition standards. The Wellness Program Coordinator(s), in consultation with the Wellness Committee, will develop nutrition education and promotion procedures.

SECTION 6. Physical Activity and Education

Brookside Charter will provide physical education and physical activity opportunities consistent with state requirements, the Show-Me Standards, and Missouri’s Frameworks for Curriculum Development in Health/Physical Education in all grades. The Wellness Program Coordinator(s), in consultation with the Wellness Committee, will develop procedures that address physical education and physical activity.

SECTION 7. Other School-Based Activities

The Wellness Program Coordinator(s), in consultation with the Wellness Committee, are charged with developing procedures addressing other school-based activities to promote wellness.

SECTION 8. Evaluation

Brookside Charter, through its Wellness Program Coordinator(s) and Wellness Committee, shall evaluate and document its wellness policy at least once every 3 years. The evaluation shall examine and document compliance with the wellness policy; how the wellness policy compares to model wellness policies; and progress made in attaining the goals of the wellness policy.

The Wellness Program Coordinator(s) and Wellness Committee shall make the evaluation results available to the public on the School's website or by other appropriate means. The Wellness Program Coordinator(s) shall also report to the Board periodically regarding the content and implementation of the wellness program, the evaluation report, and any recommendations for modifications to this policy as appropriate.

