



School Wellness Policy

The policies outlined within this document are intended to create a school environment that protects and promotes the health of our students. This policy applies to the student at Bright Futures Academy commitment to providing nutritious foods for all students, as well as nutrition education and regular physical activity, are described here.

I. Nutrition Standards for All Food and Beverages Served at School

A. School Lunch

Bright Futures Atlanta promotes healthy nutrition by participating in the National School Lunch Program. School meals will include a variety of healthy choices while accommodating special dietary needs and ethnic and cultural food preferences. In addition:

1. All reimbursable meals will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans and the Healthy, Hunger-Free Kids Act of 2010. (Refer to Healthy, Hungry-Free Kids Act of 2010 Menu Planning Regulations: <http://www.gpo.gov/fdsys/pkg/FR-2012-01-26/pdf/2012-1010.pdf>.)
2. The school meal programs will be administered by a team that will include a Director of School Nutrition, School Nutrition Manager, Teaching Staff, and Student Café Workers. All staff and student workers will be provided training on USDA meal plans/reimbursable meals/Offer Versus Serve so they can properly advise students as to the meal components they may/must take, as well as sanitation, and food safety.
3. Students will be encouraged to consume more whole grain rich foods, fruits, vegetables and legumes, and to decrease plate waste via Offer Versus Serve (grades 6-12).
4. Students will be provided at least 15 minutes to eat lunch after being served.
5. Meals will be served in a clean and pleasant setting and under appropriate supervision. Rules for safe behavior will be consistently enforced.
6. The Bright Future Academy campus will be “closed” meaning that students are not permitted to leave the school grounds during the school day.
7. Tutoring, club, or organizational meetings will not be scheduled during meal time, unless students may eat during such activities.
8. Students will have access to hand washing/hand sanitizing facilities before meals and staff will remind students to make use of them.
9. Information on the nutritional content and ingredients of meals will be furnished on request.
10. Participation in school meal programs will be promoted as follows:
 - a) Offer Versus Serve – Giving our students an option on meal components
 - b.) Instill Healthy eating with proper meal components
 - c.) Plant and work a community garden to produce fresh vegetables.

B. Competitive Foods and Beverages

Currently, Bright Futures Atlanta does not offer a la carte items to be sold in the cafeteria.



1. Nutrition Standards for Food

- a. Any food served in school should:
 - i. Be a “whole grain-rich” grain product; or
 - ii. Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
 - iii. Be a combination food that contains at least 1/2 cup of fruit and/or vegetable; or
 - iv. Contain 10% of the Daily Value (DV) of one of the nutrients of public health concerns in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).

2. Nutrition Standards for Beverages

- a. Bright Futures Academy will offer:
 - i. Plain water (without carbonation)
 - ii. Unflavored low fat milk
 - iii. Flavored fat free milk

C. Access to Drinking Water

- 1. Students and school staff members will have access to free, safe, fresh drinking water at all times throughout the school day. Supervisory staff will facilitate access to water at the drinking fountain.
- 2. Maintenance will be performed on all water fountains regularly to ensure that hygiene standards for drinking fountains and other methods for delivering drinking water are maintained.

II. Nutrition Education and Promotion

Students will receive consistent nutrition messages throughout schools, classrooms, cafeterias, and school media:

- A. Our school will promote nutrition and health by displaying posters such as MyPlate and Offer Versus Serve in the school cafe.
- B. Nutrition education will promote fruits, vegetables, whole-grain rich products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes.
- C. Staff members responsible for nutrition education will regularly participate in relevant professional development (e.g., training on the Dietary Guidelines for Americans and how to teach them).
- D. Nutrition education will be provided to families via student handbook, postings on the web-site, social media and health fairs. The school menu will be posted monthly for daily viewing.
- E. Staff is encouraged to model healthful eating habits, and discouraged from sharing food with children during regular class time, outside of activities related to the nutrition education curriculum.
- F. Specifically, the nutrition curriculum will encompass:
 - 1. Promotion of adequate nutrient intake and healthy eating practices;
 - 2. Childhood obesity in America,
 - 3. Skill development, such as reading labels to evaluate the nutrient quality of foods, meal planning, analysis of health information;
 - 4. Examination of the problems associated with food marketing to children;



5. Nutrition themes including, but not limited to USDA's MY Plate, Dietary Guidelines for Americans, adequate nutrient intake (such as carbohydrates, proteins, fats), body image and food safety.

III. Other

A. Marketing

School-based marketing will be consistent with nutrition education and health promotion. We will display School Nutrition Posters.

B. Withholding food as punishment is strictly prohibited.

IV. Physical Activity

A. Physical Education

1. All 6-12 students will promote physical education for the entire school year.
2. Physical Education will be standards-based, using national and state-developed standards.
3. Physical Education classes will be sequential, building from year to year, and content will include motor skills, concepts and strategies, engagement in physical activity, physical fitness, responsible behavior and benefits of physical activity.
4. Physical education programs will meet the needs of all students, including those who are not athletically gifted, and actively teach cooperation, fair play, and responsible participation. Students will be able to demonstrate competency through application of skills.
5. Student involvement in other activities, including those involving physical activity (e.g. interscholastic or intramural sports), will not be substituted for physical education.
6. Our school will provide adequate space/equipment and conform to all safety standards.
7. Our school prohibit the use of physical activity and withholding of physical education class and other forms of physical activity as punishment.

B. Physical Activity

1. All students will have opportunities for physical activity beyond physical education class on a daily basis.
2. Classroom health education will reinforce the knowledge and skills needed to maintain a physically active lifestyle.
3. Students will be encouraged to reduce sedentary time, and will not be required to engage in sedentary activities for more than two hours without an opportunity to stretch and move around.
4. Our after school program allows additional opportunities throughout the week for extra physical activity. We encourage the kids to participate in volleyball, basketball, and various competitive activities that require movement.
5. Teachers will be expected to incorporate opportunities for physical activity in the classroom whenever possible and will be encouraged to serve as role models by being physically active alongside the students.
6. Students will have supervised recess during which moderate to vigorous physical activity will be encouraged.

V. Evaluation and Enforcement

This wellness policy was developed by the Bright Futures Academy’s food nutrition committee. Moving forward the committee will be expanded to comprise individuals from the following groups: food service director and staff, school administration, teachers, students, and parents. The food service director is responsible for compliance oversight at Bright Futures Academy. Moving forward, the committee will be active—meetings will be held periodically to review and revise. The wellness policy will be measured periodically on the extent to which our school is in compliance with the Local wellness standards and make the policy and its assessment available to the public via the schools’ websites.

The Committee shall also undertake additional tasks as consistent with the wellness policy guidelines issued by the USDA. Policy revisions will take into account new research and evidence on health trends, new national and state standards and guidelines, new state and federal initiatives, local evaluation data, changing regional priorities, and other issues.