

# **Bridgman Public Schools Triennial Wellness Policy Assessment**

This assessment is to look at the Bridgman Public Schools Wellness Policy and discuss and update goals for the benefit of our students and the district as a whole.

## **Wellness Committee and Policy Leadership:**

The LEA will convene a representative district wellness committee to establish goals and oversee school health policies and programs, including development, implementation and periodic review and update of this district-level wellness policy.

Our goals and objectives are to continually look at ways to improve our policy while following the changing MDE and USDA regulations. Our committee has changed over the years.

Our current committee is made up of the Superintendent, Business Manager, Parent, Food Service Director, and Gym Teacher.

## **Nutrition Education:**

Our District will provide nutrition education to help students develop healthy eating habits.

- Offer nutrition education as part of the physical education curriculum.
- Encourage healthy food choices in the cafeteria while staying in compliance with MDE and USDA rules.
- Nutrition education information will be offered on the food service web page for anyone to access.
- We have implemented a school garden at Bridgman Elementary School. It is used for educational purposes, not only for nutrition but for math and science as well. All teachers are encouraged to use it as a learning tool.
- We have a Garden Club at the elementary and middle school that meets weekly.
- Display signage encouraging healthy choices throughout the district.

## **Nutrition Standards and Guidelines for all Food and Beverage:**

The District shall encourage students to make nutritious food choices and ensure that all foods and beverages sold to students on the school campus during the school day are consistent with federal and state regulations.

Reimbursable school meals must meet requirements found in United States Department of Agriculture (USDA) Nutrition Standards for School Meals. All food and beverages sold to students outside of federally regulated child nutrition programs (referred to as “competitive” foods and beverages) must be consistent with USDA’s Smart Snack in School nutrition standards and Michigan Department of Education Administrative Policy No. 21 regarding Non-Compliant Food Fundraiser Guidance. These standards apply in all areas where food and beverages are sold including but not limited to ala carte, and snack carts.

The district shall ensure that reimbursable school meals meet program requirements and nutritional standards found in federal regulations. We will only offer ala carte food that meets the

smart snack requirements. We will continue to encourage parents to send in healthy snacks for their students as well as for school parties.

### **Nutrition Promotion:**

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, by creating food environments that encourage healthy nutrition choices and participation in school meal programs. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students.

### **Physical Education and Physical Activity Opportunities:**

The district will encourage physical education opportunities throughout the school district.

Middle and Elementary schools:

Elementary School: Offer recess, and when possible recess will be before lunch. The elementary school offers a mile club during recess and new playground equipment.

BES also holds the annual "Jump Rope for the Heart" fundraiser that is the largest fundraiser of the year.

Middle School: Recess offers a variety of recreational activities during recess including new playground equipment. Middle school students have physical education classes that include self-care, nutritional education as well as opportunities to use workout facilities and organized group sports activities. Middle students are also offered the opportunity to join afterschool sports teams.

High School: Have physical education classes that include nutritional education, self-care as well as opportunities to use workout facilities and organized group sports activities. We offer a wide variety of afterschool sports. Students who qualify for free and reduced lunch are offered reduced athletic fees to encourage participation.

The district offers free swim lessons to every student in the district, in and out of the school year. The district has also partnered with The Boys and Girls Club offering afterschool activities at the Middle and Elementary all throughout the school year as well as over the summer.

### **Implementation:**

The District will develop and maintain a plan to manage and coordinate the implementation of this wellness policy. The plan will delineate roles, responsibilities, actions, and timelines specific to each school building.

**Triennial Assessment:**

The LEA will conduct an assessment of the wellness policy every three years, at a minimum. The assessment will determine building-level 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 person responsible for the Triennial Assessment: Peggy Ferguson Food Service Director.

**Documentation:**

The LEA will retain records to document compliance with the wellness policy requirements. Documents maintained will include a copy of or web address of the current wellness policy. This wellness policy can be found at [www.bridgmanschools.com](http://www.bridgmanschools.com) on the food service page.

**Public Updates:**

The LEA will inform the public about the local wellness policy, including its content and updates about the policy. The District will provide information on how the public can participate on the wellness committee and assist with the development, implementation, and periodic review and update of the wellness policy.