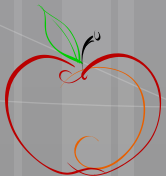


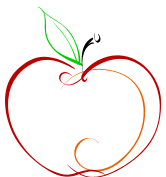
School Wellness Policy Elements



Bremen City Schools School Nutrition Program...
Excellence in all we do!

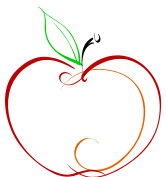
Why?

- Release of the Healthy, Hunger Free Kids Act of 2010
- New school wellness policy requirement expands on Child Nutrition WIC Reauthorization Act, 2004
- Review of Wellness Policy is part of Administrative Review that state departments conduct, currently every 3 years



Wellness Policy Elements - Overview

- Public Involvement
- Nutrition Guidelines
- Nutrition Education and Promotion
- Physical Education and Activity
- Public Notification
- Monitoring and Evaluation



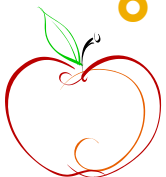
Wellness Policy

1. Public Involvement

- Collaborative community team to develop, implement and review policy

Team should include:

- Parents
- Teachers
- Physical Education Instructors
- School Health Professionals
- Students
- School Board members and Administration
- Community members

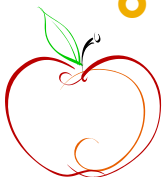


Wellness Policy

2. Nutrition Guidelines

- *Standards for all food available on the school campus*

- School Meals
- Free water available during lunch
- Meal Service and Time
- Competitive Foods
- Classroom/School Celebrations
- Using non-food rewards
- Fundraisers

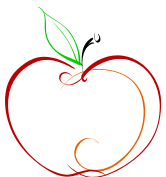


Wellness Policy

3. Nutrition Education

- *Goals for Nutrition Education*

- Classroom-based (incorporated into curriculum)
- Cafeteria interventions
- Foodservice staff education
- Staff training
- Home and Community

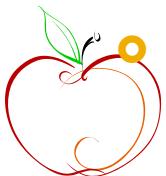


Wellness Policy

4. Nutrition Promotion

- *Changing the school environment to support healthy eating*

- Become a HUSSC (Healthier US School Challenge) and Team Nutrition School
- Staff modeling healthy eating and physical activity
- Cafeteria ambiance/education
- Harvest of the Month/Taste testing days
- Community meal events
- School Garden
- Health Fair and Wellness Newsletter

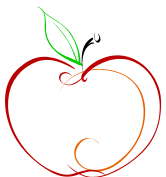


Wellness Policy

5. Physical Education (PE)

- *Goals for Physical Education*

- *Minutes/Day or week*
- *Curriculum*
- *Fitness Testing*

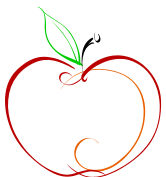


Wellness Policy

6. Physical Activity

- *Goals for physical activity and other school wellness activities*

- Recess
- Physical activity breaks in classes
- Recess before lunch
- After-school access to school facilities
- Safe routes to school
- Walk-a-thon/clubs

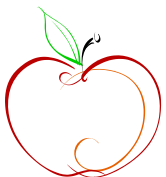


Wellness Policy

7. Public Notification

- Inform and update the public about content, implementation, and compliance

- Website
- Handbook
- Newsletter
- Report to school board

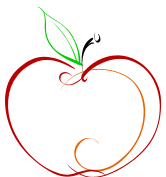


Wellness Policy

8. Monitoring and Evaluation

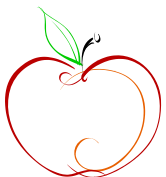
- *Assess and evaluate compliance*

- Student health trends, e.g. fitness tests, nutrition habits
- Time spent on physical activity
- Nutrition education programs conducted
- Financial impact, e.g. cafeteria a la carte sales, smart snacks



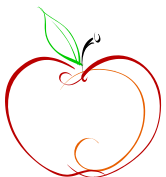


What's
happening in
Bremen City
Schools?



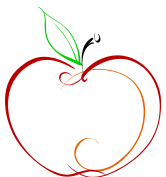
What's Happening in Bremen?

- Nutrition Guidelines
 - Healthier Menu Options with more fresh fruit and vegetable offerings
- Nutrition Education
 - School Garden at JES
- Nutrition Promotion
 - Monthly Newsletters posted to web-site
 - Nutrition information available on menus
- BMS awarded Fuel Up to Play 60 grant to encourage students to eat Breakfast



What Now?

- Divide into small groups
- Review current Wellness Policy for Bremen City Schools
 - Look at your assigned section
 - Are we currently following guidelines in wellness policy?
 - Are there areas that need to be rewritten?
 - What can we do to encourage a healthy and supportive atmosphere for all involved in Bremen City Schools?



What's Next?

- Report to Kellie recommended changes for your section (if any) by Friday, September 19
- Next Wellness Committee Meeting will be held on Thursday, September 28 at 2:00 p.m. at Board Office to review updated policy
- Updated Policy will be submitted to Board at October board meeting
 - Policy will sit for 30 days
 - Approval of policy will be at November board meeting
- Once Wellness Policy is updated and approved by board, the Wellness Committee will meet annually in September to review and update policy as needed

