Bridges Charter School	Board Policy- **Student Wellness Policy**	
Policy Number: **BP 5030**	Adopted: **04/20/21**	Revised: **4/20/26**

PURPOSE:

Bridges Charter School (Bridges) Board of Education recognizes the link between student health and learning, and desires to provide a comprehensive program promoting healthy eating and physical activity for Bridges students. The Executive Director, Director, or designee shall build a coordinated school health system that supports and reinforces health literacy. This includes, but is not limited to: health education, physical education and activity, health services, nutrition services, psychological and counseling services, health promotion for staff, a socially and emotionally safe and healthy school environment, and parent/guardian and community involvement.

SCOPE:

This policy shall serve as the Bridges policy and procedures for Student Wellness. It shall direct strategies, plans and actions related to Student Wellness in all Bridges activities.

GENERAL POLICY STATEMENT: To encourage consistent health messages between the home and school environment, the Executive Director, Director, or designee may disseminate health information and/or the school's student wellness policy to parents/guardians through school newsletters, handouts, parent/guardian meetings, the school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance and success in school.
As outlined in the charter petition, Bridges Charter School will advocate responsibility to our community and to ourselves:

1. Promote healthy eating habits through nutrition education .

2. Environmental education and stewardship will give students knowledge of natural food systems and cycles, and how their health is inherently intertwined with the health of the world around them, in turn preparing students for success in the green economy of the future.

Educating the whole child is a process that occurs at home as well as at school. Healthy food is a key building block in this process as it is integral to a school environment that promotes and protects our children's health, well-being, and ability to learn. Children are more likely to succeed in caring for their bodies when the entire family works together as a team to support healthy eating habits. Understanding nutrition at a young age will give children the knowledge and practical skills needed to maintain healthy choices throughout their lives.

POLICY DETAILS:

1. Health and Safety Committee

1.1 The Executive Director, Director, or designee shall encourage parents/guardians, students, Board members, school administrators and staff, and members of the public to participate in the development, implementation, and periodic review and update of the school's student health and safety policy. A biennial review and update by the Bridges Health and Safety Committee will be performed and presented to the Bridges school board.

1.2 The Bridges Health and Safety Committee shall advise the school on health- related issues, activities, policies, and programs. At the discretion of the Executive Director, Director, or designee, the duties of the committee may also include the planning, implementation, and evaluation of activities to promote health within the school or community.

1.3 The Health and Safety committee shall make recommendations that consider the cultural differences of our school and families and are developed from the perspective that children's health is fundamentally important.

2 Goals for Nutrition, Physical Activity, Social Emotional Health and other Wellness Activities:

The school's nutrition and physical education program shall be based on research, consistent with the expectations established in the state's curriculum frameworks and content standards and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

2.1 Nutrition promotion -- The nutrition education shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before and after school programs, the naturalists, and school garden programs.

2.2 Physical Activity-- All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess, active play extracurricular programs, before – and – after school programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities. Grades 5 and 7 will participate in the Physical Fitness test for students in California. The main goal of the test is to help students in starting life-long habits of regular physical activity.

2.3 Social and Emotional Health – teachers and support staff will model and support students in developing conflict resolution skills. Teachers will integrate campus adopted SEL curriculum in their classroom encouraging students to develop these skills in their daily habits. Bridges will also implement the Universal Monitoring Tool sponsored by Project CoVitality to assess the students social and emotional wellbeing. Targeted SEL lessons will be implemented as a reflection of the needs assessed.

3. Professional Development

3.1 Professional development may be regularly offered to the Food Service Supervisor and staff, as well as classroom teachers, the gardening specialist, the physical education specialist, campus supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.

3.2 Professional development may include instructional strategies that assess health knowledge and skills and promote health behaviors.

4. The Executive Director, Director, or designee shall encourage staff to serve as positive role models for healthy eating, physical fitness and emotional well-being. He/she shall promote work- site wellness and may provide opportunities for regular physical activity among employees.

5. The Board recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.

6. Nutritional Guidelines for Foods Available at School

6.1 For all foods available on campus during the school day, the school shall adopt nutritional guidelines that support the objectives of promoting student health and reducing childhood obesity. The Bridges Board believes that foods and beverages sold, or provided, to students at school should support the health curriculum and promote optimal health, taking into consideration the needs of students with special dietary needs. Nutritional standards adopted by the school for all foods and beverages sold, or provided, to students, including foods and beverages provided through the school's food service program shall meet or exceed state and federal nutritional standards.

6.2 In order to maximize the school's ability to provide nutritious meals and snacks, the school shall participate in available federal school nutrition programs, including the National School Lunch Program.

6.3 BRIDGES shall offer a school lunch program. When subsidized, all BRIDGES students may receive free lunch meals per Free School Meals for All Act of 20216.3.1 During the lunch recess, all students are provided at least 15 minutes of seat time in order to eat their lunch. Those that wish to take longer are encouraged to do so.

6.4 Students and staff will have access to free, safe, and fresh drinking water (through water filtration filling stations) throughout the school day. Students are also allowed to bring in bottled water from home.

6.5 The Executive Director, Director, or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes.

6.6 School staff shall encourage parents/guardians or other volunteers to support the school's education program by considering the nutritional quality when selecting any snacks donated for occasional class parties or celebrations. A guideline for snacks donated is set as 3-4 oz. size (Bridge's Bite Size) with a goal of no more than 200 calories, low in fat and sugar. Refer to Healthy Classroom Snack List – All snacks and/or treats/food sent to the classroom must be approved by the classroom teacher or by administration a minimum of 24 hours in advance and must meet the guidelines outlined within the Healthy Snack List.

6.7 School staff will encourage parents and volunteers to buy/donate items or the classroom (books, board games, music, art supplies, playground equipment, plants or flowers, etc.) in lieu of food for celebrations or class parties or birthdays.

7. School Day Fundraising Programs

Bridges shall follow all State and Federal nutrition standards for all foods and beverages sold to students during the school day including foods and beverages provided through the school's food service program, fundraisers, and other venues.

7.1 Effective from midnight to one-half hour after the end of the official school day, food restrictions apply to all foods sold or given to students by any entity. Sold means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

7.2 Bridges shall encourage healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value, such as candy, cupcakes, or sugary beverages. As an example, a fundraising project would sell healthy food items or non-food items such as candles, wrapping paper, greeting cards, jewelry, etc. Foods at fundraisers that occur 30 minutes after school shall be determined by school committees in coordination with administration and may include home-baked goods amongst store-provided foods.

7.3 Bridges only allows marketing and advertising of food and beverage items that meet competitive foods requirements. Bridges cannot advertise on school campus during the school day, any foods and/or beverages that do not comply with competitive food requirements.

8. Program Implementation and Evaluation

8.1 The Executive Director, Director or designee shall prepare and maintain the proper documentation and records needed for the administrative review of the school's wellness policy conducted by the California Department of Education (CDE) every three years.

9. Notifications

9.1 The Executive Director, Director or designee shall inform the public about the content and implementation of the school's wellness policy and shall make the policy, and any updates to the policy, available to the public on an annual basis. The information shall be distributed through the most effective methods of communication consistent with School practice.

10. Records

10.1 The Executive Director, Assistant Director or designee shall retain records that document compliance with 7 CFR 210.30, including, but not limited to, the written student wellness policy, documentation of the administrative review of the school's wellness policy conducted by the CDE every three years, and documentation demonstrating compliance with the community involvement requirements, including requirements to make the policy and review results available to the public.

NON-COMPLIANCE TO POLICY: Lack of adherence to this policy by Bridges personnel may result in the employee being subject to disciplinary action in accordance with Board disciplinary policy and administrative regulations.

GOVERNANCE: The Executive Director is the individual responsible for ensuring that the school complies with the school wellness policy.