



## Bergen Center for Child Development

# POLICY # 5003

### SECTION: Pupils WELLNESS/NUTRITION

The Bergen Center's Board of Trustees and administration is committed to ensure that students and staff are well cared for as it relates to each individual's good health and wellness. In the efforts to achieve that commitment, Bergen Center will provide education and models of healthful eating, opportunities for physical activity, and nutritious food so that all students will develop healthy nutritious habits and engage in regular physical activity throughout their life span.

#### **Nutrition Education Goals:**

Bergen Center for Child Development will provide nutrition education to all students.

- a. The Family Life Education instructor in conjunction with the classroom teacher will provide education in the classroom to all students within the Core Curriculum Standards from the State of New Jersey. This will include promoting my pyramid, healthy food preparation methods, and health-enhancing nutritious practices.
- b. Nutrition education will be integrated into other established material such as math, science, and language arts.
- c. The school will display posters and other nutrition education materials to promote healthy eating.
- d. The school will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.

#### **Physical Education Goals:**

Bergen Center for Child Development will provide opportunities for students to regularly participate in physical activity.

- a. Physical Education will be provided to all students consistent with state standards for students grades K-12.
- b. Students will be given opportunities for physical activity during the day daily recess periods and/or the integration of physical activity into the academic curriculum.
- c. The school will work with the community to create ways for the students to walk safely around the school area.
- d. The school will encourage parents and guardians to support their children's participation in physical activities, to be physically active role models, and to include physical activity in family events.
- e. Students will be given opportunities for physical activity through a range of clubs, intramurals, and athletic.
- f. Students will be introduced to a lifelong fitness strategies.

- g. Physical Education class is inclusive in nature, safe, supportive activities that celebrate all students abilities.
- h. Physical Education has cross curriculum goals include various subject areas (nutrition, math etc..)

**Nutrition Goals:**

Bergen Center for Child Development will comply with current USDA Dietary Guidelines for Americans for all food available on the school campus. This will encourage healthy eating habits by providing foods that are high in nutrients, low in fat and added sugars, and of moderate portion sizes

- a. Reimbursable school meals served at school will minimally meet the program requirements and nutrition stands of the National School Lunch Program
- b. Food of minimal nutritional value will be replaced with more nutritional options.
- c. School celebrations (birthdays, holidays) that involve food during the school day should be limited to two parties per month per class. The people providing the food are encouraged to include food and beverages that meet the nutrition standards. Healthy party foods should be encouraged and may include fruit salads, vegetable trays, whole grain pizza and reduced fat chocolate milk.
- d. The school will use foods and beverages that meet nutrition standards as rewards/school store for academic performance and behaviors. The Bergen Center for Child Development will not withhold food or beverages as punishment.

**Goals for other school-based activities:**

The Bergen Center for Child Development encourages parents, teachers, school administrators, students, food service professionals and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.

- a. The school will ensure that all fundraising done within the school setting is supportive of healthy eating.
- b. The meal timing and scheduling will encourage participation in the school nutrition program.
- c. Meals that are offered within the school will be culturally sensitive and address special dietary needs.
- d. Free-Reduced Lunch applications will be sent home to all families and participation will be encouraged.
- e. The physical environment will be conducive to proper eating habits. The environment will be clean and pleasant, and will be supervised by staff.
- f.

**Implementation and Evaluation of the Wellness Policy**

In accordance with the law, the Bergen Center for Child Development's wellness policy must be established by July, 1, 2006; and the school will ensure awareness of this policy through various means. Further, professional development activities for staff and student awareness training will be provided, to promote the goals of the wellness policy.

Staff members within the school have a responsibility to ensure that the goals set forth are being met. All staff, parent or guardian shall receive a copy of Bergen Center's Wellness Policy at the start of each school year.

The effectiveness of the policy and the possible need for further modification will be monitored yearly. The wellness policy committee will evaluate the current policy every six months and determine at the time the need for any change.

***Legal Reference:***

- *7 C.F.R. 210.1 et seq.*
- *N.J.S.A. 18A:33-5; 18A:58-7.2*
- *N.J.A.C. 2:36*

Assessed: July 31, 2023

By Thomas Santagato  
Executive Director