

Boys & Girls Village Local School Wellness Policy

Preamble

Boys & Girls Village, Inc. (BGV) is committed to the optimal physical and academic development of every student and resident. For students to achieve personal, academic, developmental, and social success, we create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the year. BGV aligns health and wellness efforts with other school and agency improvement endeavors to ensure the optimal health and academic success of all students.

Research shows that proper nutrition and physical activity before, during and after the school day are strongly correlated with positive academic outcomes. For example, student participation in the School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products is associated with lower grades. Participation in recess, physical activity breaks, physical education and extracurricular activities involving physical activity results in better academic outcomes for students. Finally, there is evidence that adequate hydration is associated with better cognitive performance.

This local school wellness policy (LSWP) outlines BGV's approach to ensuring that the school environment provides opportunities for all students and residents to practice healthy eating and physical activity behaviors throughout the school day. This policy applies to all students, staff, and buildings. Specific measurable goals and outcomes are identified within each section.

District Wellness Council

Purpose of the Council

To be compliant with the USDA final rule, the agency a representative District Wellness Council (DWC) that meets at least 3 times per year to establish goals for and oversee school health and safety policies and programs—including the development, implementation and periodic review and update of this LSWP.

The Executive Director or their designated official is responsible for the implementation and compliance of the local wellness policy. The policy document is available on the agency website, and staff and parents have been educated on wellness.

Triennial Assessment

The LSWP is formally assessed using a recognized evaluation tool every 3 years. Assessments review and include:

1. The extent to which BGV follows the LSWP
2. The extent to which the BGV policy compares to model policies
3. A description of the progress made in attaining the goals of the LSWP

The Triennial Assessment results will be used as a guide for updating the policy. To most effectively ensure that all students and residents can comply with LSWP terms, site coordinators are identified for school and residential buildings.

Nutrition Education

BGV teaches, models, encourages and supports healthy eating among students to promote student wellness. BGV provides evidence-based nutrition education that teaches skills that are behavior focused, interactive and/or participatory. All students receive sequential and comprehensive nutrition education that is integrated into other subjects beyond health education. Nutrition education makes connections between agency food environment and local agriculture and food systems.

Nutrition Standards: USDA Child Nutrition Programs

All USDA programs (NSLP & SBP) meet or exceed USDA food and beverage nutrition standards. These meals are accessible to all students, and the agency accommodates special dietary needs and food allergies as required by federal regulations. To maximize the participation of all students the BGV:

- Offers a variety of foods and beverages that are appealing to students in clean and inviting settings
- Provides adequate time to eat school meals
- Limits the use of food as a reward and/or punishment
- Provide menus to parents
- Encourage staff to model healthy eating behaviors
- Implement farm to school activities and strive to purchase local products to the extent possible
- Actively market and promote the NSLP and SBP to students and families
- Ensure that free, potable water is available at each meal and throughout the day
- Ensure USDA annual training requirements are met for all food service personnel

Nutrition Standards: Competitive & Other Foods & Beverages

Any foods and beverages sold to students during the school day meet or exceed [Smart Snack nutrition standards](#). During parties and celebrations healthy food and beverage options will be available along with other food choices. To facilitate compliance with these guidelines BGV:

- Provides staff a list of healthy and non-food party ideas
- Provides staff a list of foods and beverages that meet Smart Snacks criteria
- Provides staff a list of healthy and non-food rewards

Physical and Health Education and Physical Activity

Health Education

Effective health education emphasizes the importance of teaching health topics and skills that will be necessary for students to adopt, practice and maintain health behaviors. These include choosing nutritious foods and engaging in regular physical activity. BGV ensures that:

- All students receive a comprehensive, skills-based health education
- Health education is taught by qualified professionals
- The health education curriculum is regularly evaluated and revised
- The curriculum is culturally and developmentally appropriate; clearly addresses behavioral outcomes and provides opportunities for students to practice the necessary skills

Physical Education

PE, as a basis of a CSPAP, provides opportunities for motor skill development, and knowledge and behaviors for physical activity. BGV ensures that:

- All students receive the required PE hours
- Classes are based on age-appropriate, sequential PE curriculum consistent with state and federal standards.
- Classes promote the benefits of a physically active lifestyle and help students develop skills that will result in lifelong healthy habits
- PE teachers receive required annual professional development training
- PE classes strive to make accommodations so that all students can participate

Physical Activity Opportunities

In order to be compliant with the USDA Final Rule, BGV offers a combination of physical activity opportunities as suggested below:

- Classroom physical activity
- Active academics
- Daily Recess
- Before and/or after school activities

BGV prohibits the use or withholding of physical activity (including recess) as a punishment during the school day. Resources and training is provided to agency staff in appropriate ways to discipline students. Physical activity opportunities for students with disabilities are adapted in order to make them accessible.