



Bridge Boston Charter School Wellness Policy Assessment

2016-2017

In order to establish a sustainable and fruitful school wellness policy, Bridge Boston Charter School conducted an internal review of current policies and practices annually. Those reviewing the adherence of the school's policy included the Executive Director, the Director of Student and Family Services, the School Nurse, and the Data and Operations Coordinator/Food Manager.

Survey questions were given to the relevant staff. These questions are listed below for reference purposes. From the responses, changes were recommended.

Of the 39 questions, 18 questions had responses stating that there was at least some disagreement that our Health and Wellness Policy was being upheld. Of those 18, 5 of the responses indicated a stronger disagreement in how Bridge Boston Charter School upholds its Health and Wellness Policy. Some things to consider as Bridge Boston Charter School continues to grow in size and with older students is the addition of specific curriculums used and various revisions to the current policy.

The policy aspects that had the most disagreement will be addressed as follows:

- School staff encourages and students have access to hand washing before meals and snacks, 50% disagree – The layout of the new building will have more hand washing stations positioned closer to the cafeteria. For the current year, more hand sanitizer will be encouraged prior to meals.
- Nutrition education is part of not only health education classes, but also classroom instruction, 50% disagree – Encourage nutrition education in other subjects and areas of the class; utilize idea sharing; and bring in Professional Development
- Nutrition education teachers media literacy with an emphasis on food marketing, 25% disagree, 25% strongly disagree – Incorporate a specific message about food marketing for each grade, consider revising this for next year
- Nutrition education includes training for teachers and other staff, 25% disagree, 25% strongly disagree – Include within the beginning of year nutrition training more specific information about nutrition education, not just protocols and procedures
- School staff does not use physical activity or withhold opportunities for physical activity as punishment, 50% disagree – Discuss with Culture Team about how to address the physical activity goals as well as the best accountability system, consider revising behavior system and/or Wellness Policy to include more specifics, then train staff.



Topic	Strongly Disagree	Disagree	Agree	Strongly Agree	Don't Know
The meals provided meet the NSLP and NSBP health requirements					
The meals served appeal to the children					
The facilities for receiving and eating are well cleaned and pleasant					
The meals include a variety of fruits and vegetables					
The school operates at no cost to the families					
School staff encourages students to eat breakfast					
The school notifies parents and students about the availability of breakfast					
Meal times are at appropriate times during the day					
After receiving their food, all students have at least 10 minutes for breakfast and 20 minutes for lunch to sit down and eat					
School staff encourages and students have access to hand washing before meals and snacks					
The school engages students, parents, teachers, and other interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies					
All students have the opportunity, support, and encouragement to be physically active on a regular basis					
Food and beverages sold or served at the school will meet the nutrition recommendations of the <i>U.S. Dietary Guidelines for Americans</i>					
The school provides students, at no cost to the families, with access to a variety of nutrition and appealing foods that accommodates the religious, ethnic, and cultural diversity of the student body					



The school provides nutrition education and physical education to foster lifelong habits of healthy eating and physical activity					
The school arranges bus schedules and utilize methods to serve school breakfasts that encourage participation					
The school does not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless eating is programatically integral to such activities					
The school takes reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs					
The school contracts with a qualified food service provider to provide food service for the school					
The school ensures that every child is adequately fed and will discourage students from sharing their food and beverages with one another during meal or snack times, given concerns about allergies and other restrictions on children's diets					
No foods or beverages will be sold individually at the school					
Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health					
The school does not use food or beverages as rewards for academic performance of good behavior					
Nutrition education is offered at each grade level					
Nutrition education is part of not only health education classes, but also classroom instruction					
Nutrition education includes enjoyable, developmentally-appropriate, culturally-relevant participatory activities					



Nutrition education emphasizes caloric balance between food intake and energy expenditure					
Nutrition education teaches media literacy with an emphasis on food marketing					
Nutrition education includes training for teachers and other staff					
Classroom health education complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle					
Opportunities for physical activity are incorporated into other subject lessons					
Classroom teachers provide short physical activity breaks between lessons or classes, as appropriate					
The school supports parents' efforts to provide a healthy diet and daily physical activity for their children by offering healthy eating seminars for parents etc.					
All students, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education twice per week					
All 5th grade students participate in a sports program for approximately 5 hours per week					
All elementary school students have at least 20 minutes a day of supervised recess					
The school discourages extended periods (2 hours or more) of inactivity					
The after-school program provides and encourages daily periods of moderate to vigorous physical activity for all participants					
School staff do not use physical activity or withhold opportunities for physical activity as punishment					