

Bishop Ward High School – Wellness Policies

BWHS is committed to providing school environment that promote, encourage and protect students and children's health well-being and their ability to superior education and learning by supporting healthy eating , nutrition education , physical activity , therefore it is our policy of BWHS that:

Nutrition

General Guidelines:

The cafeteria Hall has seating to accommodate all students during each serving period.

The food service area is clean, orderly, and has inviting atmosphere.

Substitute meal is provided for students with medical issues as recommended by licensed medical doctor which require meal modifications.

BWHS is close campus; students must remain at school during lunch periods.

Dining area is supervised by adults during meal periods.

All food service employees receive required safety training

Continuous education training for all food service personnel meets federal and state requirements.

Reimbursable meals are not withheld or denied as disciplinary action.

The students are allowed to converse with one and another during meal time and

Meal conversation never prohibited as disciplinary action.

Some smarter lunch room techniques is used on the serving line to encourage healthy choices by students.

BREAKFAST

Breakfast served at school comply with USDA and State policies.

Fresh fruit are offered at least three days a week.

Students have about 20 minutes to eat their breakfast.

Breakfast at our school tend to be made fresh or homemade.

LUNCH

All lunches served at school comply with USDA and State policies.

Fresh fruit served often during the week.

Students have about 20 minutes to set down and eat their lunch.

FOOD SOLD IN SCHOOL

All food and beverage sold in school are in compliance with USDA's and State policies.

DURING SCHOOL DAY

Students have access to fresh drinking water through the school day and during meals service.

Fundraising within the school day meets all USDA and State policies.

NUTRITION

School promotes participation in the national Lunch Program and school breakfast program if applicable and to choose nutritious foods and beverages throughout the day.

Menus are posted on the school website and advertised in some other methods .

Students provide input and feedback on foods served at school.

Marketing and advertising of nutrition food and beverages to students is implemented through different channels, Cafeteria staff, teachers, parents and students and the community.

Any kind of snacks or beverages sold at school during school hours meet all USDA and State policies.

School promotes nutrition and health education by posting posters , signage in the cafeteria and in the hallways .

PHYSICAL ACTIVITY

Physical activity general guidelines:

All students include those with disabilities; special health care needs have the opportunity to participate in moderate to vigorous physical activity at least 2 times a week during the entire school year.

Our physical activity facilities in and on school property are clean and safe with sufficient age-appropriate equipment for all students.

School prohibits use of physical activity as a punishment also school prohibits withholding physical activity; include recess and physical education as punishment.

PHYSICAL ACTIVITY EDUCATION

The physical education curriculum is consistent with Kansas State Department of Education. Approved physical education teaching standard for all grades.

Physical education is taught by teachers licensed by KDOE.

Physical education teachers participate in physical education activity specific professional development every 2 years.

OTHER SCHOOL WELLNESS POLICIES

Annual staff wellness activities and professional development opportunities related to nutrition, physical activity and abstaining from tobacco are provided to encourage school staff to serve as healthy role models

Our local wellness committee team meet once a year.

The school wellness policy and progress toward meeting the State Model Wellness Policy are made available to the public, including parents, teachers, and the community.

The following wellness policies are in progress of being developed

After school snack

Grab & Go Breakfast and Lunch

Offer information to families at least once per year that encourage them to teach their children about health and nutrition and assist them in planning nutrition meals.

Other Wellness policies during school days

Teachers and parents are provided and advised with information on healthy options for class rewards, parties, celebrations and fundraising that meet the USDA and State nutrition guidelines.

Chairperson: Karina Martinez

Rick Atallah

Sonya Sanchez

Angilina Mendez

Kamb Ridely