

Wellness Policy

Policy Statement

Breckinridge County Middle School is committed to providing an environment that enhances learning and development of lifelong wellness practices.

To accomplish these goals:

1. **Child Nutrition Program-** BCMS must adhere to federal, state, and local district requirements. The Child Nutrition Programs must be all-inclusive for the student population.
2. **Wellness Committee (School Health Committee)-** The school health committee will consist of the SBDM council and include any stakeholders.
3. **Nutrition Education** will be integrated into the curriculum.
4. **Physical Activity-** Patterns of appropriate physical activity will be encouraged and linked to activities outside of school.
 - During physical education class, students will learn, practice and will be assessed on developmentally appropriate motor skills, social skills, and knowledge.
 - Physical activity facilities on school grounds adhere to safety requirements.
 - Teachers will be encouraged to incorporate physical activity into subject areas.
 - Schools will provide a safe, physical, and social environment that encourages safe and enjoyable appropriate activities for all students, including those that are not athletically gifted.
 - Students will not be deprived of physical activity based on inappropriate behavior and academic performance.
 - All school-based activities will adhere to the local wellness policy goals.
5. **School Food Environment-** The Dietary Guidelines for Americans will be followed for all foods and beverages on the school campus (including vending, concessions, a la carte, student stores, and parties).
 - Snacks may be served 30 minutes after the last lunch period during the school day but adhere to the Guidelines for Competitive Food and Beverage Sales.

- Schools should limit celebrations that involve food during the school day. Each party must be held 30 minutes after the last lunch period.
 - All foods made available to students must adhere to food safety and security guidelines.
 - The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Food and/or physical activity are not used as punishment. Schools will make efforts to use non-food items as reward for academic performance or good behavior.
 - Students are not allowed to have fast food lunches or soft drinks delivered to the school.
 - For those students that bring lunch from home, parents will be encouraged to send healthy lunches with their children.
6. **Classroom Parties**- Any snacks or beverages provided for classroom parties must be store bought.