



Badr School Wellness Policy

Our Commitment:

Badr School is committed to providing a nurturing school environment where we put the students' well-being at the heart of everything we do. We are dedicated to promoting and protecting our children's health, social and emotional well-being. We believe that supporting a student's physical well-being by providing exercise and wholesome healthy breakfast and lunch meals is tied to his/her emotional and social well-being, as well as performance in the classroom. One of our priorities is providing healthy and nutritious meals along with a range of physical activities to our students to have them develop into healthy and well-educated learners.

To meet this commitment, Badr School will be guided by the following policy goals:

- A. The health of our students will always be our utmost priority. This policy will be used to prioritize student well-being.
- B. All students in grades PK-8 will have time for physical activity on a regular basis.
- C. We will provide nutrition education and physical education to nurture the habits of healthy eating and the importance of physical activity.
- D. Foods distributed on our site will meet or exceed the USDA School Nutrition Standards.
- E. Meals will always be served in a clean and safe environment. Students will be given adequate time to eat their meals.
- F. Badr School is also committed to providing a comprehensive health education, physical education, school nutrition services, health services, a healthy school environment, and family and community involvement.
- G. Badr School will work with stakeholders to develop, monitor, implement, and revise school nutrition and physical activity policies.

Physical Activity

A. Physical Activity

All students grades PK to 8 will have opportunities to be physically active on a regular basis. Physical education is incorporated into class schedules. Physical education will not be withheld as punishment

B. Community Support

Schools will encourage parents and guardians to support their children's nutrition goals by having them to speak to their children about the importance of healthy eating along with physical activity. When providing snacks to their children, parents are asked not to send any junk food or sugary drinks.

C. For student safety and well-being, teachers will remove any student who is unable to participate in physical activity due to health-related issues or injuries.

- A. If the injury occurs on the school premises, the principal will be notified. Parents will be notified.
- B. Parents will notify the school if a student is unable to participate in physical activities due to health-related issues or injuries.
- C. For a student to return to Phys Ed, a doctor's note must be provided to the Main Office.

Nutrition Education

The school will implement in each class's curriculum Nutrition Education. This will consist of teaching student's what makes up a healthy diet, how to eat healthy, and long-term, goals with regards to maintaining healthy diet.

- A. Education that links to outside of the classroom, such as fieldtrips, gardening, etc.
- B. Teachers will receive professional development for the teaching of nutrition.

- C. Encouraging sustainable food practices: Environmentally friendly practices such as the use of locally grown and seasonal foods, using fresh produce and ingredients rather than processed foods, school gardens, and reducing food waste.

Establishing Nutrition Standards and Policy Implementation

Decisions regarding the sale of foods in addition to the National School Breakfast and Lunch Program meals will meet the requirements of the USDA School Nutrition Programs.

A. National School Breakfast and Lunch Programs

Badr School will provide tasty and nutritious breakfast and lunch meals to students. Meals will be vended to the school from a NJ State licensed vendor. All meals will meet the requirements set forth by local, state, and federal statute regulations.

B. Competitive Foods

Competitive foods include fundraising, school stores, classroom parties, and anything that competes with breakfast and lunch programs. Competitive foods shall meet nutrition guidelines set by USDA School Nutrition Programs.

- A. Foods of Minimal Nutritional Value, as defined by the U.S. Department of Agriculture shall not be sold during the school day.

C. Qualifications of food-service staff: Food service staff must meet requirements and acquire required certifications, as well as attend professional development.

D. Food shall not be used as reward or punishment

The school principal shall appoint a Wellness Committee that includes stakeholders such as parents, representatives of the school food authority, educational staff to, evaluation and periodic update of this policy.

The Wellness Committee's responsibilities include:

- A. Review of the Wellness Policy; and recommendations for changes if necessary

- B. presentation of the Wellness policy to the Board for approval
- C. measurement of the implementation of the policy

The Principal shall report annually to the Board on the Wellness Committee's progress and the policy's implementation and if any, areas for improvement.