



District Wellness Policy 8505
Progress made in attaining the goals outlined
Annual Public Report
2023-2024

Nutrition Program

Age-appropriate posters are posted in the cafeteria to highlight & encourage good nutrition. School lunch promotional days take place throughout the year and highlight alternative meal options such as, Bento Box Chef Day in February, Stromboli and Calzone Chef Day, the annual Soup Contest in January, and the annual Smoothie Contest in April.

Food products meet the nutrition standards. Students are included in menu planning and tasting events each year through the Food Advisory Committee with Maschios. Healthier food items are placed in the service line where students are more likely to choose them. Parents are provided with nutritional information on the food service section of the district's website.

Wellness representatives also plant and hand pick fresh garden produce from the school garden throughout the school year. Our partnership with Maschio's Food Service allows for fresh locally grown produce to be picked and served in the cafeteria for students and staff within one to two days of being picked. Students have been able to sample fresh produce such as various types of lettuce, radish, Swiss chard, kale, peppers, spinach, and tomatoes.

Nutrition Education

Through our K-8 Health and Physical Education (H/PE) programming, students are provided classes that are aligned (by grade bands below) with the [NJSL standards](#). Students receive instruction under certified teaching staff members using age-appropriate equipment and supplies during class and recess. All students are encouraged to participate in nutrition awareness and physical activity. Middle School wellness representatives gave a Winter Wellness presentation to elementary students, highlighting healthy eating habits during the winter season.

Students are also provided instruction on healthy eating habits and wellness beginning with exposure to nutritious food choices. For example, by the end of Grade 2, students learn the benefits of eating breakfast each day and they describe the types of foods that should be limited.

- 2.2.2.N.1: Explore different types of foods and food groups.
- 2.2.2.N.2: Explain why some foods are healthier to eat than others.
- 2.2.2.N.3: Differentiate between healthy and unhealthy eating habits.

By the end of Grade 5, students learn how balanced nutrition supports making nutrition-related decisions that contribute to wellness and how to create an environment of healthy and balanced eating.

2.2.5.N.1: Explain how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems functioning effectively.

2.2.5.N.2: Create a healthy meal based on nutritional content, value, calories, and cost.

2.2.5.N.3: Develop a plan to attain a personal nutrition health goal that addresses strengths, needs, and culture.

By the end of Grade 8, students learn about factors influencing meal choices and nutritional wellness. They analyze eating habits and healthy behaviors to support weight maintenance.

2.2.8.N.1: Analyze how culture, health status, age and access to healthy foods can influence personal eating habits.

2.2.8.N.2: Identify skills and healthy behaviors that can support adolescents in losing, gaining, or maintaining healthy weights.

2.2.8.N.3: Design sample nutritional plans for families with different lifestyles, resources, special needs, and cultural backgrounds; then consider the similarities and differences among the plans.

2.2.8.N.4: Assess personal nutritional health and consider opportunities to improve health and performance (e.g., sports drinks, supplements, balanced nutrition).

Other School-Based Activities

The district has an established Wellness Committee composed of students across Grades 2-8, teaching staff members, parent representatives for wellness and gardening, administration, and our food service provider. The district meets at least four times per year and provides information through social media, by the PTO liaison, and at regularly scheduled board meetings. Wellness is celebrated during each month with activities across grade levels as opposed to having a Wellness Week. Each year school dances through Student Council and a family activity night such as Brain Wash are held at the school. The district also donates unopened and uneaten food multiple times per year, this year at the Market Street Mission in Morristown, New Jersey.

Positive brain breaks and other breaks are also encouraged during the school day. Sports are a part of the BTS middle school culture for 6th-8th grade. Suggestions for healthy activities and nutrition were created in a presentation format and presented during the Winter Wellness presentation by Middle School representatives, who spoke to elementary students.

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This year students were interested in learning how to use the school's die cutter machine to support their wellness themed craft ideas. A few student representatives were taught how to safely use the machine and then they taught other members to use it appropriately. This allowed for them to pick and choose cut outs that they thought K-8 students would enjoy. For Valentine's Day, students created cut out hearts of various sizes and colors to distribute to five different grade levels. At spring conference time, the students created cut outs for their garden themed wheelbarrow using the die cutter. This display was to brighten the lobby area. For the annual Spring Fling event, they created a basket and decorated the exterior with the die cutter machine cut outs in a garden theme.

Students and staff continue to be encouraged to bring water bottles to school. The district has water bottle filling stations on each floor. Each February is a water bottle filling station challenge to support good water drinking habits throughout the day. We no longer provide plastic water bottles outside of general cafeteria lunches.

Nutrition Guidelines for All Foods and Beverages

The district complies with the Federal school meal nutrition standard and the Smart Snacks in accordance with the requirements for [HHFKA](#). Food and beverage requirements and proportions are age and grade level appropriate. There typically are no on-campus fundraisers involving food or beverage items; therefore, the Smart Snack standards of the HHFKA do not apply. Food that is brought into school for classroom activities or parties is approved by the Principal, Nurse or another designee to ensure safeguards are in place to protect students who may have a food related allergy.

District Coordinator

The coordinator consults with stakeholders involved in the Wellness Committee and food service programming. All stakeholders are encouraged to participate in the development, implementation, review, and update of [Policy 8505](#) by communicating with a wellness committee representative. The policy is located on the district's website. Updates for wellness are demonstrated through superintendent reports at monthly board meetings, by a PTO board representative at monthly meetings, on social media and on the district's website.

Wellness Policy Assessment

The district is currently in good standing in accordance with the requirements of the US and NJDoA. This information presented at the public BTS Board of Education meeting on April 25, 2024. The board minutes will reflect that the presentation of this information took place and was made available on the district's homepage of the website.