



Policy Preamble

In accordance with the Local School Wellness Policy Implementation rule under the Healthy, Hunger-Free Kids Act of 2010, Bader Hillel High (hereto referred to as Bader Hillel High) establishes the following policy for implementation no later than March 23, 2023.

Policy Leadership

Bader Hillel High will designate a site coordinator who will ensure compliance with the policy.

To assist in the creation of a healthy school environment, Bader Hillel High has established a Wellness Committee that will provide ongoing review and evaluation of the BHH Wellness Policy. The Committee will meet at least two times during the school year to implement, assess and review, and make recommendations for changes to the Wellness Policy.

Bader Hillel High will invite a diverse group of stakeholders to participate in the development of, implementation, and periodic review and update of the wellness policy. Stakeholders may include:

- Administrator
- Physical education teacher
- Community member/parent
- Medical/health care professional

Nutrition Standards for All Foods

Bader Hillel High is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

Standards and Guidelines for School Meals

Bader Hillel High is committed to ensuring that:

- All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010. The policy should include a link to USDA meal pattern requirements or a list individually.
- All meals are accessible to all students.
- Withholding food as a punishment shall be strictly prohibited.
- Drinking water is available for students during mealtimes.
- When drinking fountains are not present in the cafeteria, water cups/jugs are available.

- All school nutrition program directors, managers, and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

In addition, Bader Hillel High will notify parents of the availability of the breakfast, lunch, and summer food programs and shall be encouraged to determine eligibility for reduced or free meals.

Foods and Beverages Sold Outside of the School Meals Program

- All food and beverages sold to students during before and after school programs shall meet the USDA Smart Snack nutrition standards.
- Fundraising during and outside school hours uses only non-food fundraisers, and BHH encourages those fundraisers promoting physical activity (such as walk-a-thons, jump rope for heart, fun runs, etc.).

Marketing

Bader Hillel High restricts food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.

Foods Provided but Not Sold

BHH encourages foods offered on the school campus to meet or exceed the USDA Smart Snacks in School nutrition standards, including those provided at celebrations and parties and classroom snacks brought by staff or family members.

Nutrition Education

Bader Hillel High aims to teach, model, encourage, and support healthy eating by providing nutrition education. The primary goal of nutrition education is to influence students' lifelong eating behaviors. Nutrition education, a component of comprehensive health education, shall be offered every year to all students attending Bader Hillel High.

Nutrition Promotion

Bader Hillel High is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media.

Physical Activity

Bader Hillel High shall provide students with age and grade appropriate opportunities to engage in physical activity.

Physical Education

All BHH high school students are required to receive 1.5 credits of physical education prior to graduation.

Other School-Based Activities that Promote Wellness

Bader Hillel High supports students, staff, and parents' efforts to maintain a healthy lifestyle.

Staff Wellness

Bader Hillel High will implement activities to promote healthy eating and physical activity among school staff, such as educational activities for school staff members on healthy lifestyle behaviors.

Community Engagement

Bader Hillel High shall inform and invite parents to participate in school-sponsored activities throughout the year.

Monitoring and Evaluation

The BHH Wellness Committee shall evaluate compliance with the Wellness Policy at least once every three years. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture.

USDA Non-Discrimination Statement

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

2. fax:

(833) 256-1665 or (202) 690-7442; or

3. email:

program.intake@usda.gov

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