

Bloomington Montessori School Wellness Policy

Bloomington Montessori School believes that good nutrition and regular physical activity are essential to children's health and well-being. Good health contributes significantly to educational success, and BMS is committed to supporting each student's success.

BMS utilizes NutriKids /Six Cents Certification for the creation of balanced, healthy meals in accordance with state and federal guidelines. All USDA nutritional guidelines are followed, with a focus on incorporating fresh fruit and vegetables into daily meals. Additionally, vegetarian options are offered to students.

Physical education and organized activities during recess daily promote wellness and movement to prevent childhood obesity.

A team of parents, teachers, and the Food Service Director will collaborate to continue improving the positive messages conveyed to students about food and physical activity, thereby providing them with a healthy lifestyle.

BMS will maintain a policy prohibiting the inclusion of sodas, candy, or fast food items in sack lunches (see the attached policy provided to parents). BMS also encourages parents to discuss the menu and food choices with their children to provide them with additional education on good nutrition.

BMS will provide healthy alternative snack ideas for parents who bring them for birthday parties or celebrations. (See attached).

- The current BMS School Health Advisory Council includes Quinn McAvoy, Emily Krejci, Cyndi Williams, and McKenzie Holmgren.
- BMS students and families, teachers, staff, board, and members of the community may participate in the creation, implementation, and evaluation of the school's wellness policy, as well as in policy updates.
- School meals meet USDA requirements.
- No food is sold on the school campus during the school day, except for the school meals, which meet USDA requirements.
- Current foods perceived to be healthy by teachers and/or office staff may occasionally be approved for limited offering on birthdays or other special occasions.
- No foods are overtly marketed on the school campus. Staff and others who enter are encouraged to model healthy and sustainable choices when eating or drinking within view of the students.
- Nutrition Education occurs during our Early Childhood class times, when healthy meals and snacks are discussed. Elementary-age students receive nutrition education similarly and additionally cover nutrition topics during the Our Whole Lives unit.
- BMS promotes nutrition throughout our parent handbooks and as a part of our school culture.
- Movement is encouraged throughout the day, as Montessori classrooms incorporate movement into daily work in the room, as well as include daily recess and physical education in the weekly schedule.
- Goals for wellness are included in the benchmarks listed in the BMS learner outcomes.
- Evaluation of the school wellness policy to occur every three years, followed by publication of the results for public view via the school website and newsletter. Evaluation will assess the extent to which this policy aligns with model school wellness policies and also evaluate the progress made in achieving established goals. The evaluation will include the name of the evaluation tool used within the school wellness policy. (Ex. A survey using Survey Monkey or a similar method)

Link to our Nutrition Programs information on our BMS website:
<https://bloomingtonmontessori.org/resources/nutrition-programs/>

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Nutrition Programs

Our genuine concern for your child's development and health is the primary reason behind the BMS nutritional guidelines. As a participant in the National School Lunch Program, BMS serves hot lunches that meet the nutritional requirements of the program, providing 30% of the FDA-recommended daily nutrients. Also, Early Childhood classrooms offer daily healthy snacks. We strive to model lifelong healthy eating habits by limiting refined sugars and encouraging a balance of whole foods, including proteins, whole grains, and fresh fruits and vegetables, and any food brought to school (lunches, classroom celebrations, etc.) should adhere to this model. Please do not bring candy or sugary drinks to school, and use your best judgment for all other items.

Please note we are a NUT-FREE CAMPUS, which includes all peanuts and tree nuts. We ask that parents not send these items to school for lunch or Elementary or After Care snacks.

For more information on the nutritional guidelines we follow, please visit: <https://www.choosemyplate.gov/> or <https://www.fns.usda.gov/nslp/national-school-lunch-program-nslp>.

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