

POLICY #42
BBC WELLNESS POLICY (NSLP)

Effective: 1/22

Revised:

Reviewed:

Bobby Benson Center Wellness Policy

Bobby Benson Center (BBC) is committed to the optimal development of every client. It believes that for clients to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among clients.

In addition, clients who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically. Finally, there is evidence that adequate hydration is associated with better cognitive performance.

This policy outlines the BBC's approach to ensuring environments and opportunities for all clients to practice healthy eating and physical activity behaviors throughout the day while minimizing commercial distractions.

Specifically, this policy establishes goals and procedures to ensure that:

- Clients at BBC have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the BBC facility, in accordance with Federal and state nutrition standards;
- Clients receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Clients have opportunities to be physically active throughout the day
- BBC engages in nutrition and physical activity promotion and other activities that promote client wellness;

- Staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of the center;
- The community is engaged in supporting the work of BBC in creating continuity between BBC and other settings for clients and staff to practice lifelong healthy habits; and
- BBC establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all clients and staff within the organization. Specific measurable goals and outcomes are identified within each section below.

BBC will coordinate the wellness policy with other aspects of BBC's Operations, including the BBC's QA Plan, when appropriate.

NOTE: Will also include any relevant data or statistics from state or local sources supporting the need for establishing and achieving the goals in this policy.]

School Wellness Committee

Committee Role and Membership

BBC will convene a wellness committee (WC) or work within BBC's management team, at least 6 times a year. They will establish goals for and oversee BBC's health and safety policies and programs including: 1.) development, 2.) implementation and, 3.) conduct a periodic review and update of this district-level wellness policy (heretofore referred as "wellness policy").

The WC membership will represent all BBC levels and departments and include (to the extent possible), but not be limited to: Health education teachers; nurses, physician, therapists, administrators, board members; health professionals (e.g., dietitians, doctors, nurses, dentists).

Leadership

The Executive Director or designee(s) will convene the WC and facilitate development of and updates to the wellness policy, and will ensure BBC's compliance with the policy.

Name	Title / Relationship to the School or District	Email address	Role on Committee
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Sione Naeata	Executive Director	snaeata@bobbybenson.org	Assists in the evaluation of the wellness policy implementation
Adney Harris	Operations Manager	aharris@bobbybenson.org	Follow up on implementation of Wellness Policy
Joaquin Alcala	Food Service Manager	jalcala@bobbybenson.org	Implementation of plan and NSLP trainings
Nena Harrington	Dietician	nharrington@bobbybenson.org	Creation of Menu and follow up on Health standards
Jessica Polamino	Registered Nurse	jpalamino@bobbybenson.org	Coordination of Health standards and medical standards
Lucas Matagi	Program Manager/ Shift Leader	lmatagi@bobbybenson.org	Implementation on frontline level of Wellness Policy
Wanda Napeahi	Office Manager	wnapeahi@bobbybenson.org	Employee Health Activities coordinator
Joseph Spurrier	Clinical Director	jspurrier@bobbybenson.org	Coordination of Health Standards to Clinical Standards
Shylah Fuimaono	Accounts Receivable	sfuimaono@bobbybenson.org	Billings and fiscal standards
Elizabeth Nowland	Quality Assurance Coordinator	enowland@bobbybenson.org	Minutes Quality Assurance Consistent Review of goals and outcome

BBC's wellness policy coordinator, will ensure compliance with the policy.

Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

BBC will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to BBC; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the BBC facility, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other BBC-based activities that promote student wellness.

It is recommended that the center uses the [Healthy Schools Program online tools](#) to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation and generate an annual progress report.

This wellness policy and the progress reports can be found at:
www.bobbybenson.org

Recordkeeping

BBC will retain records to document compliance with the requirements of the wellness policy at its main administration building and on its server.

Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the center's Wellness Policy; including an indication of who is involved in the update and methods BBC uses to make stakeholders aware of their ability to participate on the WC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Wellness Policy has been made available to the public.

Annual Notification of Policy

BBC will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. BBC will make this information available via BBC website and/or district-wide communications. BBC will provide as much information as possible about the school nutrition environment. This will include a summary of BBC's events or activities related to wellness policy implementation. Annually, BBC will also publicize the name and contact information of coordinating the committee, as well as information on how the public can get involved with the Center's wellness committee.

Triennial Progress Assessments

At least once every three years, BBC will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of BBC are in compliance with the wellness policy;

- The extent to which BBC's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of BBC's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Joaquin Alcala the Food Service Manager.

The WC, in collaboration will monitor its compliance with this wellness policy.

BBC will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The WC will update or modify the wellness policy based on the results of the Health Index and triennial assessments, community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

Community Involvement, Outreach and Communications

BBC is committed to being responsive to community input, which begins with awareness of the wellness policy. It will actively communicate ways in which representatives of WC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. BBC will also inform parents of the improvements that have been made to meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. BBC will use electronic mechanisms, such as email or displaying notices on BBC's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. BBC will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. It will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

Nutrition

Meals

BBC is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. Its meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

BBC participates in the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and after school snacks programs. BBC also operates additional nutrition-related programs and activities including life skills, recreational activities, cultural activities, educational activities, Physical Education etc.

- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (BBC offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using at least ten of the following marketing and merchandising techniques:
 - Whole fruit options are displayed in attractive bowls or baskets (instead of chafing dishes or hotel pans).
 - Sliced or cut fruit is available.
 - Daily fruit options are displayed in a location in the line of sight and reach of clients.
 - All available vegetable options have been given creative or descriptive names.
 - Daily vegetable options are bundled into all grab-and-go meals available to clients.
 - All staff members, especially those serving, have been trained to politely prompt clients to select and consume the daily vegetable options with their meal.
 - White milk is placed in front of other beverages in all coolers.
 - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
 - A reimbursable meal can be created in any service area available to clients (e.g., salad bars, snack rooms, etc.).
 - Client surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
 - Daily announcements are used to promote and market menu options.

- *Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional.*
- *Center meals are administered by a team of child nutrition professionals.*
- *BBC child nutrition program will accommodate clients with special dietary needs to the extent possible.*
- *clients will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets Healthy Schools Program Gold-level criteria).*
- *clients are served lunch at a reasonable and appropriate time of day.*
- *Lunch will follow the recess period to better support learning and healthy eating.*
- *Participation in Federal child nutrition programs will be promoted among clients and families to help ensure that families know what programs are available in their children's school.*
- *BBC will implement at least one of the following five Farm to School activities (meets Healthy Schools Program Gold-level criteria; mark/circle the four activities BBC plans to do):*
 - *Local and/or regional products are incorporated into the school meal program;*
 - *Messages about agriculture and nutrition are reinforced throughout the learning environment;*
 - *School hosts a school garden;*
 - *School hosts field trips to local farms; and*
 - *School utilizes promotions or special events, such as tastings, that highlight the local/ regional products.]*

Staff Qualifications and Professional Development

All program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all clients throughout the school day* and throughout every school campus* (“school campus” and “school day” are defined in the glossary). BBC will make drinking water available where school meals are served during mealtimes.

Water cups/jugs will be available in the cafeteria if a drinking fountain is not present.

- *All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources and*

containers may include drinking fountains, water jugs, hydration stations, water jets and other methods for delivering drinking water.]

- clients will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

Competitive Foods and Beverages

BBC is committed to ensuring that all foods and beverages available to clients on BBC facility *during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum.

Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits.

A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.foodplanner.healthiergeneration.org.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs will meet or exceed the USDA Smart Snacks nutrition standards.

Celebrations and Rewards

All foods offered on BBC facility will meet or exceed the USDA Smart Snacks in School nutrition standards.

Celebrations and parties

BBC will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and from the [USDA](#).

Snacks brought by parents

BBC will provide a [list of foods and beverages that meet Smart Snacks](#) nutrition standards on the BBC’s website and Orientation Handbook for parents to reference.

Rewards and incentives

BBC will provide staff a [list of alternative ways to reward children](#). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

[Meets Healthy Schools Program Silver-level criteria]

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Clients and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to clients and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, clients and the community.

BBC will promote healthy food and beverage choices for all clients throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using marketing and merchandising techniques; and
- Ensuring 100% of foods and beverages promoted to clients meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that BBC and individual schools may use are available at <http://www.foodplanner.healthiergeneration.org/>.

Nutrition Education

BBC will teach, model, encourage and support healthy eating by all clients. BBC will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide clients with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;

- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Includes nutrition education training for teachers and other staff.

Essential Healthy Eating Topics in Health Education

BBC will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- [The Dietary Guidelines for Americans](#)
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

Food and Beverage Marketing in Schools

BBC is committed to providing an environment that ensures opportunities for all clients to practice healthy eating and physical activity behaviors while minimizing commercial distractions. BBC strives to teach clients how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if clients are subjected to advertising on District property that contains messages inconsistent with the health information BBC is imparting through nutrition education and health promotion efforts. It is the intent of the BBC to protect and promote student's health by not permitting advertising and marketing for foods and beverages and at no time will be sold to clients on the BBC facility.

Food and beverage marketing is defined as advertising and other promotions on the BBC facility. Food and beverage marketing often includes an oral, written, or graphic statements made for promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in compliance with the marketing policy.)
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by BBC.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As BBC reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by BBC wellness policy.

Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of clients' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement; and BBC is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection).

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason. Teachers and other school personnel **will not** use physical activity (e.g., running laps, push ups) as punishment. BBC will provide teachers and other school staff with a [list of ideas](#) for alternative ways to discipline clients.

To the extent practicable, BBC will ensure that its grounds and facilities are safe and that equipment is available to clients to be active. BBC will conduct necessary inspections and repairs.

Physical Education

BBC will provide clients with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help clients develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the "*Essential Physical Activity Topics in Health Education*" subsection). The curriculum will support the essential components of physical education.

All clients will be provided equal opportunity to participate in physical education classes. BBC will make appropriate accommodations to allow for equitable participation for all clients and will adapt physical education classes and equipment as necessary.

BBC physical education program will promote student physical fitness through individualized fitness and activity assessments (via the [Presidential Youth Fitness Program](#) or other appropriate assessment tool) and will use criterion-based reporting for each student.

Essential Physical Activity Topics in Health Education

Health education will be taught to all clients at the BBC. It will include in the health education curriculum some of the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

Classroom Physical Activity Breaks (Elementary and Secondary)

BBC recognizes that clients are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, clients will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. BBC recommends teachers provide short (3-5-minute) physical activity breaks to clients during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

BBC will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

BBC will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the clients whenever feasible.

Before and After School Activities

BBC offers opportunities for clients to participate in physical activity either before and/or after the school day (or both) through a variety of methods. BBC will encourage clients to be physically active before and after school by:

Other Activities that Promote Student Wellness

BBC will integrate wellness activities across the entire setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. BBC will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Departments at BBC are encouraged to coordinate content across curricular areas that promote client health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or BBC’s curriculum experts.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the WC.

All BBC-sponsored events will adhere to the wellness policy guidelines. All BBC-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

Community Partnerships

BBC will develop, enhance and continue relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Family Engagement

BBC will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in BBC-sponsored activities and will receive information about health promotion efforts.

As described in the "Community Involvement, Outreach, and Communications" subsection, BBC will use electronic mechanisms (e.g., email or displaying notices on BBC's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

The WC will have staff that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff.

BBC will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Activities may include Be Better Challenge, Biggest Loser, Health Challenge etc.

BBC promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

BBC also provides free access to the BBC weight room for staff use. The BBC facility also has areas in which the staff can walk safely and BBC offers recreational activities that staff can join alongside the clients.

Professional Learning

When feasible, BBC will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

BBC Campus - areas that are owned or leased by BBC and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport clients, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

Triennial – recurring every three years.