



Local School Wellness Policy

Effective Date: July 1, 2026

Purpose

Bright Imaginations Preparatory Schools believes that healthy learners are better learners. The purpose of this Local School Wellness Policy is to promote lifelong healthy habits by supporting student wellness, good nutrition, physical activity, and a positive school environment that encourages academic success.

This policy complies with the requirements of the Healthy, Hunger-Free Kids Act of 2010 and all applicable USDA and Florida Department of Agriculture and Consumer Services (FDACS) regulations governing schools participating in the National School Lunch Program (NSLP).

Preamble

Bright Imaginations Preparatory Schools recognizes that good nutrition and regular physical activity affect the health and well-being of all students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her/their ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the school meal programs, supporting the development of good eating habits and promoting increased physical activity.

Bright Imaginations Preparatory Schools is committed to creating an environment that promotes and protects the overall well-being of all students and staff. The guidelines listed below encourage a comprehensive wellness approach that is sensitive to both individual and community needs.

Local School Wellness Policy Leadership

Bright Imaginations Preparatory Schools will assemble a representative wellness committee that will meet **bi-annually** to monitor and set goals for the development and implementation of its local school wellness policy. The policy shall be reviewed annually, and an updated copy shall be sent to the Florida Department of Agriculture and Consumer Services when a fundamental change or overhaul is made.

- The Food Program Director / Local School Wellness Policy Coordinator (Logan Libertore) shall ensure overall compliance with the local school wellness policy.
- Parents/guardians, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the public shall be permitted to participate in the development, implementation, and periodic review and update of the local school wellness policy.

Bright Imaginations Preparatory Schools will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity and other school-based activities that promote student wellness such as a review of Smarter Lunchroom tools and techniques.

I. Wellness Goals

Bright Imaginations Preparatory Schools is committed to promoting the health and well-being of every learner through:

- Providing nutritious school meals that meet or exceed USDA nutrition standards.
- Encouraging lifelong healthy eating habits.
- Promoting daily physical activity.
- Integrating nutrition education into the school experience.
- Creating a positive environment that supports physical, emotional, and social wellness.
- Encouraging family and community involvement in school wellness initiatives.

II. Nutrition Promotion

Bright Imaginations Preparatory Schools will:

- Encourage students to make healthy food choices.
- Display nutrition education materials throughout the school.
- Promote fruits, vegetables, whole grains, and low-fat dairy products.
- Use positive messaging regarding healthy eating.
- Encourage students to try new healthy foods.
- Utilize Smarter Lunchroom tools and strategies to promote and reinforce healthy eating in the school environment, ensuring that messages are clear and consistent.
- Increase student awareness of useful nutrition information from brochures, worksheets, handouts and digital content by **20-25%**.
- **Physical Activity**
 - All elementary students will have at least 30 minutes of daily recess. The school will provide space, equipment and an environment conducive to safe and enjoyable play.
 - Students will have an increase in both the number and variety of physical activity opportunities offered to them.
 - Staff will be encouraged to participate in 150 minutes of moderate-intensity aerobic activity (e.g., brisk walking, jogging, swimming) every week. Staff will be informed of the opportunity to participate in physical activity in afterschool programs and community events.
 - Staff will be encouraged to provide short physical activity breaks between lessons or classes, **daily between subjects**, as appropriate.

III. Nutrition Education

Nutrition education will be integrated into classroom instruction whenever appropriate and may include:

- Healthy food choices
- Understanding food groups
- Portion sizes

- Hydration
- Reading nutrition labels (age appropriate)
- Gardening and food science activities
- Connections between nutrition and physical health

Nutrition education will be developmentally appropriate and reinforce healthy behaviors.

1. Students receive nutrition education that is interactive and teaches skills they need to adopt age-appropriate healthy eating behaviors. Classroom lectures, activities and student participation are provided in nutrition and health classes. Classroom written tests (such as multiple choice, essay and fill in the blank) are given in the areas of nutrition. (Example topics include mindful eating, balanced meals, how to read nutrition facts labels).
2. The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.
3. The nutrition benchmarks included in Florida's Physical Education Standards shall be taught as part of the structured and systematic unit of instruction during physical education classes and will be integrated into other subject areas (e.g., math, science) where there is a natural fit.

IV. School Meals

Meals served through the National School Lunch Program will:

- Meet all USDA meal pattern requirements.
- Be prepared and served in compliance with federal and state regulations.
- Be offered in a clean, safe, and welcoming environment.
- Include a variety of fruits and vegetables.
- Offer whole grain-rich products whenever required.
- Limit saturated fat, sodium, and added sugars in accordance with USDA standards.

Students shall have adequate time to eat their meals.

V. Competitive Foods

Any foods or beverages sold during the school day outside of reimbursable school meals shall comply with USDA Smart Snacks in School standards. Fundraisers occurring during the school day will comply with applicable federal and Florida regulations.

- No foods or beverages are currently sold to the students outside of the reimbursable meals. If competitive food/beverages are ever sold in the future, they will meet the competitive food (Smart Snacks in School) standards found at 7 CFR 210.11.

Standards for food and beverages available during the school day that are not sold to students:

- Class parties or celebrations shall be held after the lunch period.
- **Bright Imaginations Preparatory Schools** will limit celebrations that involve food during the school day to no more than one party per class per month.
- The school will provide parents/guardians and staff a list of ideas for healthy celebrations/parties, rewards and fundraising activities.

VI. Physical Activity

Bright Imaginations Preparatory Schools believes physical activity is an important part of every child's development.

Students will have opportunities for physical activity each school day through activities such as:

- Physical Education
- Structured outdoor play
- Classroom movement breaks
- Active learning activities
- Recess

Physical activity will not be withheld as punishment except when necessary for student safety.

VII. Other School-Based Wellness Activities

The school may support wellness through:

- Family wellness events
- Nutrition awareness activities
- Health education
- School gardens
- Community partnerships
- Wellness challenges
- Mental health and social-emotional learning activities

Bright Imaginations Preparatory Schools will integrate wellness activities across the entire school setting. These initiatives will include nutrition, physical activity and other wellness components so that all efforts work towards the same set of goals and objectives used to promote student well-being, optimal development and strong educational outcomes.

General Guidelines

- **Bright Imaginations Preparatory Schools** shall consider the components of the Centers for Disease Control's Whole School, Whole Community, Whole Child (WSCC) model in establishing other school-based activities that promote wellness.
- **Bright Imaginations Preparatory Schools** shall be in compliance with drug, alcohol and tobacco-free policies.

Eating Environment

- Students will be provided an adequate amount of time to consume their meal with a minimum of 20 minutes after receiving their food from the line.
- Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.

Recycling

- **Bright Imaginations Preparatory Schools** shall maximize the reduction of waste by recycling, reusing, composting and purchasing recycled products.

Employee Wellness

- **Bright Imaginations Preparatory Schools** wellness committee will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and distributes wellness resources

and performs other functions that support staff wellness in coordination with human resources staff.

- All staff will be provided with opportunities to participate in physical activities and healthy eating programs that are accessible and free or low-cost.

Health Services

- A coordinated program of accessible health services shall be provided to students and staff and shall include, but not be limited to, violence prevention, safety, communicable disease prevention, health screening, including body mass index, community health referrals, immunizations, parenting skills and first aid/CPR training.

Behavior Management

1. **Bright Imaginations Preparatory Schools** is committed to prohibiting the use of food as a reward, unless incorporated into an activity that promotes positive nutrition messages (such as a guest chef or field trip to a farm).
2. Staff will not deny or require physical activity as a means of punishment.
3. **Guidelines for All Foods and Beverages Available During the School Day**

Bright Imaginations Preparatory Schools shall operate and provide food service in accordance with USDA's National School Lunch Program (NSLP) standards and applicable laws and regulations of the state of Florida. The guidelines for reimbursable meals shall not be less restrictive than regulations and guidance issued by USDA.

General Guidelines

- All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
- Reimbursable meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables, while accommodating special dietary needs and ethnic and cultural food preferences.
- To the maximum extent possible, **Bright Imaginations Preparatory Schools** will participate in available federal school meal programs, including the SBP, NSLP, ASSP, AMP, and SFSP.
- Free, potable water will be made available to all students during each meal service.

VIII. Marketing of Foods

Only foods and beverages that meet USDA Smart Snack standards may be marketed to students during the school day.

Fundraising

1. Fundraising efforts will be supportive of healthy eating by complying with all applicable regulations and nutrition standards for competitive foods while also emphasizing the sale of nonfood items.
2. No fundraisers that include the sale of food items will occur until thirty (30) minutes after the conclusion of the last designated meal service period.
3. The board of directors is permitted to grant a special exemption from the standards for competitive foods as specified above for the purpose of conducting infrequent school-sponsored fundraisers, not to exceed the following maximum number of school days per school campus each school year:

- **5 Days**

As applicable, each sponsor shall maintain records documenting the occurrence of any exempted school-sponsored fundraisers to demonstrate compliance with the rule found at FAC 5P-2.002.

4. **Policy for Food and Beverage Marketing**

5. No food or beverage marketing occurs in the program(s). If food/beverage marketing ever does occur, it will meet the competitive food (Smart Snack Standards).

6. **Evaluation and Measurement of the Implementation of the Wellness Policy**

IX. Drinking Water

Free, safe drinking water will be available to students throughout the school day, including during meal service.

Students will be encouraged to drink water regularly.

X. Food Safety

The school will maintain safe food handling practices and comply with all applicable local, state, and federal food safety regulations.

XI. Wellness Leadership

The Executive Director (or designee) shall oversee implementation of this policy.

A School Wellness Committee will periodically review the effectiveness of this policy.

Committee members may include:

- School Administration
- Food Service Staff
- Teachers
- Parents
- Community Members
- School Health Representatives

XII. Public Involvement

Bright Imaginations Preparatory Schools encourages parents, staff, and community members to participate in the development, implementation, review, and update of this policy.

The Local School Wellness Policy shall be made available to the public through the school's website.

XIII. Assessment

The school will periodically assess compliance with this policy.

The assessment may include:

- Progress toward wellness goals
- Compliance with USDA requirements
- Recommendations for improvement

Results may be shared with families and the community.

Bright Imaginations Preparatory Schools' wellness committee will update and make modifications to the wellness policy based on the results of the annual review and triennial assessments and/or as local priorities change, community needs change, wellness goals are met, new health information and

technology emerges and new federal or state guidance or standards are issued. The wellness policy will be assessed as indicated at least every three years following the triennial assessment.

Triennial Progress Assessments

Bright Imaginations Preparatory Schools will assess the local school wellness policy to measure compliance **at least once every three years**. This assessment will measure the implementation of the local school wellness policy, and include:

1. The extent to which **Bright Imaginations Preparatory Schools** is in compliance with the local school wellness policy.
2. The extent to which the local school wellness policy compares to model local school wellness policies; and
3. A description of the progress made in attaining the goals of the local school wellness policy.
4. **Informing the Public**

Bright Imaginations Preparatory Schools will ensure that the wellness policy and most recent triennial assessment are always available to the public. **Bright Imaginations Preparatory Schools** will also actively notify households (as applicable/possible) on an annual basis about any updates made to the wellness policy and the availability of the triennial assessment results, as well as provide information to the community about the school nutrition environment.

1. **Bright Imaginations Preparatory Schools** will ensure the most updated version of the wellness policy and triennial assessments are always available on its website for the public to view.
2. Wellness updates will be provided to students, parents/guardians, and staff, as applicable, in the form of handouts, **Bright Imaginations Preparatory Schools'** website, articles and/or newsletters, to ensure that the community is informed, and that public input is encouraged.
3. As applicable, **Bright Imaginations Preparatory Schools** will provide all parents/guardians with a complete copy of the local school wellness policy at the beginning of the school year.

Community Involvement

Bright Imaginations Preparatory Schools is committed to being responsive to community input, which begins with awareness of the wellness policy. **Bright Imaginations Preparatory Schools** will actively communicate ways in which parents/guardians, students, representatives of the school food authority, school health professionals, staff, representatives from the local agriculture community, food and nutrition professionals and the public can participate in the development, implementation, and annual review of the local school wellness policy through a variety of means, including:

- **Bright Imaginations Preparatory Schools** will consider student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback using surveys and attention will be given to their comments.
- **Bright Imaginations Preparatory Schools** will use electronic mechanisms, such as email or displaying notices on **Bright Imaginations Preparatory Schools'** website, as well as non-electronic mechanisms, such as newsletters to ensure that all parents/guardians are actively notified of any updates to the wellness policy, as well as how to get involved and support the policy.

XIV. Record keeping

Bright Imaginations Preparatory Schools will maintain records documenting compliance with USDA Local School Wellness Policy requirements, including:

- The written wellness policy
- Documentation demonstrating public availability
- Records of policy assessments
- Documentation of policy updates

XV. Policy Review

This policy shall be reviewed periodically and updated as necessary to reflect changes in federal regulations, best practices, and school needs.

Contact Information

Bright Imaginations Preparatory Schools

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