

WELLNESS COMMITTEE
MEETING

FRIDAY, MARCH 20, 2026

BRIDGEWATER ACADEMY

Diet & Nutrition



WELLNESS COMMITTEE MEMBERS

- Dr. Sherry Pinto (Principal)
- Michael Cappola (Board Member)
- Manuel Perry (Food & Nutrition Manager)
- Natalie Prieto (Food & Nutrition/Parent)
- Daryl Rupnik (Student Support)
- Tara McNeil (Website Support)
- Logan Sherry (Phys. Ed. Teacher)
- Alexandra Martinez (World Language Teacher/Parent)
- Callisto McDowell (Student Council President)

B.W.A . WELLNESS COMMITTEE

Meets at least once per year to establish school wellness goals and to oversee school, health and safety policies and programs to including development, implementation, and periodic review and update of the wellness policy.

B.W.A . WELLNESS POLICY

- Policy can be found on the school website
www.bridgewateracademyeagles.com

GOAL #1 NUTRITION PROMOTION

- Nutrition promotion and education positively influences life long eating behaviors by using evidence based techniques, nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages at school. Nutritional promotions will also include marking and advertising nutritious foods and beverages to students which will be most effective when implemented consistently through a multi channel approach by school staff, teachers, parents / legal guardians, students as well as the community.
- Bridgewater Academy will promote healthy food and beverage choices for all students throughout the school campus and will encourage participation in school meals programs, menu suggestions and ideas. This promotion will occur through the use of evidence-based practices and adherence to the policy of 100 percent of foods and beverages promoted to students are meeting the USDA Smart Snack in School nutrition standards

Goal: To Increase Student Participation in ALL School Meal Programs

- **Goal:** To increase student participation by a minimum of 5% in all school meal programs including Breakfast, Lunch and After School by the end of the school year.
- Encourage student participation through taste testing, making meal suggestions based on family recipes and culture.

GOAL #2 NUTRITION EDUCATION

- Bridgewater Academy will teach, model, encourage and support healthy eating by all students. School will provide nutrition education and engage in nutrition promotion that fulfills the following criteria.
 - Encourage the adoption and maintenance of healthy eating behaviors such as acquiring skills for reading food labels and menu planning.
 - Promote a standard based health education program designed to provide students with the knowledge and skills necessary to promote and protect their present health as well as their future health.
 - Promote fruits, vegetables, whole grain products, low fat and fat free dairy products and healthy food preparation methods.
- * Emphasize the importance of caloric balanced diet as well as physical activity.

Smart Goal: Expand Food & Nutrition Into The Classrooms

Goal: By the end of the 2025/2026 school year

GOAL #3 PHYSICAL ACTIVITY

Students should participate in a least 60 minutes of physical activity every day. A substantial percentage of students physical activity can be provided through a comprehensive school physical activity program which includes quality physical education as a foundation: physical activity before, during and after school programs staff involvement, family and community engagement. School may promote opportunities for physical activities via in- school announcements, newsletters, posters, etc. The district is committed to providing these opportunities, and school will ensure that these varied physical activities are in addition to, and not a substitute for Physical Education.

The district encourages the use of physical activity as a reward when feasible. Physical activity during the school day(Including but not limited to, recess, class room physical activity breaks, or physical education.) will not be withheld as punishment for any reason. This doe not include participation on sports teams with specific academic requirements.

Smart Goal : To continue to develop creative programs and ideas encourage student and staff to participate in Physical education and activity.

*Morning Mile encourages all students and staff to participate for a healthy start to their day.

*Hopscotch pad added to the recess deck for exercise encouragement

*BWA Field Days held in the spring

Well maintained soccer and flag football fields

Outside basketball courts

GOAL #4 PHYSICAL EDUCATION

The district will provide students 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 promoted the benefits of a physical activity lifestyle and will help students develop skills to engage in life long healthy habits and incorporate essential health education concepts. The curriculum will support the essential components of physical education.

All students will be provided equal opportunities to participate in physical education classes. The district will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

Smart Goals:

GOAL #5 STAFF HEALTH

BRIDGEWATER ACADEMY WELLNESS POLICY ANNUAL PROGRESS REPORT

Bridgewater has implemented all areas through policy

School Meals

- K-8th grade students will have a minimum 20 minutes to eat lunch after being seated
- All foods and snacks sold during the school day and 30 minutes after dismissal must be Smart Snack approved using the USDA Smart Snack Calculator
- All Snacks served during the After School Program must be Smart Snack approved using the USDA Smart Snack Calculator

New Nutrition Standards

***Added Sugars**

- All breakfast cereal must be 6grams of added sugar or less per 1oz
- Yogurts may not have morethan 12grams of added sugar per 6oz.
 - **Sodium**
- **Breakfast for K-8 Students min. 535 must be implemented by July 1, 2027**
 - **Lunch for K-8 min 1035mg must be implemented by July 1, 2027**

BRIDGEWATER ACADEMY WELLNESS POLICY ANNUAL PROGRESS REPORT

- **Smart Snack standards do not apply to the following situations. Subject to change per district and or school wellness policies**
- Sale of foods or beverages outside of school hours (after hour concessions athletic events, school concerts, dances or on weekends).
- Sale of foods or beverages not intended for on site consumption. (ice cream, pizza hot dogs).
- Sale of food and beverages exclusively to adults.
- Food or beverages for students brought from home.
- Food and beverages donated for class room celebrations
- Food or beverage required for medical emergency situations

BRIDGEWATER ACADEMY WELLNESS POLICY ANNUAL PROGRESS REPORT

*Bridgewater Academy will provide nutrition education to all students based on grade level standards.

Bridgewater will promote physical activity before, during and after school in addition to PE.
Bridgewater Academy will offer a staff wellness program.

BRIDGEWATER ACADEMY TRIENNIAL WELLNESS ASSESSMENT

QUESTIONS OR SUGGESTIONS

- Any question or suggestions please feel free to contact by email. Thank You Manny

perry@bridgewateracademy.org

- School website:

bridgewateracademyeagles.com