

# South Carolina Department of Education

## Local Wellness Policy for Residential Child Care Institutions (RCCIs)



South Carolina Department of Education

School Year 2025-2026

## **Bridgewater Academy Charter**

The wellness policy requirement was established by the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Reauthorization Act of 2004 and further strengthened by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). It requires each LEA participating in the National School Lunch Program and/or School Breakfast Program to develop a wellness policy. This policy incorporates Chapter 10 the Students Health and Fitness Act of 2005, South Carolina Code of Laws, Title 59 Chapter 10 which was developed to promote healthy eating and active living in our schools.

Bridgewater Academy recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. Bridgewater Academy is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular and physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices. Bridgewater Academy will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity and other RCCI-based activities that promote an environment of wellness where children live, learn and play.

### **1. Local wellness policy leadership:**

**USDA requirement:** RCCI must **Establish wellness policy leadership** of one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy. (Remove USDA requirement from your policy.)

**Principal Dr. Sherry Pinto** shall ensure overall compliance with the local school wellness

### **Best practice(s):**

• *Dr. Sherry Pinto the school principal will ensure overall compliance with the LWP.*

\* *Dr. Sherry Pinto will be the wellness champion who engages in wellness activities in schools and the community and will provide leadership to **Bridgewater Academy** wellness committee.*

\* *A wellness committee will be developed for Bridgewater Academy to promote proper nutrition, nutritional education and physical activity as part of their learning experience for all students and staff.*

**Local Wellness Policy Committee:**

- \*DR. Sherry Pinto (Principal)
- \*Manuel Perry (Food & Nutrition Manager)
- \* Natalie Prieto (Food & Nutrition)
- \* Darrell Rupnik (Student Support)
- \*Tara McNeil (Website Support)
- \* Alex Martinez (World Language Teacher, Parent)
- \* Coach Sherry (Phys. Ed. Teacher)
- \* (Student)

**USDA requirement: RCCI must Permit participation** by the public and the school community (including parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators) to participate in the wellness policy process. (remove USDA requirement)

At a minimum, Bridgewater Academy will develop a LWP committee that will include to the extent possible parents, students, staff, administrator, school board, PE teacher and a health professional where applicable on the LWP committee. The committee will meet at least (once per year) to set goals for the development and implementation of its LWP. Bridgewater Academy will share information with the public via newsletter, school's website, or local newspaper as to how they can become involved with the development, implementation, and evaluation of the LWP.

**Best practices:**

- Bridgewater Academy will share LWP information with the public via school's newsletter, school's website, or at a community meeting.
- The LWP for Bridgewater Academy will contain contact information of the person providing leadership to the LWP committee on the school's website.

**2. Nutrition Guidelines for Food and Beverage Available on School Campus During the**

## School Day

**USDA Requirement:** *RCCI must develop Nutrition guidelines for all foods and beverages* available for sale on the school campus during the school day that are consistent with Federal regulations for: School meal nutrition standards, and the - *Smart Snacks in School* nutrition standards. (Remove USDA requirement from your policy).

## School Meals

(**Bridgewater Academy**) will participate in USDA child nutrition programs through the National School Lunch Program (NSLP) and the School Breakfast Program (SBP) and are committed to offering school meals that:

- are accessible to all students
- 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
  - are healthy 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).
  - Meet the nutrition needs of school children within their calorie requirements.
- 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.

Students in grades Pre-K through 8th grade will be provided a minimum of 20 minutes to consume lunch after they have received their food.

Schools will not use foods or beverages as rewards for academic performance or good behavior. Additionally, schools will not withhold food or beverages as punishment. Teachers are provided with a list of alternative ideas for behavior management.

## Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The district will make drinking water available where school meals are served during mealtimes.

**\*Updated Water Fountains have been installed in both hallways. These water fountains have filtered water and capable of filling water bottles for students.**

## Food Sold on Campus:

All foods that meet the USDA Smart Snack Standards may be sold at fundraisers on the school campus during school hours. Foods and beverages sold outside of the school meal programs will meet the USDA Smart Snacks in School nutrition standards, at a minimum

Bridgewater Academy will ensure that all foods and beverages sold on campus during

the school day will meet Smart Snacks in school nutrition Standards unless it is one of the state's

allowed exempt fundraisers located at <https://ed.sc.gov/newsroom/school-district-memoranda-archive/smart-snacks-and-exempt-fundraisers/smart-snacks-and-exempt-fundraisers/>

### **Food served, but not sold on campus**

All foods served, but not sold do not have to meet the Smart Snacks in school standards, but healthy items are encouraged

### **School Meals**

Bridgewater Academy will participate in USDA child nutrition programs through the National School Lunch Program (NSLP) and the School Breakfast Program (SBP) and are committed to offering school meals that meet or exceed current nutrition requirements established by local, state, and federal statutes and regulations.

Students in grades Pre-K to Eighth grade will be provided a minimum of 20 minutes to consume lunch after they have received their food.

Schools will not use foods or beverages as rewards for academic performance or good behavior. Additionally, schools will not withhold food or beverages as punishment. Teachers will be provided with a list of alternative ideas for behavior management.

### **4. Nutrition Education**

*USDA Requirement: At a minimum, policies are required to include specific goals for **nutrition promotion** that promote student wellness. LEAs are required to review and **consider evidence-based strategies** in determining these goals.*

Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition education and promotion will teach, model, encourage, and support healthy eating by all students. Nutrition education will be provided that fulfills the following criteria:

- fosters the adoption and maintenance of healthy eating behaviors such as acquiring skills for reading food labels and menu planning
- is part of a sequential comprehensive standards-based health education program designed to provide students with the knowledge and skills necessary to promote and protect their health

- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods.
- Includes nutrition education training for teachers and other staff
- Teaches media literacy with an emphasis on food and beverage marketing

### Best Practices

- \* Menu planning will involve students and staff via Student Council meetings.
- \* Posted Signage to promote healthy choices to include “My Plate” and “Offer vs Serve” signage posted in cafeteria and hallway bulletin boards.
- \* Students are educated to make healthy choices and take the min. foods required for a complete reimbursable meal.
- \* Most recent USDA survey results and USDA scores will be posted in the cafeteria for public knowledge
- \* 7 Cent menu software used for menu planning
- \* Member of the 5210 SC campaign 2024. 5210 South Carolina is a state wide campaign to create positive health outcomes for the children of South Carolina and those around them. The campaign encourages five fruits and vegetables, less than 2 hours of recreational screen time, 1 hour of physical activity and zero sugary drinks each day. The 5210 initiative is lead by the South Carolina Supplement Nutrition Assistance Program-Education (SNAP-ED) in partnership with the state Nutrition Coalition.

### Best Practices made into specific goals:

- All Food & Nutrition staff will continue with nutrition education by enrolling in the SCDE “Food for Thought” educational website within 90 days.
- All Food & Nutrition staff will be “Serve Safe” certified within 90 days or enrolled in the next available class.
- Food & Nutrition Director will be recertified with Serv Safe in June of 2026
- Food @ Nutrition Director will take “Healthy E Pro” course in SCDE Food for Thought and consider changing from “7cent” to “Health E Pro” by the beginning of school year 2025./2026.
- \* Will participate in 5210 South Carolina.

## 5. Nutrition Promotion

**USDA Requirements** : At a minimum, policies are required to include specific goals for **nutrition education** that promote student wellness. LEAs are required to review and **consider evidence-based strategies** in determining these goals. (remove USDA requirement).

Nutrition promotion and education positively influence lifelong eating behaviors  
Nutrition promotion activities will support healthy eating and activity living throughout the campus using multiple mechanisms:

- Students and staff will receive consistent nutrition messages throughout classrooms, gymnasiums, and the dining hall.
- Nutritious foods and beverages will be promoted to students through a comprehensive and multi-channel approach by school staff, teachers, parents, legal guardians, students, and the community.
- School announcements, newsletters and website postings will promote healthy food and beverage choices.
- Evidence-based techniques and nutrition messages to create food environments that encourage healthy nutrition choices and promote participation in school meal programs.
- Follow the USDA Professional Standards for State and Local Nutrition Programs to ensure professional development in the area of food and nutrition is provided for all food service employees, including directors, managers, and staff.

When feasible, the district will offer annual professional learning opportunities and resources for non-food services staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

## 6 Food and Beverage Marketing

### USDA Requirement:

*The food and beverage marketing rule requires local school wellness policies to establish minimum standards for food and beverage marketing restrictions. State agencies and RCCIs may choose to adopt more stringent policies for food and beverage marketing. This standard does not impact personal clothing, or items, packaging or products brought from home or classroom materials used for educational purposes.*

### The food and beverage marketing

Bridgewater Academy is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. It is the intent of Bridgewater Academy to promote student's

health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the district's wellness policy.

\*Any foods and beverages marketed or promoted to students on school campuses during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

\*These standards do not apply to marketing that occurs at events outside of school hours such as after school sporting events, or any other events, including school fundraisers. These standards do not apply to students' resident where they reside after the end of the school day.

- \*Grandparents Breakfast
- \*Thanksgiving Luncheon
- \*Christmas Luncheon
- \*Traditions Around The World

## **7 Physical Education and Physical Activity**

**USDA Requirement:** *USDA Requirement: At a minimum, policies are required to include specific goals for **physical activity**, that promote student wellness. LEAs are required to review and **consider evidence-based strategies** in determining these goals. (remove USDA requirement).*

### Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. Bridgewater Academy will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education. Bridgewater Academy ...

- Requires that all students receive education on the benefits of physical activity in conjunction with health (including nutrition) education.
- Encourages the use of physical activity as a reward when feasible.
- Prohibits the use or withholding of physical activity (including but not limited to recess, classroom physical activity breaks, or physical education) as a punishment during the school day. The district will provide [resources](#) and training to school staff on appropriate ways to discipline students.

\*Offers classroom physical activity in addition to physical education and recess and at all school levels (elementary, middle and high school).

\*Offers recess in kindergarten through 12th grade and although these physical activity periods may not always be called recess in secondary schools, they serve the same purpose to provide student-selected opportunities to engage in physical activity and take a break from academic work during the school day.

\*Ensures that all elementary schools will offer 20 or more minutes of recess on all days during the school year, which will complement, not substitute for, physical education class.

### **Best Practices:**

- Morning Mile encourages all students and staff to participate for a healthy start to their day.
- Hopscotch pad has been painted on the recess deck for exercise encouragement
- Well maintained soccer / flag football field
- Outside Basketball Courts
- Outdoor parachute shade has been installed to encourage students to play outside and out

- of direct sunlight.
- Bridgewater Academy will promote opportunities for physical activity via school announcements, newsletters, posters, etc.

## Physical education

Bridgewater Academy will ensure that:

- All elementary students receive 90 minutes per week of movement instruction throughout the school year.
- PE classes are based upon age-appropriate, sequential physical education curricula that are consistent with national and state standards, promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits.

## **8 Update and Inform the Public**

**USDA Requirement:** must make available to the public: Wellness Policy; Information and updates to and about the Wellness Policy, on an annual basis, at a minimum; Annual Progress Report; and Triennial Assessment.

Annually, Bridgewater Academy notifies the public about the content and implementation of the wellness policy and shares any updates to the policy to include but not limited to the following:

- Its content, updates, effective dates of changes, and school-level implementation status
- Explanation of why updates were made, who was involved, and how stakeholders were made aware of their ability to participate
- The names and contact information of the RCCI officials leading and coordinating the LWP.
- Details on how the public can get involved with the LWP Committee.
- Information about LWP meetings, including dates, times, locations, agendas, and meeting minutes.
- 9/9/25 Grandparents breakfast. All grandparents were invited to join their grandchildren for breakfast. Big Turnout !!!
- 9/9/25 Title 1 Parent Night 5:30- 7:30 pm.
- 9/12/25 Parent/ Teacher conferences. 12:00-3:00 pm
- 9/17/25 Family Fun Night. Carnival Night. Fun & Fun

## **9 Evaluation/Record Keeping**

**USDA Requirement:** USDA requires an assessment of the wellness policy to be conducted every 3 years, at a minimum.

Every three years, the district assesses its compliance with the policy, how it compares to model wellness policies published by state and federal agencies, and the district's progress in attaining the goals of the policy. The results of this assessment will be made available to the public to showcase the wellness efforts being made by the district and how each school is in compliance with the wellness policy. Following this assessment, the district will update or modify the policy as necessary and share these changes with the

public.

### Record Keeping

Bridgewater Academy will maintain records to document compliance with the requirements of the wellness policy. In order to be compliant with the USDA final rule, the district will retain records to document the presence of and compliance with the LWP, including but not limited to:

- the written wellness policy and the current and previous board approved LWP
- documentation demonstrating that the policy has been made available to the public
- documentation of efforts to review and update the LWP, including who was involved and how the district made stakeholders aware of their ability to participate (e.g., copy of meeting notice posted on the district website)
- documentation to demonstrate compliance with the annual public notification requirements
- the most recent assessment on the implementation of the wellness policy (documentation of the most recent district- and school-level assessments of implementation)
- documentation demonstrating the most recent assessment on the implementation of the wellness policy has been made available to the public.

### 10 Other school-based activity that promotes wellness

**USDA Requirement:** *At a minimum, policies are required to include specific goals **other school-based activities** that promote student wellness. LEAs are required to review and **consider evidence-based strategies** in determining these goals.*

**Option:** *Other activities that promote student wellness*

Bridgewater Academy will integrate wellness activities across the entire school setting and integrate activities in the community to include:

- integrate health and wellness into other curriculum areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the district's curriculum specialists.
- develop and enhance relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators) 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.
- Develop a staff wellness committee that focuses on staff wellness issues, identifies, and disseminates wellness resources, and performs other functions that support staff wellness.
- Follow the USDA Professional Standards for State and Local Nutrition Programs to ensure professional development in the area of food and nutrition is provided for all food service employees, including directors, managers, and staff.

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