



BBCPS Wellness Plan 2026

I. FAMILY AND COMMUNITY ENGAGEMENT

The Benjamin Banneker Charter Public School Wellness Policy will be published each year in the Student and Family Handbook and on the Benjamin Banneker Charter Public School website. The Policy will be subject to review by the Benjamin Banneker Charter Public School Committee. At least once per year BBCPS will notify families of opportunities for community support and healthy options. Opportunities for community collaboration regarding social emotional health and nutrition will be actively sought as is appropriate.

II. NUTRITIONAL QUALITY OF FOODS AND BEVERAGES SOLD AND SERVED ON CAMPUS

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations including the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10 or 220.8, as applicable; and
- Offer a variety of fruits and vegetables.

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, Benjamin Banneker Charter Public School will:

- Operate the School Breakfast Program;
- Arrange bus schedules and utilize methods to serve school breakfasts that encourage participation;
- Provide breakfasts to late arriving students to ensure they have the opportunity to eat despite missing the scheduled breakfast window; and
- Notify parents and students of the availability of the School Breakfast Program.

Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health in accordance with snack guidelines provided via the National School Lunch Program.

Mealtimes

Banneker will provide at least 20 minutes for mealtimes across all grades for both breakfast and lunch.

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Availability of Water

Free, drinkable water is available to all students in the cafeteria through water fountains and water-filling stations. Staff supervising students during meals ensure that students have access to water throughout the meal period. In addition, free, drinkable water is available to students throughout the school day at school water fountains and in classrooms, where water bubblers are provided. School water is tested every three years, or more frequently as needed.

Meal Participation

Banneker's goal is to ensure that all students who would benefit from free meals are able to participate in the school breakfast and lunch programs. We believe that regular access to healthy, nutritious meals supports students' academic success as well as their personal growth and development. To support this goal, the school will evaluate and enhance student participation by actively engaging students in the selection of nutrition vendors to ensure meals align with student preferences and include culturally relevant, locally sourced, and minimally processed foods. In addition, the school will seek ongoing feedback from parents and guardians throughout the year to continuously improve program quality and participation.

Free and Reduced-Priced Meals

Banneker is a Community Eligibility Program (CEP) school and provides free meals to all students. Therefore Banneker does not require the completion of free or reduced-priced meal applications. That said, if applications are ever required to be completed by families Banneker will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

Sale of Individual Food and Beverage Items

Foods and beverages will not be sold individually or outside of the school's reimbursable breakfast, lunch, or snack programs, except in the case of approved school-based fundraisers.

Fundraising food sales (e.g., bake sales to support student activities or trips) will occur in moderation and with consideration for nutritional quality. When foods sold do not meet healthy nutrition standards, the school will ensure that such sales do not compete with or undermine existing school nutrition programs, including breakfast, lunch, or snack service. All fundraising activities will align with guidelines set forth in the USDA's Final Rule.

Nutrition Standards

for All Food Sold in School (i.e. Smart Snack) standards (<https://www.fns.usda.gov/tn/guide-smart-snacks-school>) apply to all snacks sold unless those snacks are packaged to be consumed after school hours. Schools are advised not to sell caffeinated beverages (i.e. coffee, soft drinks, energy drinks, etc.). The school will also make every effort to ensure that such fundraisers are appropriately spaced in terms of the school calendar to support students in making healthy choices.

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Food-Based Student Celebrations

On occasion, non-nutritious food items may be permitted at school to support student culture and community during school-based celebrations (e.g., end-of-year classroom celebrations or student birthdays). In all cases, every effort will be made to include healthy options, such as fruit. When celebrations include less nutritious foods, the school will ensure that such events are appropriately limited and spaced throughout the school year to promote moderation (e.g., consolidating student birthday celebrations into a single monthly event). All celebrations involving food will occur after the standard lunch period to ensure students have access to a nutritious meal that meets federal nutrition standards. Whenever feasible, the school will prioritize non-food rewards, such as additional recess or physical activity time, in place of food-based celebrations. The use of food as a reward or the withholding of food as a form of punishment is strictly prohibited.

III. NUTRITION AND PHYSICAL ACTIVITY PROMOTION

Benjamin Banneker Charter Public School's goals are to teach, encourage, and support students' healthy eating by providing health education as part of the physical education and/or character education curriculum. Health education topics will include:

- Equipping students with the knowledge and skills necessary to promote and protect their health; Promoting fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices; utilizing posters
- Emphasizing caloric balance between food intake and energy expenditure (physical activity/exercise).
- Support students in focusing on their own personal fitness and developing active lifestyle habits.
- Participating in garden classes in collaboration with a community organization for hands-on learning about the food system
- A staff gym and support and encouragement of staff through our policies documented in the BBCPS Staff Handbook.

Food Marketing in Schools

Benjamin Banneker Charter Public School will limit food and beverage marketing to the promotion of foods and beverages served through the school's breakfast and lunch programs. Any other food item marketed must meet Smart Snack nutrition standards and/or [Massachusetts Nutrition Standards for Competitive Foods and Beverages in Public Schools](#),



IV. PHYSICAL ACTIVITY OPPORTUNITIES AND PHYSICAL EDUCATION CURRICULAR PROGRAMS

Elementary school students will:

- Engage in regular, moderate to vigorous physical activity through Physical Education and taught once per week;
- Be provided with 20 minutes per day of supervised recess, preferably outdoors; during this time, schools will encourage moderate to vigorous physical activity, both verbally and through the provision of space and equipment;
- Have the opportunity to learn a comprehensive physical education curriculum that is aligned to state physical education standards through Physical Education classes taught by highly qualified physical education teachers;
- Engage in nutrition education that supports student healthy eating and lifestyle choices. A goal is to incorporate food system education into the curriculum at all grade levels and into all courses, including science, social studies, literacy, language arts, math, health and in the cafeteria, school gardens and broader community, whenever possible, to promote lifelong healthy eating habits.
- The BBCPS SEL Taskforce coordinates and utilizes data to monitor, implement, educate using evidence based curriculum and support SEL across the school.

The physical education teacher will be provided with opportunities for professional development to improve their practice.

- Banneker will not allow for wholesale exemptions from PE classes except in instances where required by a student's individualized education plan. Physical limitations or other needs may result in modifications to PE class participation, but students will still be required to attend and participate in ways they are able to ensure they maintain access to learning the PE standards.

Punishment and Physical Activity

Schools are not allowed to utilize physical activity as a form of punishment or consequence for poor behavior in class or in other parts of the school facility. Additionally, schools may not remove students from accessing physical education classes as a form of punishment.

Community Use of Athletic Spaces

Schools are encouraged to make their gyms, fields, and other athletic facilities available to community use to promote healthy lifestyles for community members overall. Schools should develop partnerships with community organizations to schedule opportunities for community use of spaces.

Monitoring and Policy Review

Posting of Wellness Policy, review every 3 years.

This wellness policy shall be included in BBCPS's Student & Family Handbook as well as posted separately to the school's website.

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Monitoring

Banneker's Director or their designee will ensure compliance with established nutrition and physical activity wellness policies. The Director or their designee will facilitate regular review of the Wellness Policy through the Banneker's Schools Wellness Committee and will also conduct a quantitative assessment of policy implementation every three years using the Wellness School Assessment Tool – Practice (WellSAT Practice) and update policy goals.

A copy of the triennial progress report will be posted on the district website along with the Wellness Policy.

Wellness Committee Membership

The school will establish a Wellness Committee composed of a diverse group of stakeholders, which may include parents, students, staff responsible for the nutrition program, physical education teacher, school nurse, school administrators, members of the Board, and other members of the general public.

Wellness Committee Meeting

The Wellness Committee will meet as necessary (at least 4 times per year) to evaluate the implementation of the Wellness Policy or to review and update the Wellness Policy. The Wellness Committee is active and ongoing. Meeting minutes will be posted to the website.

Training Requirements for Nutrition Staff

Benjamin Banneker Charter Public School staff overseeing the nutrition program will meet all training requirements as set forth in the USDA.

Professional Standards for State and Local Nutrition Programs to ensure that professional development in the area of food and nutrition is provided for food service directors, managers, and staff. Each year new and current food service directors must have at least 12 hours; new and current managers must have at least 10 hours; new and current staff must have at least 6 hours. All training will meet the USDA standards.

USDA Nondiscrimination Statement

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Mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

Fax:

(833) 256-1665 or (202) 690-7442; or

Email:

program.intake@usda.gov

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