Brentwood School District School Wellness Meeting 2025-26

Presenter: Director of Police and Security, Jeremy R. Bogdanski

https://go.boarddocs.com/pa/bren/Board.nsf/Public#

What is the Wellness Policy Assessment?

Background:

Federal regulations require local education agencies (LEAs) participating in the National School Lunch Program to complete an assessment of their local school wellness policy at least once every three years and make the results available to the public.

This triennial assessment must measure the implementation of the local school wellness policy and include:

- The extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy;
- The extent to which the LEA's local school wellness policy compares to model local school wellness policies; and
- A description of the progress made in attaining the goals of the local school wellness policy.

LEAs may use a variety of methods to assess compliance and determine progress of their goals and objectives. Action planning documents that contain timelines, goals, and key tasks may assist in assessing changes over time.

Meeting Agenda

Brentwood School Wellness Meeting

Agenda School Wellness Meeting
05/27/2026

I. Policy 246- School Wellness
   a. Reviewed 05/27/2026
   b. Required by Federal Law

I. Requirements
   a. Members of the School Health Council
   b. Nutrition Education
   c. Nutrition Promotion
   d. Physical Activity
   e. Physical Education
   f. Nutrition Guidelines for All Food/Beverages
   g. Non-sold Competitive Foods
   h. Management of Food Allergies

I. Recordkeeping/Assessment Requirements
   a. Documentation to support public notification annually of policy 246.
   b. Documentation of efforts to review and update the policy 246.
   c. Documentation of most recent assessment and notification of assessment results

Introduction of Members & Attendees

Thank you for you input

Board Member- Mrs. George
Administrator- Director Jeremy Bogdanski
Food Service Director- Ms. Lily Briggs
MS/HS Nurse- Myon Valentino
District Parent- Mrs. Dana Barker
Student- Tyler Barker
District Physician- Dr. Howard Pittle
Meeting Minutes Taker: Mrs. Kate Klein

Possible Attendees:
HS Principal: Dr. Jason Olexa
MS Principal: Mr. Dave Radcliffe
Elroy Principal: Mrs. Jen Zunic
Moore Principal: Dr. Bonnie Betler
District Nurses
District Gym Teachers

Thank you all for your assistance.

Brentwood Borough School Wellness Policy Building Annual Progress Report

School Name: **Brentwood Middle/High School** **Wellness Contact:** Dr. Amy Burch

The purpose of this tool is to document each school's progress in meeting the expectations of the district's wellness policy. Schools will document the steps that have taken or will take place. The items that are completed at the district level should be prefilled to inform all school staff of the implementation status of all goals.

Wellness Policy Language	Fully in place	Partially in place	Not in place	Currently in Place	Options for Expansion
Nutrition Education and Promotion Goals					
1.Teach, encourage, and support healthy eating by students. This will promote student health and student readiness to learn.	X			Students take part in health education programs in accordance with state regulations. Students also take part in physical education and family consumer science.	
2. Nutrition education will be provided within the comprehensive health education program in accordance with State Bd of Ed. curriculum and academic standards for Health, Safety, PE & Family Consumer Science.	X			Staff is teaching nutrition education to grades 6-12 in health and food classes.	
3. Nutrition education shall provide students with the knowledge and skills needed to lead healthy lives.	X			Staff educates students with information to make smarter, healthier choices.	
4. Staff responsible for providing nutrition education shall be trained and shall participate in appropriate professional development.		X		The district does employ certified staff in Health Education.	Additional professional development is always a great addition to the district.
5. Nutrition curriculum shall be behavior-focused skills, may take place in the various learning laboratories, and be age appropriate.	X			Grade level appropriate K-12. **Course options 9-12:** Food & Nutrition I and II Career Planning & Life Management **Required Course:** Health & Wellness 10-12 **Required courses 6-8:** Teen living 6th Teen Living 7th Health Cooking labs and classroom knowledge **K-5** Included with PE course (1 day a week)	

Wellness Policy Language	Fully in place	Partially in place	Not in place	Currently in Place	Options for Expansion
Nutrition Program					
1. Nutrition program will create food environments that encourage healthy nutrition choices and participation in school meal programs.	X			Take Nutrition Global, Freaky Foods, and Featured Faves at the secondary level are special days to create excitement over new and nutritious recipes	
2. Staff will cooperate with agencies and community organizations to provide opportunities for student projects related to nutrition.	X			We participate in NSLW and NSBW. We partner with Monteverde's Produce & Happy Valley Meats to conduct Farm to Fork events twice a year	
3. Consistent nutrition messages will be disseminated and displayed throughout the district, schools, classrooms, etc.	X			There are multiple posting locations throughout the district promoting healthy eating.	
4. District schools will offer resources about health and nutrition to encourage parents and guardians to provide healthy meals.	X			The food service department page on the district website has resources for parents on how to get healthy food throughout the year, we also conduct a Parent Advisory Council meeting once a year with a group of parents to discuss the nutrition program & further provide resources	

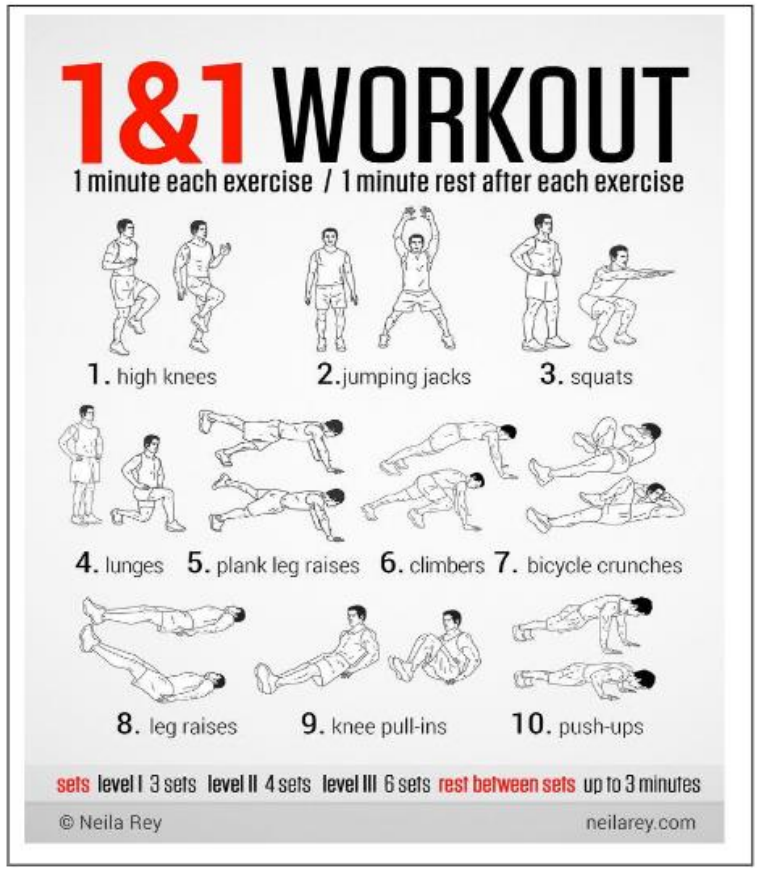
Wellness Policy Language	Fully in place	Partially in place	Not in place	Currently in Place	Options for Expansion
Physical Activity/Education					
1. Age-appropriate physical activity opportunities shall be provided to meet the needs and interests of all students.	X			Students grades K-12 MUST participate in Physical Education class every year. Which is aligned with state regulations.	
2. District shall partner with parents/guardians and community members and organizations to institute programs that support lifelong physical activity.		X			
3. Physical education curriculum with Health, Safety, and Physical Education academic standards shall be developed and implemented. All students must participate in physical education. Physical activity shall not be used or withheld solely as a form of punishment.	X			**Students in grades K-5: Physical** Education is required by all students. 40 min. 2 days a week all year **Students in grades 6-8:** Physical education is required by all students. 42 min. 2-3 days a week all year. **Students in grades 9-12**: Can choose between competitive sports or fitness, weightlifting, nutrition. Physical education is required by all students: 42 min. 1 semester every day or lab students-3 days a week all year.	
4. Appropriate professional development shall be provided for physical education staff.	X			Professional development is available to staff.	
Wellness Policy Language	**Fully in place**	**Partially in place**	**Not in place**	**Currently in Place**	**Options for Expansion**
Other School Based Goals					
1. Nutrition professionals who are following federal regulations shall administer the school meals program. Professional development shall be provided to the staff as required by federal regulations.	X			Food service staff receive the mandated professional development training hours that are required.	
2. All food and beverages provided through the National School Lunch program shall comply with federal nutrition standards.	X			All food meets or exceeds the federal nutrition standards.	
3. Competitive foods shall meet or exceed the established federal nutrition standards (USD Smart Snacks in Schools).	X			All a la carte items are smart snack compliant.	
4. Non-competitive foods include but are not limited to rewards/incentives, classroom parties, classroom snacks shall meet or exceed the standards set forth in this policy.	X			A no-food policy is in place by the district	
5. The district will work to reduce the likelihood of severe allergies, implement an immediate response procedure, and protect the rights of students by implementing accommodations when required.	X			District wide staff is required to complete Allergy Ready training online, print certificate, and demo EpiPen administration to nurse. Posters and warnings are posted. The medical plan of care form is posted on the district website and used by DFN to ensure students with allergies are properly documented for the food service staff	

Example of a Lesson Plan on Health and Nutrition Unit: MS

Objective: **Physical Education**

1. Complete 90 minutes of physical activity during the week
2. Perform in activities that work out muscular strength, endurance, flexibility, extra curricular activities
3. Complete the Workout Wednesday activity

Workout Wednesday



Example of a Lesson Plan on Health and Nutrition Unit: HS

2-9-26 – 2/13/26

IF YOU DID NOT COMPLETE ALL 6 MODULES FINISH

Vaping Modules in Everfi

IN CLASS: Kahoot

Healthful Eating Unit

- "Healthful Eating Vocabulary" words for the unit. STUDY these words for a TEST at next week.
- "MyPlate Pic". Be able to list all the 5 parts in the right section on the plate.
- Watch "MyPlate Food Guide"
- Read through the "Learn About Calories Document" and know the basic facts for a quiz.
- Take the "Calories & MyPlate Food Review Quiz". Submit for a grade in Canvas & Skyward
- STUDY VOCAB words for a TEST on Tuesday.
- 6 Basic Nutrients PowerPoint slides.

- Fitness Friday

Week 4 - 2/16 - 2/20

Health & Wellness

2/16 - 2/20

- Complete Healthful eating vocab quiz
- Read What is Cholesterol word doc.
- Complete Name the Nutrient - 15 points
- Food Labels word doc.
- New Label review

- Complete Breakfast, Food Label, and Cholesterol review quiz - 7 points

- Sugary Drinks 1
- Sugary Drinks 2
- Health Risks of Sugary Drinks

- Calories & Fat
- Complete the **Healthful Eating Unit Quiz**

- **Complete** the My Support Map assignment
- PowerPoint slides Relationships Intro

Physical Activity Example for High School

Lesson Title:

Multi-Sport Fitness & Skill Circuit

Grade Level:

9–12

Duration:

42 minutes

Objective

Students will:

- Participate in a variety of sport and fitness activities
- Improve cardiovascular endurance, coordination, and teamwork
- Demonstrate sportsmanship and effort across multiple activities

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Equipment Needed

- Basketballs
- Footballs
- Volleyballs & net
- Badminton rackets & birdies
- Ping pong paddles & balls
- Cornhole boards & bags
- Exercise bikes
- Cones / pinnies

2. Activity: Multi-Sport Stations (30–40 minutes)

Setup

Divide class into **7 groups** (or fewer with larger groups per station).
Each group starts at a station and rotates every **4–6 minutes**.

Stations

1. Basketball

- Activity: 3v3 on lowered basket or shooting challenges
- Focus: Dribbling, passing, shooting

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2. Football

- Activity: Short passing routes or 2-hand touch mini game
- Focus: Throwing accuracy, catching, movement

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3. Volleyball

- Activity: Bump-set-pass in groups or small-sided game
- Focus: Hand-eye coordination, teamwork

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4. Badminton

- Activity: Singles or doubles rally play
- Focus: Control, placement, reaction time

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5. Ping Pong

- Activity: King/Queen of the table or rally challenge

7. Fitness Station (Choice-Based)

- Walking laps OR
- Exercise bikes (intervals: 30 sec fast / 30 sec easy)
- Focus: Cardiovascular endurance

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3. Cool Down (5–7 minutes)

- Slow walk or light stretching
- Deep breathing

Assessment

- Participation and effort
- Sportsmanship and teamwork
- Dress for activity

Modifications / Differentiation

- Allow students to choose lower-intensity stations when need
- Adjust game rules (ex: no dribbling, shorter distances)
- Pair beginners with experienced students

Brentwood Borough School Wellness Policy Building Annual Progress Report

School Name: Moore & Elroy Elementary **Wellness Contact:** Dr. Bonnie Betler & Mrs. Jen Zunic

The purpose of this tool is to document each school's progress in meeting the expectations of the district's wellness policy. Schools will document the steps that have taken or will take place. The items that are completed at the district level should be prefilled to inform all school staff of the implementation status of all goals.

Wellness Policy Language	Fully in place	Partially in place	Not in place	Currently in Place	Options for Expansion
Nutrition Education and Promotion Goals					
1.Teach, encourage, and support healthy eating by students. This will promote student health and student readiness to learn.	X			Nutrition lessons are in accordance with state standards. Links and Resources provided on Canvas page to promote proper health and nutrition for all students.	
2. Nutrition education will be provided within the comprehensive health education program in accordance with State Bd of Ed. curriculum and academic standards for Health, Safety, PE & Family Consumer Science.	X			Nutrition lessons are in accordance with state standards.	
3. Nutrition education shall provide students with the knowledge and skills needed to lead healthy lives.	X			Students are taught how important nutrition is and how it effects their everyday life. Taught how to incorporate a well-balanced diet.	
4. Staff responsible for providing nutrition education shall be trained and shall participate in appropriate professional development.	X			The district does employ certified staff in Health Education.	
5. Nutrition curriculum shall be behavior-focused skills, may take place in the various learning laboratories, and be age appropriate.	X			Students' health curriculum is grade level appropriate and taught during the regularly scheduled physical education classes.	

Wellness Policy Language	Fully in place	Partially in place	Not in place	Currently in Place	Options for Expansion
Nutrition Program					
1. Nutrition program will create food environments that encourage healthy nutrition choices and participation in school meal programs.	X			Guidelines for the NSLP and NSBP are followed to encourage healthy food and only allow smart snack compliant products. Wellness Wednesdays are also conducted every week	
2. Staff will cooperate with agencies and community organizations to provide opportunities for student projects related to nutrition.	X			Elroy and Moore have an assembly every year for the students presented by the American Heart Association. We also partner with Monteverde's produce to host a build-your-own fruit salad day once a year	
3. Consistent nutrition messages will be disseminated and displayed throughout the district, schools, classrooms, etc.	X			There are multiple locations throughout the schools promoting healthy eating.	
4. District schools will offer resources about health and nutrition to encourage parents and guardians to provide healthy meals.	X			At open houses and throughout the school year information is given out to families about healthy meals provided in school.	Possibly educate/ provide information to parents about what foods should be packed for school lunches to best meet the needs of the developing students.

Wellness Policy Language	Fully in place	Partially in place	Not in place	Currently in Place	Options for Expansion
Physical Activity/Education					
1. Age-appropriate physical activity opportunities shall be provided to meet the needs and interests of all students.	X			All students take part in physical activity adapted to their specific fitness and sport abilities to ensure all students success.	
2. District shall partner with parents/guardians and community members and organizations to institute programs that support lifelong physical activity.		X			1) Possibly reach out to local gym and fitness centers to incorporate different aspects of physical activity into Physical Education Class. (ex. Pilates, Zumba, etc.) 2) Possibly offer "Family Fitness" after school for families to engage in Physical Activity together. 3) Promote Brentwood Athletics by having high school athletes come to elementary buildings to promote sports and fitness
3. Physical education curriculum with Health, Safety, and Physical Education academic standards shall be developed and implemented. All students must participate in physical education. Physical activity shall not be used or withheld solely as a form of punishment.	X			Students at the elementary schools have a total of 80 minutes a week of physical education. These units are aligned with state standards.	
4. Appropriate professional development shall be provided for physical education staff.	X			Professional development is available to staff.	State PSAPHERD Convention
Wellness Policy Language	**Fully in place**	**Partially in place**	**Not in place**	**Currently in Place**	**Options for Expansion**
Other School Based Goals					
1. Nutrition professionals who are following federal regulations shall administer the school meals program. Professional development shall be provided to the staff as required by federal regulations.	X			All staff are trained annually. The training meets or exceeds the federal regulations.	
2. All food and beverages provided through the National School Lunch program shall comply with federal nutrition standards.	X			The food service department follows the NSBP and NSLP regulations.	
3. Competitive foods shall meet or exceed the established federal nutrition standards (USD Smart Snacks in Schools).	X			All food meets or exceeds the federal nutrition standards and are smart snack compliant.	
4. Non-competitive foods include but are not limited to rewards/incentives, classroom parties, classroom snacks shall meet or exceed the standards set forth in this policy.	X			A No Food Policy is in place for elementary classrooms.	
5. The district will work to reduce the likelihood of severe allergies, implement an immediate response procedure, and protect the rights of students by implementing accommodations when required.	X			District wide staff is required to complete Allergy Ready training online, print certificate, and demo EpiPen administration to nurse. Posters and warnings are posted. The medical plan of care form is posted on the district website and used by DFN to ensure students with allergies are properly documented for the food service staff	

Example of Physical Education in Elementary: Lesson Plan

Physical Education - Andrew Ohm
Brentwood Borough School District
Moore Elementary School

Weekly Lesson Plan
Standard(s) Addressed
Differentiated Instruction

PA STATE STANDARDS ADDRESSED:
10.4.3 A Identify and engage in physical activities that promote physical
10.5.6 F Identify and apply game strategies to basic games and physical activities.

SHAPE AMERICA STANDARDS ADDRESSED
Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement concepts.
Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activities and fitness.
Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.
Standard 5: The physically literate individual recognized the value of physical activity for health, enjoyment, challenge, self expression and/or social interaction.

Safety - Students will be reminded of rules and expectations for physical education class

Equipment- 10 Basketballs,

Skills Developed: Fitness, teamwork, spatial awareness,

Health Concept K-5 - Nutrition - Sugary Drinks

Explain in simple terms:

- Our bodies need healthy fuel to grow, think, and play.
- Some drinks have a LOT of sugar, like:
  - Soda
  - Sports drinks
  - Fruit punch

Show a soda and say:

"This can has about 10 teaspoons of sugar!"

(Pour 10 teaspoons of sugar into a cup— Visual)

Grades K-5 (Warm up Routine)
Students will execute the fitness station warm up routine which will be a part of each week's lesson. There will be a total of five fitness stations that work on a different aspect of fitness. At each station students will have the option to choose between a hard or easier exercise (challenge by choice). Students will complete the correct set up and take down procedures with equipment usage. As students complete the fitness stations the teacher will provide feedback to students and encourage them to try their best.

Grades K-5

Thanksgiving Nutrition Relay

Students will work with a partner for this activity. Each partner will begin on one side of a playing area and food cards will be placed face down on the other side of the space. When the activity begins, the pairs will attempt to collect at least two foods from each food group before time is up. Partner A will go and collect one card and return it to the starting spot. Partner B will then take his/her turn.

While the partner is gone, the partner who is waiting will perform a fitness activity based on the food group that he/she brought back the round before (e.g. dairy= jumping jacks, vegetables= push-up planks, fruits= crab kicks, protein= rocket jumps, and grains= knee curl-ups). The students will continue taking turns while attempting to complete the task. If a third food from a food group is selected, it must be returned when the other partner goes back to get a new card. If any pair completes the task, they will replace the food cards and try it again.

Stuff The Turkey
Focus: Underhand toss

Example of Physical Education in Elementary: Lesson Plan

A picture of a turkey will be taped to an empty bucket. Students will use bean bags as the stuffing to try to throw the bean bag into the bucket.

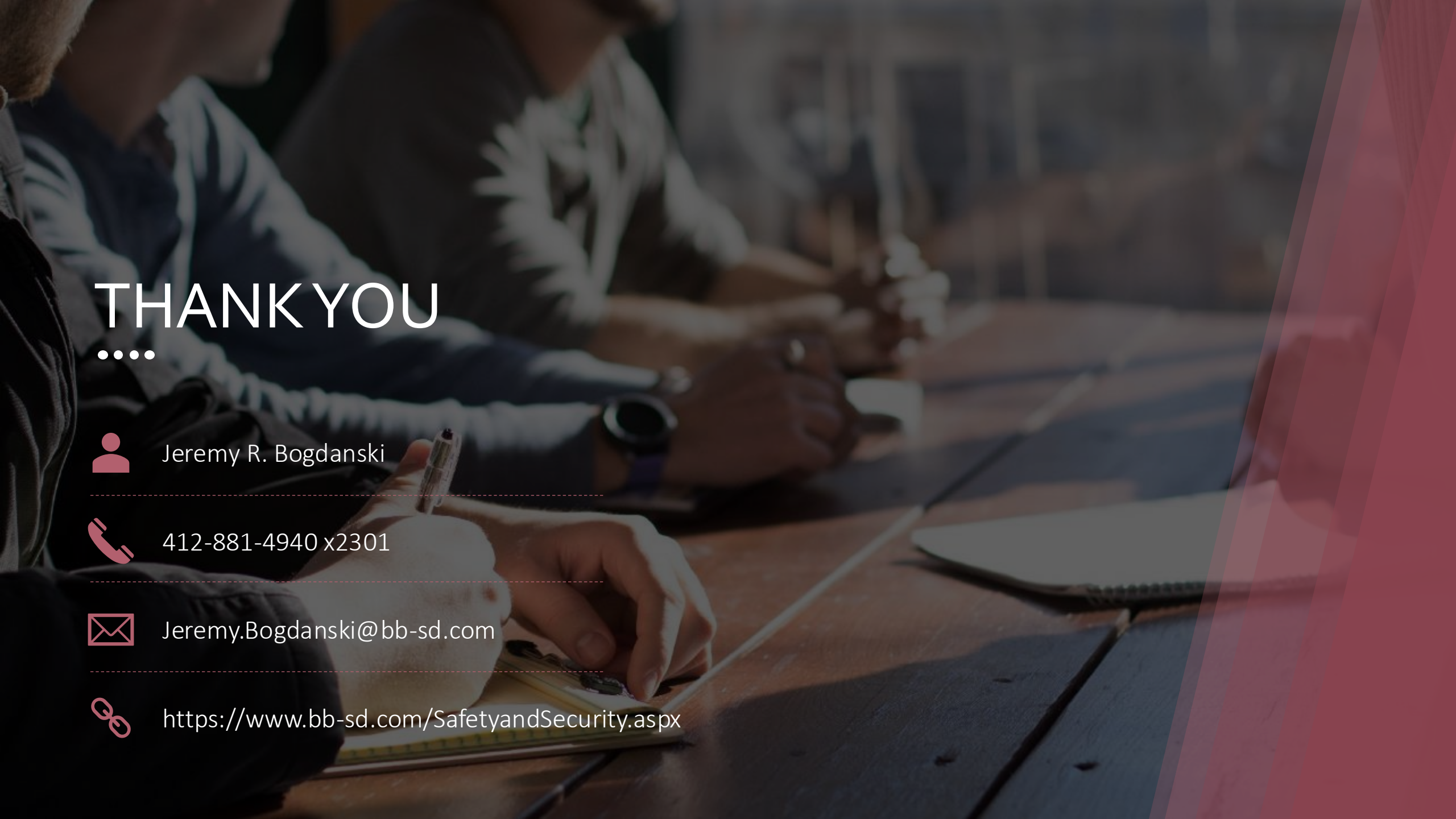
Build a Turkey

Students will be divided into 4 teams and be provided with an abundance of PE Equipment. Students will be challenged to make a turkey using the equipment provided to them. Students will have to retrieve the equipment in relay fashion in order for it to be used. Picture of example below.

- QUESTIONS
- COMMENTS
- CONCERNS

Moving Forward After Meeting

- I will advise Dr. Burch of the completion of the triennial review.
- We will then prepare documentation to notify the community of the review of the policy.
- I can provide anyone with the presentation that requests a copy.
- The meeting minutes will be completed and sent out.
- If you have any questions, recommendations, or concerns regarding the Wellness Policy, please reach out to me at Jeremy.Bogdanski@bb-sd.com.



THANK YOU

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https://www.bb-sd.com/SafetyandSecurity.aspx