THE WELLNESS POLICY

ON NUTRITION AND PHYSICAL ACTIVITY

FOR

THE ELBA CITY

BOARD OF EDUCATION



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**The Elba City Schools’ Wellness Policy**

The Elba City Board of Education is committed to providing a school environment that enhances learning and development of lifelong wellness practices. To meet this goal, the Elba City Board of Education adopts this school wellness policy with the following commitment to nutrition education, physical activity, nutrition guidelines, and other school based activities.

1. **Rational**
2. **Program Administration**
3. **Nutrition and Wellness Policies**
4. School Health Councils
5. Other School Based Activities
6. Nutritional Quality of Foods and Beverages Sold and Served on Campus
7. School Meals
8. Breakfast
9. Free and Reduced-price Meals
10. Meals Times and Scheduling
11. Communications with Parents
12. Qualifications of School Food Service Staff
13. Sharing of Foods and Beverages
14. Foods and Beverages Sold Individually
15. Nutrition Implementation Guidelines
16. Cafeteria and Vending Machines
17. Cafeteria Meals and Ala Carte Meals
18. Snack Standards
19. Nutrient Content
20. Beverages
21. Portion Sizes
22. Fundraising Activities
23. Rewards
24. Nutrition and Physical Activity Promotion
25. Nutrition Education and Promotion
26. Integrating Physical Activity into the Classroom Setting
27. Physical Activity Opportunities and Physical Education
28. Physical Activity Opportunities and Physical Education
29. Physical Activity an Punishment
30. Use of Facilities Outside of School Hours
31. Monitoring and Policy Review
32. Monitoring
33. Policy Review

**Elba City Schools’ Wellness Policies on Physical Activity and Nutrition**

1. **RATIONAL:**

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risks for type 2 diabetes, cardiovascular disease and many other chronic diseases. Schools have a responsibility to help students learn, establish and maintain lifelong healthy eating and activity patterns. Well-planned an effectively implemented school nutrition and fitness programs have been shown to enhance students’ overall health, as well as their behavior an academic achievement in school.

Thus, the Elba City School System is committed to providing school environments that promote and protect children’s health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Elba City School System that:

* The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing school-wide nutrition and physical activity policies.
* All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
* Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans.*
* Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
* Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meals programs, and with related community services.
1. **PROGRAM ADMINISTRATION**

The Elba City Board shall annually approve a free and reduced price meal program as described by the USDA. It is the Elba City Board’s expectation that the teachers shall support the food service program and encourage students to eat a well-balanced meal each day.

The Superintendent and his designated representative shall be responsible for operating an economically sound child nutrition program in accordance with state and federal laws and regulations. The Superintendent shall recommend for appointment the necessary personnel to initiate and maintain a quality child nutrition program. The accounting, financial planning and reporting function of the program shall be coordinated with the central office.

All sanitation standards required by law hall be strictly observed in each local school’s child nutrition program. This shall include, but not limited to, physical examination requirement of employees, preparation procedures, conditions of kitchens and dining areas and maintenance procedures the CNP Director and school principal will share responsibility for the operation and supervision of the school child nutrition program.

1. **NUTRITION AND WELLNESS POLICIES: (To achieve these goals):**
2. **School Health Councils**

The school district and/or individual schools within the district create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. (A school health council may consist of a group of individuals representing the school and community. And should include parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)

**Other School Based Activities:**

Support for the health of all students will be fostered by school nurses, who provide vision and hearing screenings with parental consent, and scoliosis screening at appropriate grad levels with parental consent and/or referrals and help to obtain financial assistance for students who are determined to have a problem. Programs such a hand washing, dental screening, blood pressure screening, and body awareness will be offered to appropriate grades by school nurses. School nurse will also be available to develop health care plans and offer student health education on a one-to-one basis when needed.

1. **Nutritional Quality of Foods and Beverages Sold and Served on Campus**

**School Meals**

Our school district is committed to serving healthy meals to children, 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 of trans fat per serving (nutrition label or manufacturer’s specification”; and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to 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.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), After School Snack Program and the Summer Food Service Program (SFSP). All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

* Are accessible to all students;
* Are appealing and attractive to children;
* Are served in clean and pleasant settings;
* Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
* Offer a variety of fruits and vegetables; all non-fried. Schools are encouraged to serve fresh fruits and vegetables from local farmers when practicable.

In addition, schools will make available the menus, on a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

**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:

* Schools will, to the extent possible, operate the School Breakfast Program.
* Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break or recess.
* Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.

**Free and Reduced-Priced Meals.** Schools 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. Toward this end, schools may utilize electronic identification and payment systems.

**Meal Times and Scheduling.**

Schools:

* Will provide students with at least 15 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
* Should schedule meal periods at appropriate times
* Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
* Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
* Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

**Communications with Parents:** The school will support parents’ efforts to provide a healthy diet and daily physical activity for their children. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages.

**Qualifications of School Food Service Staff.** Qualified nutrition professionals will administer the school meal programs. As part of the school district’s responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility. All food service managers will achieve the Serve Safe certification.

**Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte lines, fundraisers, school stores, etc.)**

Alabama’s Healthy Snack Standards focus on decreasing fat and sugar, increasing nutrient density and moderating portion sizes for snack foods and beverages in school. The Alabama State Department of Education (SDE) requires schools to use these standards to determine what snacks are available at school, including a la carte sales in the cafeteria, vending machines, school stores, fundraisers, classroom parties and other school events. The standards do not apply to reimbursable meals served in the U.S. Department of Agriculture’s (USDA) school nutrition programs, since standards already exist for schools meals. These standards were developed by a statewide committee appointed by the state superintendent.

**Nutrition Implementation Guidelines**

**Schools Settings (Cafeteria and Vending Machines)**

Beginning SY 2015-2016, schools shall provide a consistent environment that is conducive to healthful eating behaviors during school hours. The school campus shall reflect healthy nutrition environments. Schools must not establish policies, class schedules, bus schedules or other barriers that directly or indirectly restrict access to and compete with meal schedule. After being seated with their meal, students must have a minimum of 15-20 minutes to consume their meal.

Healthy and appealing foods shall be available through cafeteria meals and a la carte items. Foods served and/or sold through the cafeteria shall adhere to the Smart Snacks in School standards established by USDA and the Healthy Hunger-Free Kids Act of 2010. Portion sizes, calories, sodium, fat, and sugar limits must comply with the requirements as described by the USDA Smart Snacks in School standards.

Schools must review the items offered as a la carte sales and evaluate the nutritional contribution of each item. Single items and additional portions of foods that constitute the reimbursable meal may be sold as a la carte so long as these items are also in compliance with the USDA Smart Snacks in School standards. Foods sold as the "entree" of any single meal are exempt from the USDA Smart Snacks in School standard, and may be sold a la carte on the day of, and the day after, the item is on the menu. Except in the case of entrees, as outlined above, all foods sold a la carte during the school day must meet the USDA Smart Snacks in School standards as outlined below. Food items that do not meet these standards should be eliminated from a la carte sales, or be sold in reduced portion sizes in order to comply with the USDA requirements.

Schools should focus on improving food quality in the school meal programs by offering whole grain-rich breakfast and lunch items, having fat free and low-fat milk as the standard beverage, and increasing fruit and vegetables preferably using freshly grown, Alabama produce. Preparation of foods in the cafeteria must use cooking techniques to reduce fat, sugar, and sodium in school meals. School districts must not prepare foods by deep or pan frying and should reduce the number of pre-prepared (i.e. processed) food items that are planned and served each week. Food flash-fried by the manufacturer may be served but should be prepared by a food preparation method other than frying. The State staff in the Child Nutrition Program (CNP) will work with local school system CNP employees to address modifications necessary to offer healthier school meals.

Every school shall ensure that all foods sold in vending machines, school stores, and cafeterias are in compliance with the USDA Smart Snacks in Schools standards. The School Food Authority (SFA) may wish to utilize focus group(s), surveys and other methods to evaluate and approve items that are in compliance with USDA Smart Snacks in Schools standards. Healthy products must be priced at a level that encourages students to purchase them.

Amendments made by Section 208 of the Healthy Hunger-Free Kids Act of 2010 required the Secretary of Agriculture to establish nutrition standards for all foods sold in schools, other than food sold under the school lunch and breakfast programs. Foods sold will follow the Smart Snacks in School Standards, or "Nutrition Standards for All Foods Sold in School FNS-2011-0019. Food items in competition with the CNP scheduled meal time may not be sold or provided free of charge to students. This includes, but is not limited to food items purchased through school organizations and those donated from outside sources. To encourage students to eat healthy meals, schools are required to restrict student access to concessions, extra sales, vending, and fundraisers one hour before or after meal periods. Therefore, schools may not schedule sales of such items immediately before or after meals that would compete with the meal service. If sales should occur that are in competition with the meal, then all income generated from such sales will be required to be given to Child Nutrition for depositing in the school cafeteria account. The policy is not intended to restrict access to healthy snacks during recess, or at times other than the meal service.

**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 if a drinking fountain is not present.

**Competitive Foods and Beverage:**

The District is committed to ensuring that all foods and beverages available to students on the school campus during the day support healthy eating. The foods and beverages sold and served outside of the school meal program (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

To support healthy food choices and improve student health and well-being, all foods and beverages sold outside the reimbursable school meal programs that are sold to students on the school campus during the day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores and snack or food carts.

The District does not allow outside food products brought into the cafeteria in the original boxes or bags; for example, Subway bags or Dairy Queen bags. Items that are rewrapped or placed in non-identifiable containers will be acceptable.

School/ Dav

School Day means, for the purpose of competitive food standards implementation, the period from the midnight before, to 30 minutes after the end of the official school day*.*

**Fundraising Activities**. Fundraising activities that involve the selling of food should reinforce food choices that promote good health.

At no time may fundraisers compete with the National School Breakfast and National School Lunch Program as reinstated in the Memorandum issued June 17th, 2015 by State Superintendent of Education, Thomas R. Bice. Therefore, food-related fundraisers are not to take place one (1) hour before or one (1) hour after meal service has ended per meal service schedule for all grades in the school.

Allowable Fundraising on School Campuses:

* Foods that meet the USDA Smart Snacks in School standards, but are not sold in competition with school meals. Example: Fruit
* Foods that do not meet the USDA Smart Snacks in School standards, but are not consumed at school. Example: Cookie Dough Sales
* Non-food items. Example: School Supplies
* Food fundraisers which meet exempt fundraising definition.

Exempt Fundraiser Definition

An exempt food fundraiser is defined as the sale of food items that do not meet the USDA Smart Snacks in School standards and are sold during the school day. A school may sponsor up to and not to exceed 30 exempt fundraisers per year, for no more than one (1) day each in length. Exempt fundraiser food is prohibited from being sold as a la carte item, in vending machines or in school stores, or before school on

school campus.

Foods sold as part of exempt fundraisers may not be sold one (1) hour before or after meal periods. Example: If lunch ends at 12:30 p.m., then the fundraiser could not start until 1:30 p.m. Exempt Food

Fundraiser Procedure:

* School principal
	+ Alabama's Implementation of USDA Smart Snacks in School and Exempt

Fundraisers Form.

* + - Complete, approve and sign form (attachment 3).
		- Provide copy to CNP Director.
		- Provide documentation of approval upon request by Alabama State Department of Education (ALSDE) for audit review.
* Superintendent
	+ Attestation of Compliance with Alabama Implementation of USDA Smart Snacks in

School and Fundraising Activities.

* + - Complete and sign the attestation document (attachment 4).
		- Provide to CNP Director's to support the annual online application renewal
* Child Nutrition Director

o Place a copy of the Alabama's Implementation of USDA Smart Snacks in School and Exempt Fundraisers Form (signed by the school principal) in the wellness plan file.

o Provide documentation of approval upon request by ALSDE.

Semi-annual due dates are: July **1** and January 1 of each school year. The completed Alabama's Implementation of USDA Smart Snacks in School and Exempt Fundraisers Form is required to be signed and on file as described above before exempt food fundraisers commence.

1. **Nutrition and Physical Activity Promotion**

**Nutrition Education and Promotion**:Elba City Schools aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

* Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
* Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
* Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
* Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices:
* Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise):
* Links with school meal programs, other school foods, and nutrition-related community services;
* Teaches media literacy with an emphasis on food marketing; and
* Includes training for teachers and other staff

**Integrating Physical Activity into the Classroom Setting:** For students to receive the nationally-recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

* Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television:
* Opportunities for physical activity will be incorporated into other subject lessons; and
* Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
1. **Physical Activity Opportunities and Physical Education**

**Physical Education:**  All students in grades K-12, including students with disabilities, and special health-care needs, will receive daily physical education as required by the State Department of Education All physical education will be taught by a certified physical education teacher.

**Physical Activity Opportunities After School:**  All elementary, middle, and high schools will be encouraged to offer as appropriate extracurricular physical activity programs, such as physical activity clubs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

**Physical Activity and Punishment:** Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity as punishment.

**Use of School Facilities Outside of School Hours:** Exterior school spaces and facilities should be available to students, staff and community members during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

1. **Monitoring and Policy Review**

**Monitoring:**  The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school’s compliance to the school district superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review finding and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

The superintendent or designee will develop a summary report every three years on district-wide compliance with the district’s established nutrition and physical activity wellness policies, based on input from schools within the district. The report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

**Policy Review:**

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.