

CHILTON COUNTY SCHOOLS

BOARD OF EDUCATION

WELLNESS POLICY OVERVIEW

Proposed revision -January 2020

Federal Public Law (P1108.265 Section 204) states that by the first day of 2006 school year beginning after June 30, 2006 all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public, The Local Education Authority will establish a plan for measuring implementation of the local wellness policy.

The Chilton County Board of Education is committed to providing a school environment that enhances learning and development of life long wellness practices.

To accomplish these goals:

- Child Nutrition Programs comply with federal, state, and local requirements. Child Nutrition Programs are accessible to all children.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- Patterns of meaningful physical activity connect to student's life outside of physical education.
- All school-based activities are consistent with local wellness policy goals.
- All foods and beverages made available on campus (including vending, concessions, a la carte, student scores, parties, and fundraising) during the school day are consistent with the USDA Dietary Guidelines for Americans and Smart Snack Compliance.
- All foods made available on campus must adhere to food safety and security guidelines.
- The school environment is safe, comfortable, pleasing and allows ample time and space for eating meals. Food and/or physical activity is not used as a reward or punishment.
- In all aspects of local wellness, the school staff will act as role models for good nutrition and physical activity behaviors.

Nutrition Education Goals

- Nutrition Education will be integrated into other areas of the curriculum such as science, language arts, and social studies.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned.
- Nutrition education information will be reviewed by a qualified, credentialed nutrition professional.
- The school cafeteria serves as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom.
- Nutrition education will involve sharing information with families and the community to positively impact students and the health of the community.
- Students will be encouraged to start each day with a healthy breakfast.

Physical Activity Goals

- Physical activity will be integrated across the curricula and throughout the school day.
- Physical education courses will be the environment where students learn, practice, and are assessed on developmentally appropriate motor skills, social skills, and knowledge.
- Policies ensure that state-certified staff physical education instructors teach all physical education classes.
- Time allotted for physical activity will be consistent with state standards. Students age 5-12 will have at least 30 minutes of physical activity per day. Children should have several opportunities for physical activity during the daytime hours.

- A physical education period should be provided which is not used as punishment or reward.
- Physical education includes the instruction of individual activities as well as competitive and noncompetitive team sports to encourage life-long physical activity.
- Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be free from obvious hazards.
- The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.

Other School Based Activities

- After-school programs will encourage physical activity and healthy habit formation.
- Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).
- Support for the health of all students is demonstrated by hosting health screenings, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.
- Schools organize local wellness committees comprised of families, teachers, administrators, and students to plan, implement, and improve nutrition and physical activity in the school environment.

Nutrition Standards for All Foods Available on School Campus during the School Day

- All foods made available on campus will comply with the current USDA Dietary Guidelines for Americans: to include vending machines, a la carte items, beverage contracts, fundraisers, school stores.

- Schools are allowed to have 30 exempt fundraisers per year. Fundraiser may last for (1) day only. Exempt fundraisers are exempt from the Smart Snacks guidelines. Information must be submitted to the CNP director by August 1 for the fall semester and January 1 for the spring semester.
- Food providers will take every measure to ensure that student access to foods and beverages meets federal, state, and local laws and guidelines. All food and beverage items MUST be Smart Snack Compliant.
- Company trademarks and logos are NOT permitted on foods in the school cafeteria.
- Chilton County Schools are closed campuses and outside food deliveries are not allowed.
- Classroom snacks feature healthy choices.

School Parties Standard

- With respect to school parties, food or beverage items served should meet the criteria for food items found in the above section titled: School Stores/Beverage Boxes Standards. Items falling under the definition of foods of minimal nutritional value (FMNV) as described above should not be provided. However, some items such as birthday cakes and/or cupcakes may be allowed on an infrequent basis. Schools have the discretion to prohibit any specific items at their own discretion. Persons responsible for this compliance include school administrators or staff (principals, coaches, teachers, etc.), students or student groups, parents or parent groups, or any other person, company or organization. For further guidance refer to "Guide to Healthy School Parties" and "Recommendations for Healthy Snacks at School, at School Parties, and at Home" on the Alabama Department of Public Health's website.

The Eating Environment

- The National Association of State Boards of Education recommends that students should be provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.
- Lunch periods are scheduled as near the middle of the school day as possible.
- Cafeterias include enough serving areas so that students do not have to spend too much time waiting in line.
- Dining areas are attractive and have enough space for seating all students.
- Drinking water is available for students at meals. For example, water fountains, water dispensers, or cups of water are available in all lunchrooms. Bottled water will be available for purchase.
- Food is NOT used as a reward or a punishment for student behaviors, unless it is detailed in a student's Individualized Education Plan.

Child Nutrition Operation

- The child nutrition program will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program standards.
- The child nutrition program will ensure that all students have affordable access to the varied and nutritious food they need to stay healthy and learn well.
- The school will strive to increase participation in the available federal Child Nutrition programs. (School breakfast, School lunch, etc)
- Employ a food service director, who is properly qualified, certified and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements.

Food Safety/Food Security

- All food made available on campus comply with the state and local food safety and sanitation regulations, Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food borne illness in schools.
- For the safety and security of the food and facility, access to the food service operations are limited to Child Nutrition staff and authorized personnel.
- Homemade items are permitted in school only for the student who brings it. Homemade items cannot be shared with other students. All items made available to students must be purchased from a store or a business that is routinely inspected by the Department of Public Health. Packages should be unopened.

Measurement and Evaluation

- It shall be the responsibility of the local school administrator and the CNP director to implement and evaluate the compliance of Wellness Policy Standards approved by the Chilton County Board of Education.
- Measurement and evaluation shall be based on policies adopted by the Chilton County Board of Education, those set by the State of Alabama Department of Education and Federal and State Laws.
- The CNP Director of the Chilton County Board of Education will be the responsible party in the evaluation of local school policies.
- The Superintendent of Education of the Chilton County Board of Education will have the final authority over the measurement and implementation of all Wellness Policy Standards.

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