

## **ANDALUSIA CITY SCHOOL DISTRICT'S WELLNESS POLICIES ON PHYSICAL ACTIVITY AND NUTRITION**

### **PREAMBLE**

Whereas, children need access to healthful goods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and triples in adolescents over the last two decades, and physical inactivity and excessive caloric intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 52.5% of high school students do not participate in sufficient vigorous physical activity and 71% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from USDA Choose My Plate;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints;

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus the Andalusia City School District 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 Andalusia City School District 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 district-wide nutrition and physical activity policies.

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- 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 USDA Breakfast and Lunch Guidelines.
- 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; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including School Breakfast Program, National School Lunch Program [including after school snacks], Summer Food Service Program, and Fruit and Vegetable Snack Program).
- 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 meal programs, and with related community services.

## **TO ACHIEVE THESE POLICY GOALS:**

### **A. Wellness Committee**

The Andalusia City School District and individual schools within the district will create, strengthen, or work within a Wellness team committee to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies once per semester. The councils also will serve as resources to school sites for implementing those policies. (A wellness committee consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, and health professionals, and members of the public.)

### **B. 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;
- Serve only fat-free (flavored or unflavored) milk and low-fat (unflavored only) milk and nutritionally-equivalent non-dairy alternatives (to be defined by the USDA); and

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- Ensure at least 50% grains served are whole grain, if a waiver has been approved.

### **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.
- School 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.
- Schools will encourage parents, whose children do not eat breakfast at school, to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

### **Free and Reduced Price 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; provide meals at no charge to all children, regardless of income, promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as “grab and go” or classroom breakfast.

### **Summer Food Service Program**

Schools in which more than 50% of students are eligible for free or reduced price school meals will sponsor the Summer Food Service Program.

### **Meal Times and Scheduling**

#### **Schools:**

- Will provide students with at least 15-20 minutes to eat after sitting down for breakfast and 15-20 minutes after sitting down for lunch;
- Should attempt to schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10:45 am and 1 pm;
- Should not schedule tutoring, club, or organization 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

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- 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).

**School Setting – Cafeteria, Vending, and School Stores**

Schools should provide a consistent environment that is conducive to healthful eating behaviors during school hours and during after-school child care programs. Healthy and appealing foods should be available in a) cafeteria meals, a la carte items, b) vending machines, snack food items sold in the cafeterias, c) school stores, d) or sales at break by organizations. The vending and snack food items in this recommendation were implemented at the beginning of the 2006-2007 school year.

Foods sold through the vending machines, cafeteria snack items, school stores, and food and beverage sales by organizations will follow the **Alabama Implementation of USDA Smart Snacks in School** for Foods and Beverages at School. Those guidelines are as follows:

***Any food sold in schools must:***

- Be a “whole grain rich” product; **or**
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; **or**
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; **or**
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber) \*

*\* On July 1, 2016, foods may not qualify using the 10% DV criteria.*

***Foods must meet several nutritional requirements:***

**Calorie Limits:**

- Snack items: 200 Calories or less
- Entrée items: 350 Calories or less

**Sodium Limits:**

- Snack items: 230 mg or less\*\*
- Entrée items: 480 mg or less \*\*

**Fat Limits:**

- Total fat: 35% of calories or less
- Saturated fat: Less than 10% of calories

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- Trans fat: zero grams

#### **Sugar Limits:**

- 35% or less of weight from total sugars

*\*\* On July 1, 2016, snack items must contain 200 mg of sodium or less per item.*

#### **Accompaniments**

- Must be included in the nutrient profile as part of the food item sold to help control the amount of calories, fat, sugar, and sodium added to foods.
- Examples include: cream cheese, salad dressing, catsup, mustard, pickles, pickle relish, dips, sauces, and butter.

#### **Beverages:**

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low-fat milk
- Unflavored or flavored fat-free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners

Portion size limitations by school categories:

- **Elementary schools** may sell up to 8 oz portions of milk or juice, but no carbonated beverages of any kind.
- **Middle and high schools** may sell up to 12 oz portions of milk or juice
- There is no portion size limit for plain water

#### **Additional “no calorie” and “lower calorie” beverage options for high school students:**

- **No more than 20 oz portions of calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that are labeled to contain less than 5 calories per 8 fluid oz or 10 calories or less per 20 fluid oz.**
- **No more than 12 oz portions of beverages with 40 calories or less per 8 fluid oz., or 60 calories or less per 12 fluid oz.**

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### **USDA Foods of Minimal Nutritional Value (FMNV)**

Foods and beverages that are restricted from sale to students are classified as foods and beverages of minimal nutritional value as identified under USDA regulations 7CFR 210 Appendix B. These classifications are as follows:

- Water ices, including frozen popsicles, ices, and slushes, except those ices containing 100% fruit juice.
- Chewing gum, flavored or unflavored from natural or synthetic sources.
- Certain candies, processed predominately from sugar or corn syrup sweeteners or artificial sweeteners combined with a variety of ingredients including but not limited to:
  - Hard candies, sour balls, fruit balls, candy sticks, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, and cough drops.
  - Jellies and gums, such as gum drops, jelly beans, jellied and flavored fruit slices.
  - Marshmallow candies or other aerated sugar, corn syrup, or invert sugar confections.
  - Fondants, such as candy corn, and soft mints.
  - Licorice.
  - Spun candy, cotton candy.
  - Candy coated popcorn.

**School Nurses:** This policy does not apply to school nurses using FMNVs or candy during the course of providing health care to individual students.

Example of foods to use in vending machine, for cafeteria snack items, and in school stores are below. The following maximum portion size restrictions pertain to all foods and beverages served or made available to students on school campuses with the exception of school meals, which are governed by the USDA.

#### **Portion Sizes:**

##### **Food or Beverage:**

Baked chips, popcorn, rice cakes, puffed snacks	1 oz
Crackers, hard pretzels, pita chips, snack mix	1 oz
Trail mix, nuts, seeds, soy nuts	1 oz
Cereals	1 oz

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Low-fat cookies, animal crackers, graham crackers, cereal bars, granola bars	1.3 oz
Low-fat bakery items, pastries, toaster pastries, muffins, bagels, soft pretzels	2 oz
Low-fat frozen desserts, low-fat ice cream, pudding, fruit bowls	4 oz
Yogurt (low-fat)	8 oz
Reduced fat milk (1% or less), unflavored	8 oz
Flavored milks may contain no more than 30g total sugar per 8 oz serving. Milk may not contain artificial sweeteners.	

### **Vend Fronts – Elementary/Middle Schools**

All vend fronts will picture water or fruit juice products

### **Vend Fronts – High School**

All vend fronts, other than those located in athletic spectator settings (e.g., football stadium) will be water and fruit products.

**Celebrations:** Schools (Pre-K through 12) should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually.

This policy does not restrict what parents may provide for their own child’s lunch or snack. However, no fast food (Subway, Pizza Hut, etc..) or labeled carbonated drinks may be brought into the school cafeteria with competitive wrapping. A school may adopt a more restrictive rule, however, as a local policy.

### **Fundraising Activities for All Schools**

All fundraising activities that include the selling of food during school hours or as students gather on the school campus before school begins or as students wait on transportation or otherwise exit the school campus following school dismissal should reinforce food choices that promote good health. School fundraising strategies which include the sale of healthy foods and non-food items is a public demonstration of the school’s commitment in promoting healthy behavior among students, families, and the communities at large, while helping schools meet their financial needs. This means all events outside the school day are not affected by this recommendation and booster clubs, etc. are free to select items for sale for specific fundraising and concession sales as they see fit as long as the activity does not conflict with this position.

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.

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- 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 standard 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 12:30pm, then the fundraiser could not start until 1:30pm.

### **C. Physical Activity Goals**

#### **Daily Physical Education (P.E.) K-12**

Students in grades k-8, including students with disabilities, special health-care needs (when appropriate), will receive daily education (or its equivalent) for the entire school year. Physical education will be available for all students in grades 9-12, and students will be encouraged to participate yearly in physical education. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.

#### **Daily Recess**

Daily recess is encouraged for all elementary school students to have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give student periodic breaks during which they are encouraged to stand and be moderately active.

#### **Physical Activity Opportunities Before and After School**

All elementary, middle, and high schools will be encouraged to offer extracurricular physical activity programs, such as physical activity clubs or intramural programs or city programs. 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

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abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school child care and enrichment programs will provide and encourage –verbally and through the provision of space, equipment, and activities- daily periods of moderate to vigorous physical activity for all participants.

#### **D. Nutrition Education**

Teachers and other staff should understand the importance of fully implementing the nutrition and health education curriculum and become familiar with its underlying theory and concepts. Health education training on the importance of nutrition and physical activity will be completed by a minimum of one teacher in-service by the completion of each school year. Training should focus on giving teacher the skills they need to use non-lecture active learning methods of classroom instruction. Training should help teachers assess and improve their own eating practices and make them aware of the behavioral messages they give as role models. Teachers should be trained not to use food as a reward or punishment. One initial in-service activity shall occur for personnel in the school system on the importance of nutrition and physical education with respect to prenatal, infant, adolescent and adult lifestyles and lifespan, with personnel being assigned to in-service activities annually.

Training food service workers should be conducted by a qualified child nutrition program director as published in the Code of Alabama (1975), 290-080-030-06. Child nutrition managers and child nutrition staff should be trained on meeting the Healthy School Meal Initiative requirements and basic nutrition/child health issues.

#### **E. Measurement and Evaluation**

A Wellness Policy Review form will be conducted system-wide once per year to identify strengths and weaknesses and prioritize changes as needed to improve student health. The assessment will involve teachers, child nutrition staff, and other school staff as appropriate, parents, students, and community members. A corrective action plan will be written by the Principal to address and correct citations on the review form as being unacceptable and not compliant with Andalusia City School's Wellness Policy.

#### **Monitoring**

The superintendent or designee and Wellness Committee 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

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(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 findings 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 Wellness Committee will develop a summary report every year on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from the school review form. That 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, and to the community.

### **Policy Review**

Assessments will be repeated every year to help review policy compliance, assess programs, and determine areas in need of improvement. As part of that review, the school district will review the 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.

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**ANDALUSIA CITY SCHOOLS**  
**WELLNESS POLICY REVIEW FORM**

School Reviewed: \_\_\_\_\_

Date Reviewed: \_\_\_\_\_

Reviewer: \_\_\_\_\_

**A. Child Nutrition Program**

Y\_\_\_\_ N\_\_\_\_ National School Lunch Program (NSLP) is available to all students and adheres to guidelines established by the USDA and published in the School Meal Initiative (SMI) for Healthy Children.

Y\_\_\_\_ N\_\_\_\_ School Breakfast is available to students and adheres to guidelines established by the USDA and published in the School Meal Initiative (SMI) for Healthy Children.

Y\_\_\_\_ N\_\_\_\_ Meal serving sizes comply with the meal pattern requirement as described by the USDA.

Y\_\_\_\_ N\_\_\_\_ All students are allowed ample time and space for eating meals and no food is used or withheld as a reward or punishment.

**B. School Based Activities**

Y\_\_\_\_ N\_\_\_\_ School Fundraisers meet Andalusia City Schools Wellness Policy requirements.

List Fundraiser activities \_\_\_\_\_

**C. Nutrition Education**

Y\_\_\_\_ N\_\_\_\_ Nutrition Education is integrated into students' curriculum to educate students on the life-long benefits of healthy eating.

**D. Physical Activities**

Y\_\_\_\_ N\_\_\_\_ Students are provided the opportunity to develop the knowledge and skills for specific physical activities and taught the short and long term benefits of a physically active and healthful lifestyle.

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**Y\_\_\_ N\_\_\_** Students regularly participate in daily physical activity and are not withheld from a physical education class for reward or punishment.

**E. Food and Beverages Provided to Students**

**Y\_\_\_ N\_\_\_** Food sold during school hours promote good health and do not include foods of minimal nutritional value and do not exceed the allowable portion size limit.

**Beverages sold meet the following grade appropriate guidelines:**

**Y\_\_\_ N\_\_\_ Elementary/Junior High Schools (Pre-k-8):** No carbonated soft drinks shall be sold or provided free to these students during the school day. Items sold must be non-carbonated, 100% fruit juice, milk, or water not to exceed 8 oz (AES) or 12 oz (AJHS).

**Y\_\_\_ N\_\_\_ High Schools (9-12):** No more than 20 oz. portions of calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that are labeled to contain less than 5 calories per 8 fluid oz or 10 calories or less per 20 fluid oz. No more than 12 oz portions of beverages with 40 calories or less per 8 fluid oz, or 60 calories or less per 12 fluid oz.

**Y\_\_\_ N\_\_\_** Food or beverage that have high fructose corn syrup or sugar listed as the first ingredient are not made available to students during the school day.

**Y\_\_\_ N\_\_\_** Celebrations for K-6 should be limited to no more than one party per class per month that involve food/beverage and grades 7-12 should limit celebrations that involve food/beverage to one party per month per grade level. All foods provided must meet the USDA Foods of Minimal Nutritional Value guidelines.

**Y\_\_\_ N\_\_\_** Vending machine fronts in all locations on campus meet policy requirements.

**Y\_\_\_ N\_\_\_** Is local school compliant with no student having access to vending or snack items during meal service time?

**Y\_\_\_ N\_\_\_** Are fast food/competitive foods or carbonated drinks brought to the cafeteria with competitive wrapping?

**F. Observation**

Based on the observation of the Wellness Policy Review, the following criterion was found to be unacceptable and must be corrected immediately:

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**Reviewer**

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**Date**

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