

COFFEE COUNTY SCHOOLS WELLNESS POLICY

SYSTEM GOAL

The Coffee County Board of Education is committed to providing a school environment that enhances learning and development of lifelong wellness practices. We welcome the participation of parents, alumni and the community as we strive to reach this goal.

Guidelines

To accomplish this goal, the Child Nutrition Program complies with federal, state and local requirements by being accessible to all children. The Child Nutrition Program assures that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C.1799) and section 9(f)(l) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S. C. 1758(f)(l), 1766(a)), as those regulations and guidance apply to schools.

Sequential and interdisciplinary nutrition education is provided and promoted. Patterns of meaningful physical activity connect to students' lives outside of physical education.

All school-based activities are consistent with local wellness policy goals.

All foods and beverages made available on campus, to include beverage boxes and school stores during the school day, will be consistent with the guideline established by the Alabama State Board of Education and Alabama's Action for Healthy Kids.

All foods made available on campus 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.

NUTRITION EDUCATION and PROMOTION GOAL

The primary goal of nutrition education and promotion is to influence students' eating behaviors by providing nutrition/health education and promotion at all grade levels.

Guidelines

Ensure that all students receive nutrition education that encourages healthy eating, both at school and outside of school. For example, use healthy food choices such as fruits and vegetables; 100% fruit juice; 1% milk, and whole grain breads in the classroom as a part of the nutrition education lessons. Teachers and staff will be encouraged to model healthy eating and behaviors.

Focus on skill development so that students are able to learn and adopt healthy eating behaviors. This may be accomplished by integrating nutrition education into other areas of study; such as, health education, math, science, language arts and social studies.

Provide more resources, including classroom materials, for teaching nutrition and its contribution to healthy living and healthy lifestyles. To ensure proper teaching materials are being utilized, materials will be reviewed by a qualified, credentialed nutrition professional (e.g. Registered Dietitian and/or School Food and Nutrition Specialist). Materials must also adhere to the Alabama Course Study Health curriculum standards.

Promote healthy eating to students, parents and teachers. For example, include "nutrition tips" in school newsletters and/or provide nutritional website information. Promote nutrition through use of bulletin boards in schools. CNP staff shall also be present during parent visitation events to assist parents with questions concerning nutrition.

PHYSICAL ACTIVITY GOAL

The primary goal for physical activity is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity and understand the short-and long-term benefits of a physically active and healthful lifestyle.

Guidelines

Ensure that state-certified physical education instructors teach all physical education classes. This is ensured by employing only certificated physical education teachers and

providing professional development on a yearly basis.

Ensure PE/L.I.F.E. classes adhere to the Alabama Course of Study for Physical Education. One way to assess classes are following the course of study will be to assess the PE/L.I.F.E. programs with regard to their effectiveness and their adherence to the Alabama Course of Study for Physical Education by utilizing the President's Council of Physical Fitness. The Physical Best/Fitness Health Related Fitness Assessment or the President's Challenge Health Fitness Assessment will be utilized to establish a base-line assessment for each student; progress of each student will be monitored throughout the year and a re-assessment via the physical fitness test, administered at the end of the school year.

Health fitness assessment results are to be sent to the SDE each year for all students in grades 2, 5, 7 and 9.

Schedule PE/L.I.F.E. in all grades. This is accomplished by providing students with opportunities for physical activity during the school day. This is established by offering PE class time requirements that provide, at a minimum, 150 minutes of PE per week for students in kindergarten through eight. Increase L.I.F.E. class time requirement to the equivalent of 1 unit of high school credit in grades nine through twelve.

Provide age-appropriate equipment and safe facilities. This is accomplished by providing safe age-appropriate playground and sports equipment. Access to gym facilities will also be provided to all age groups.

Offer on-site after school programs that provide significant amounts of physical activity. This is ensured by offering interscholastic athletics, intramurals and physical activity clubs. The interscholastic athletics, intramurals and physical activity clubs will be designed to attract the participation of comparable numbers of girls and boys. All after school physical activities will be conducted in a safe environment with properly accredited adult supervision.

Information will be provided to families to help them incorporate physical activity into their student's lives. For example, include information regarding the benefits of physical activity in school newsletters and also provide helpful website information.

HEALTH EDUCATION STANDARDS GOAL

The goal of health education is to provide students with a working knowledge on health issues which will enable them to become health-literate citizens.

Guidelines

Ensure that state-certified teachers instruct all health classes. This is ensured by employing only certificated health education teachers and providing professional development on a yearly basis.

Schedule health education in all grades. This is accomplished by providing students class time requirements that provide, at a minimum 60 minutes of health education per week for grades K-6 and 250 minutes per week for grades 7-12.

Information will be provided to families to help them incorporate health education into their student's lives. For example, include information regarding the benefits of a healthy lifestyle in school newsletters and also provide helpful website information.

NUTRITION STANDARDS GOAL

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. Schools must ensure that reimbursable school meals meet the program requirements and nutrition standards set forth under the Federal Guidelines. Standards for all foods and beverages sold or served to students will follow the Alabama Board of Education guidelines as well as the Federal non-competitive food regulations and foods of minimal nutritional values, the USDA Smart Snacks in School, and the updated Healthy, Hunger-Free Kids Act of 2010. All foods made available on campus will comply with the state and local food safety and sanitation requirements. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines will be implemented. All personnel working with the Child Nutrition Program will meet the standards of the Code of Alabama. Therefore, the following guidelines/standards will be met.

Guidelines

PERSONNEL STANDARDS

All persons employed as CNP directors shall meet the standards of the updated USDA Healthy, Hunger-Free Kids Act of 2010, in that a qualified CNP director shall be employed. A school district approved to sponsor food service programs under the USDA Healthy, Hunger-Free Kids Acts of 2010, shall be eligible provided all

minimum required hiring standards are met: (1) A Child Nutrition Program certified director is employed (2) A Child Nutrition Program director shall hold as a minimum, a bachelor's degree. In the event an acceptable candidate meeting the educational requirements is not available, the school board may employ a director with a bachelor's degree in another field on the condition that the candidate has a State-recognized certificate for school nutrition director or at least 1 year of relevant school nutrition program experience. A CNP director employed prior to July 1, 2015 shall be exempt from the requirements.

Each manager of a food service operation at the site level shall have at least a high school equivalency diploma and three (3) years school food service or related work; provided that in the event an acceptable candidate meeting the educational requirement is not available, the school board may employ a manager on the condition that the educational requirement be met within one (1) year from date of employment. A manager so employed who fails to meet the educational requirement within the prescribed time limits shall not be continued in employment as a Child Nutrition Program manager. Managers employed by a district prior to July 1, 1994, shall be exempt from the requirements contained herein.

Each worker at a food service operation at the site level shall have at least a high school diploma or equivalency and three (3) years school food service or related work experience.

The above employment criteria will be met/maintained by the Superintendent of the Coffee County School System.

Training Standards for All School Nutrition Program Employees shall meet the standards of the USDA Healthy, Hunger-Free Kids Act of 2010:

- The director shall have at least 8 hours of annual continuing education/training FY2015/16. Beginning 2016/17, at least 12 hours of annual continuing education/training. This required continuing education/training is in addition to the food safety training required in the first year of employment.
- The managers shall have at least 6 hours of annual continuing education/training FY2015/16. Beginning 2016/17, at least 10 hours of annual continuing education/training.
- All other CNP staff who works an average of at least 20 hours per week shall have at least 4 hours of annual continuing education/training. Beginning 2016/17, at least 6 hours of

- annual continuing education/training.
- Part-Time Staff who work less than 20 hours per week each year shall have at least 4 hours of annual continuing education training, regardless of the number of part-time hours worked.
 - If an employee is hired January 1 or later, only half of the training hours is required.

EATING ENVIRONMENT STANDARDS

Students will be provided adequate time to eat breakfast and lunch, at least 10 minutes for breakfast and 20 minutes for lunch. Principals will arrange school schedules to accommodate adequate time for breakfast and lunch.

Every effort will be made by lunchroom staff to process students, in a timely manner, as they come through the serving line to reduce waiting time. This will be accomplished by utilizing the Horizon Point of Sale System for processing students in an efficient manner.

Lunch periods are scheduled as near the middle of the school day as possible. Principals will arrange school schedules accordingly.

Dining areas are clean, attractive, safe, and have enough space for seating all students. This will be maintained by CNP personnel at the local and county level as well as school staff. Teachers will be encouraged to monitor student's behavior while in the lunchroom.

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 will not be used as a reward or a punishment for student behaviors, unless it is detailed in a student's Individualized Education Plan (IEP). The Coffee County School's Child Nutrition Director will receive written instructions from the Coffee County School's Special Education Coordinator if ever there is any conflict with a student's IEP regarding the breakfast, lunch or after school snack program.

CHILD NUTRITION OPERATIONS STANDARDS

The child nutrition program will aim to be financially self-supporting. However, the program is an essential education support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the child nutrition program fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals. This will be insured by the principal, child nutrition director and the school system's superintendent.

The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well. Prices for breakfast, lunch and after school snack will be priced no lower than the cost of providing them so that the school food program can remain self-supporting, but will not be priced in such a manner as to cause hardship. Family Free/Reduced applications will be made available to every student. Family Meal Eligibility Applications will be given to all students on the first day of school. Applications will be available through the lunchroom manager, school guidance office or the superintendent's office for disbursement to students and or parents as necessary thereafter. Public newspaper ads and school newsletters will make application information available.

The school district will strive to increase participation in the available federal Child Nutrition programs (e.g. school breakfast, school lunch, after school snack programs). This will be accomplished by providing every student with a Family Free/Reduced Meal Eligibility Application. Public newspaper ads and school newsletter will make application information available. Phone numbers will be provided for parents seeking assistance completing the application and or that may have questions. Principals will make the participation and the return of the application a high priority. They may offer incentives or rewards for return of a completed application.

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. This will be ensured by the superintendent employing personnel per the standards set forth in the Code of Alabama.

All food service personnel shall have adequate pre-service training in food service, safety and sanitation operations. This will be maintained through yearly

professional development under the supervision of a qualified child nutrition director.

Students will be encouraged to start each day with a healthy breakfast. This will be accomplished through promotion of the breakfast program via newsletters to parents and inter-school promotion via health education in the classroom.

FOOD SAFETY/FOOD SECURITY STANDARDS

All foods made available on campus comply with the state and local food safety and sanitation regulations. This is accomplished utilizing the Hazard Analysis and Critical Control Points (HACCP) plans and guidelines that are implemented to prevent food illness in schools. Each school is required to maintain the appropriate control measures/logs as outlined in their school's plan.

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. The will be maintained by local CNP personnel. Signs are posted outlining restricted areas (e.g., kitchen).

NUTRITION STANDARDS IN THE CAFETERIA

The school cafeteria should reflect a healthy nutrition environment. Schools will ensure that all students have daily access to the meals offered. Schools may not establish policies, class schedules, bus schedules or other barriers that directly or indirectly restrict access to or the completion of meals. To ensure the CNP personnel will maintain a clean, healthy environment, they will follow the guidelines established by the State Health Department as well as their local HACCP plan. Principals will arrange school schedules and or bus schedules in order to provide students' access to all meals offered. Principals will allow students access to breakfast if for some reason a bus is late arriving at school.

Serving sizes will comply with the meal pattern requirements as described by the United States Department of Agriculture (USDA) regulations. Foods served and/or sold through the National School Lunch and Breakfast programs shall meet at a minimum, nutrition requirements established by local, state, and federal statutes and regulations. Each lunchroom is provided with the appropriate serving size utensils, and/or food is portioned according to the correct age appropriate serving size. Every effort will be made to assist students in selecting the appropriate amount of food. All lunchroom serving lines are monitored by CNP staff for compliance.

School meals must average, for a weekly period, meeting the standards of the Dietary Guidelines for American.

Food items sold in the cafeterias will be purchased through the established contract with the State Department of Education's state wide purchasing agreement. Efforts will be made to establish programs such as school gardens, farm to school programs, farmer's markets, and similar programs to increase the availability and consumption of Alabama fruits and vegetables whenever possible. This is achieved by the county CNP personnel purchasing from the SDE's website and whenever possible Alabama Farmers.

Focus will be placed on serving increased whole grains and more fresh fruits and vegetables. For example, all of the served grains are whole grain and fresh fruits and vegetables are purchased through a reputable vendor (Alabama Farmers will be given due consideration) to ensure product quality. All kitchen walk in coolers are equipped with Humitech humidity control filters (a Sorbite mineral based product) to increase freshness of food, increase storage life and reduce the spread of bacteria.

Milk served shall meet the criteria established by the Healthy, Hunger-Free Kids Act of 2010, CNP personnel will be responsible for milk bid specifications.

Beverages other than water and juice will not be available for purchase in the school cafeteria due to the fact that 7th and 8th grade students share serving lines and cafeteria time with 9th-12th grade students. Beverages will follow the guidelines established by the Alabama State Department of Education and the Healthy, Hunger-Free Kids Act of 2010 and be monitored by the local and county CNP personnel for compliance.

All other items sold or served as part of a meal, after school snack or a la carte items shall adhere to the nutritional standards and portion sizes established by the Alabama State Department of Education Child Nutrition Program and the Healthy, Hunger-Free Kids Act of 2010 and made available through Coffee County's State Wide Purchasing Agreement with the SDE. This will be monitored for compliance at both the local school and county levels by CNP personnel.

Cooking techniques should provide fiber, reduce sugar, reduce sodium, reduce calories and eliminate fried foods. Equipment has been purchased to enable foods to be prepared in a healthier method, eliminating the use of fryers.

Entrees will be portioned up in advance and will move away from self-serve. Portion sizes identified by the USDA meal pattern for the National School Lunch Program, School Breakfast program and After School Snack Program shall be adhered to. For example, portion sizes will be established by either pre-portioning items or ensuring that the correct portion size serving utensil is available and in place for use. Fried products have been eliminated. Equipment has been purchased to enable foods to be prepared in a healthier method.

Extra sale items may only be sold to those who receive a complete meal. The determination of those who have received a complete meal will be established by the cashier using the point of sale system to determine that a complete meal has been served to the customer.

It has been established that elementary students may purchase one additional entree. This should also apply to bread products (rolls). As per the Alabama State Board of Education and the State Wellness Committee's findings, students may have unlimited access to vegetables and fruit. If students wish to purchase additional servings of vegetables and fruits, they may purchase these items in any quantity. Regarding elementary students, the above shall be in accordance with each schools already established policy e.g., only upper elementary are allowed to purchase additional entrees.

High School students may purchase additional entrees. This should also apply to bread products (rolls). Per the Alabama State Board of Education and the State Wellness Committee's findings, students may have unlimited access to vegetables and fruit. If students wish to purchase additional servings of vegetables and fruits, they may purchase items in any quantity.

All students may purchase extra milk.

Reimbursement for breakfast, lunch and/or after school snack may be withheld from schools if concessions, canteens, snack bars, vending machine or other food sales are operated during the breakfast or lunch service time. Principals will ensure that competitive foods are not available during the time allotted for meal service, immediately before or after meal service. This is in accordance with the USDA Smart Snacks in Schools.

Under no circumstances can food in competition be sold to children in food service areas during the breakfast or lunch period(s). Foods brought into the cafeteria

from an outside source must not bear any kind of advertising of a food establishment. Principals will be responsible for monitoring and maintaining this standard.

CNP funds will not be used to purchase fryers. All frying has been eliminated. Equipment has been purchased to enable foods to be prepared in a healthier method, eliminating the use of fryers. County CNP personnel will be responsible for all equipment purchased; equipment purchased will not include fryers.

NUTRITION STANDARDS OUTSIDE OF THE CAFETERIA GOAL

A healthy school environment goes beyond school meals in the cafeteria. A healthy lifestyle and maintaining a healthy weight require healthy food choices be available outside of the school cafeteria.

Foods sold will follow the policy for sale of competitive foods as outlined in the most recent publication by the Alabama State Department of Education. Schools are prohibited from selling or providing free of charge any food or meal that is in competition with the scheduled school meal. Schools are required to eliminate student access to concessions, extra sales, vending and fundraisers during the meal periods. Schools may not schedule sales immediately before or after meals that would in effect 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 deposited into the Child Nutrition account. The policy is not intended to restrict access to healthy snacks during recess or at any times other than the meal service. The principal at each school will be responsible for monitoring and maintaining this regulation. Teachers and staff will be made aware and advised to comply with this regulation via school faculty/staff meetings.

Please note: All food/beverages sold through the school stores/beverage boxes will follow the Alabama's Healthy Snack Standards for Foods and Beverages at School and the USDA Smart Snacks in School.

School Store

Foods sold through the school stores will follow the Alabama Department of Education Nutrition Policy and the USDA Smart Snacks in School:

Those guidelines are as follows:

Any food sold in schools must:

- Be a "whole grain-rich" grain 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 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 also meet several nutrient 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
Trans fat: zero grams
- Sugar Limits
35% or less of weight from total sugars

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

Beverages

Acceptable beverages will also follow the Alabama Department of Education Nutrition Policy and the USDA Smart Snacks in School.

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 ounce portions of milk or juice
- Middle schools and high schools may sell up to 12 ounce portions of milk and 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 ounce 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 ounces or 10 calories or less per 20 fluid ounces
- No more than 12 ounce portions of beverages with 40 calories or less per 8 fluid ounces, or 60 calories or less per 12 fluid ounces

No beverages of any kind or other competing food/beverages sales are to be available to students during meal service times or immediately before or after meal service times.

SCHOOL STORES/BEVERAGE BOXES FOODS OF MINIMAL NUTRITIONAL VALUE STANDARD

Foods of Minimal Nutritional Value as defined by the USDA are as follows:

United States Department of Agriculture
7 CFR 210-Child Nutrition Programs
Foods of Minimal Nutritional Value

§ 210.11 Competitive food services.

(a) *Definitions.* For the purpose of this section:

(1) *Competitive foods* means any foods sold in competition with the Program to children in food service areas during the lunch periods.

(2) *Food of minimal nutritional value* means: (i) In the case of artificially sweetened foods, a food which provides less than five percent of the Reference Daily Intakes (RDI) for each of eight specified nutrients per serving; and (ii) in the case of all other foods, a food which provides less than five percent of the RDI for each of eight specified nutrients per 100 calories and less than five percent of the RDI for each of eight specified nutrients per serving. The eight nutrients to be assessed for this purpose are-protein, vitamin A, vitamin C, niacin, riboflavin, thiamine, calcium, and iron. All categories of food of minimal nutritional value

and petitioning requirements for changing the categories are listed in appendix B of this part.

(b) *General.* State agencies and school food authorities shall establish such rules or regulations as are necessary to control the sale of foods in competition with lunches served under the Program. Such rules or regulations shall prohibit the sale of foods of minimal nutritional value, as listed in appendix B of this part, in the food service areas during the lunch periods. The sale of other competitive foods may, at the discretion of the State agency and school food authority, be allowed in the food service area during the lunch period only if all income from the sale of such foods accrues to the benefit of the nonprofit school food service or the school or student organizations approved by the school. State agencies and school food authorities may impose additional restrictions on the sale of and income from all foods sold at any time throughout schools participating in the Program.

[53 FR 29147, Aug. 2, 1988, as amended at 59 FR 23614, May 6, 1994]

APPENDIX B TO PART 210-CATEGORIES OF FOODS OF MINIMAL NUTRITIONAL VALUE

(a) Foods of minimal nutritional value—Foods of minimal nutritional value are:

(1) Soda Water—A class of beverages made by absorbing carbon dioxide in potable water. The amount of carbon dioxide used is not less than that which will be absorbed by the beverage at a pressure of one atmosphere and at a temperature of 60° F. It either contains no alcohol or only such alcohol, not in excess of 0.5 percent by weight of the finished beverage, as is contributed by the flavoring ingredient used. No product shall be excluded from this definition because it contains artificial sweeteners or discrete nutrients added to the food such as vitamins, minerals and protein.

(2) Water Ices—As defined by 21 CFR 135.160 Food and Drug Administration Regulations except that water ices which contain fruit or fruit juices are not included in this definition.

(3) Chewing Gum—Flavored products from natural or synthetic gums and other ingredients which form an insoluble mass for chewing.

(4) Certain Candies—Processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients which characterize the following types:

(i) Hard Candy—A product made predominantly from sugar (sucrose) and corn syrup which may be flavored and colored, is characterized by a hard, brittle texture, and includes such items as sour balls, fruit balls, candy sticks, lollipops, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, jaw breakers and cough drops.

(ii) Jellies and Gums—A mixture of carbohydrates which are combined to form a stable gelatinous system of jelly-like character, and are generally flavored and

colored, and include gum drops, jelly beans, jellied and fruit flavored slices.

(iii) Marshmallow Candies-An aerated confection composed as sugar, com syrup, invert sugar, 20 percent water and gelatin or egg white to which flavors and colors may be added.

(iv) Fondant- A product consisting of microscopic sized sugar crystals which are separated by thin film of sugar and/or invert sugar in solution such as candy com, soft mints.

(v) Licorice-A product made predominantly from sugar and com syrup which is flavored with an extract made from the licorice root.

(vi) Spun Candy-A product that is made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.

(vii) Candy Coated Popcorn-Popcorn which is coated with a mixture made predominantly from sugar and com syrup.

Except when medically contraindicated, no one on the school campus will provide access to "for sale" or "free" foods and beverages of minimal nutritional value (FMNV). This will be monitored for compliance by school principals, teachers, staff, student or student groups, parent or parent groups or any other interested party. Teachers and or staff may not "give away" or offer as a reward or incentive any Foods of Minimal Nutritional Value. Teachers and staff will be encouraged to model healthy eating habits.

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.

FUNDRAISING STANDARD

All fundraising activities that involve 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. All fundraising activities will follow the Alabama Department of Education Nutrition Policy and USDA Smart Snack in School. All events outside the school day are not affected by this standard 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.

OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS GOAL

Guidelines/standards established under this category are designed to create a school environment that provides consistent wellness messages and is conducive to healthy eating and being physically active.

Guidelines

Ensure that teachers and other staff understand the importance of fully implementing the nutrition and health/physical education curriculum and become familiar with its underlying theory and concepts.

SCHOOL ENVIRONMENT HEALTH ASSESSMENTS STANDARDS

A healthy school environment will be marketed and advertised through the use of Farm to School activities, School Gardens, Smarter Lunchrooms (design and décor that promote healthy eating and activity), BMI Measurements and Recognition and Award Program that promotes healthier student.

A school health assessment will be conducted system wide to identify strengths and weaknesses and prioritize changes in the action plan as needed to improve student health.

The assessment will involve teachers, child nutrition staff, other school staff as appropriate, parents and students.

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 administrative review findings and any resulting changes.

WELLNESS LEADERSHIP

The Wellness Leadership Team will consist of the Child Nutrition Director, one administrator, one physical education teacher and the district lead nurse.

PUBLIC INVOLVEMENT

The Wellness Leadership Team will permit and encourage participation by the general public and the school community (including parents, students, cafeteria staff, teachers of physical education, school health professionals, the school board and school administrators). Wellness Committee meetings will be publicized through school bulletin boards, flyers sent home to parents and during parent visitation events.

TRIENNIAL ASSESSMENT

A formal assessment of the local Wellness Policy will be conducted every 3 years, at a minimum. This assessment will determine compliance with the wellness policy, how the wellness policy compares to model wellness policies and progress made in attaining the goals of the wellness policy.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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