

Lanett City Schools Wellness Policy

Lanett City Schools

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Federal Public Law (PL 108.265 Section 204) states that by the first day of the 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 (LEA) will establish a plan for measuring implementation of the local wellness policy.

Lanett City Schools Wellness Policy

Preamble

The Lanett City School Board believes that children and youth who begin each day as healthy individuals can learn more and learn better and are more likely to complete their formal education. The Board also believes that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs.

Lanett City Schools is committed to:

- Comply with federal, state and local requirements
- Programs that are accessible to all children
- Provide and promote sequential and interdisciplinary nutrition education
- School-based activities that are consistent with local wellness policy goals
- Physical activity, outside of physical education, that is meaningful to students' lives
- All foods and beverages made available on campus (including vending, concessions, a la carte, student stores, parties, and fundraising) during the school day are consistent with the current USDA nutrition guidelines and Smart Snacks standards.
- 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 discouraged as a reward or punishment.

District Wellness Committee

The District will convene a representative district wellness committee that meets annually and as needed throughout the year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district level wellness policy. An assessment form to be completed by a designated school contact at each school annually will be located on the District's website along with the wellness policy.

Wellness Committee membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program, physical education teachers; school health professionals; administrators; and community partners. Committee membership will be reviewed annually and updated as necessary.

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at the CNP Director's office located at the Central Office. The wellness policy, local committee minutes, and results of annual and the triennial* assessments will be posted on the district website for public viewing.

Triennial Assessment

Once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools in the District are in compliance with the wellness policy.
- The extent to which the District's wellness policy compares to the the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The Wellness Committee will update or modify the wellness policy based on the results of the triennial assessment and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

NUTRITION STANDARDS

Nutrition Education

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Integrates nutrition education into other areas of the curriculum across every grade level K-12.
- Involves sharing nutrition education information with families and the broader community to positively impact students and the health of the community.
- Encourages students to start each day with a healthy school breakfast.
- Includes enjoyable, developmentally appropriate, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, and farm visits, etc.
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods.

USDA's Team Nutrition provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics, and more.

School Meals

- All schools within the District participate in USDA child nutrition programs, including the School Breakfast Program (SBP) and National School Lunch Program (NSLP). The District may also offer additional nutrition-related programs including the After School Snack Program. All schools within the District are committed to offering schools meals through the NSLP, SBP, 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 or exceed current nutrition requirements established by local, state and federal regulations (The District offers reimbursable meals that meet USDA nutrition standards.)

- Daily fruit and/or vegetable options are displayed in a location in the line of sight and reach of students.
- White milk is prominently displayed in beverage coolers
- Locally grown agricultural products are included and promoted when possible.
- Menus will be posted on individual school websites.
- Meal counting/claiming systems will prevent overt identification of students who qualify for free or reduced priced meals. This may be done by a combination of the following: district/school participation in CEP, point of sale screens using a code to identify students in place of free & reduced labeling.
- The Child Nutrition Program will accommodate students with special dietary needs.
- Students will have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
- Conduct students surveys and taste tests when possible to gain feedback.
- Promote participation in child nutrition programs among students and caregivers to ensure that caregivers know which programs are available in their district and have access to those programs. Applications for free/reduced meals are given to families at the beginning of the school year. Meal applications will also be available at the district website.

Water

- To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day.* The District will make free drinking water available where school meals are served during mealtimes if a drinking fountain is unavailable.

Professional Development for CNP Staff

- All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education requirements in the USDA professional standards for child nutrition professionals.

Competitive Foods and Beverages

- The District is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. The foods and beverages **sold** outside of the school meal programs (e.g. “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at 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 here.
 - 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: à la carte options in cafeterias, vending machines, school stores, and snack or food carts.

Celebrations and Rewards

- All foods **offered** on the school campus will strive to meet the USDA Smart

Snacks in School nutrition guidelines including through:

- Classroom snacks brought by parents. A list of smart snack compliant foods can be found [here](#).
- Rewards and incentives. Food should 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 District recommends utilizing rewards that promote physical activity and/or promote educational messages (e.g., a coupon for a free book at the book fair for consistently returning books to the library on time).
- Celebrations and parties should be limited to no more than one per month. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and from the [USDA](#).

Fundraising

- Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus* during the school day*.
- Exempt fundraisers involve food items that do not meet the Smart Snack nutrition standards during school hours. Fundraiser requests should be submitted and listed on a principal form for approval and filed at the school with a copy provided to the CNP Director.
- At no time may fundraisers compete with the School Breakfast and National School Lunch Programs. 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 at the school.
- The District encourages the use of non-food fundraisers and those promoting physical activity (such as jump rope for heart, fun runs, etc.)

Food Safety/Food Security

- All foods 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 help prevent food 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.

Food & Beverage Marketing in Schools

- It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that meet or exceed Smart Snack standards on the school campus.

PHYSICAL EDUCATION & PHYSICAL ACTIVITY OPPORTUNITIES

Children and adolescents should participate in at least 60 minutes of physical activity every day in order to ensure optimum health. In order to be compliant with the USDA final rule, the District requires that a combination of physical activity opportunities from, but not limited to the following, be offered to students: physical education, recess, classroom physical activity, support for and promotion of active transport.

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) should not be used or withheld as punishment. This does not include participation in sports teams that have specific academic requirements.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

Physical Education

- The District will provide students with physical education, using an age-appropriate, sequential, physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits.
- Students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.
- All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.
- All District elementary students (K-6) in each grade will receive physical education for at least 150 minutes per week throughout the school year.
- All District middle school students (7-8) will receive physical education for at least 250 minutes per week throughout the school year.
- All District secondary students (9-12) are required to take the equivalent of one academic year of physical education.
- There will be no substitutions allowed for the physical education time requirement.
- All physical education classes in Lanett City Schools are taught by licensed teachers who are certified or endorsed to teach physical education. All staff involved in physical education should be provided with opportunities for professional development annually.

Recess

- Elementary schools are encouraged to offer at least 20 minutes of recess daily outside of physical education. Outdoor recess will be offered when weather is feasible for outdoor play.

Physical Activity Breaks

- The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. The District recommends that teachers provide short (2-5 minutes) physical activity breaks to students during and between classroom time at least three days per week.
- These physical activity breaks will complement, not replace physical education, recess, and class transition periods.

Active Academics

- Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible.

- Teachers should serve as role models by being physically active alongside the students whenever feasible.

Active Transport

- The District will support active transport to and from school, such as walking or biking.

After School Activities

- The District offers opportunities for students to participate in physical activity either before and/or after the school day through a variety of methods such as clubs, physical activity in afterschool programs, intramurals or sports teams.

OTHER SCHOOL BASED ACTIVITIES

Staff & Student Wellness & Health Promotion

- 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 health screenings, disseminating information of health clinics, and helping to enroll eligible children on Medicaid and other state children's health insurance programs.
- District organized wellness committee comprised of families, teachers, administrators, and staff. This committee is to plan, implement and improve nutrition and physical activity in the school environment.
- Participation in the PEEHIP Health screenings for staff. Referrals will be made by nursing staff to help promote optimum health.
- Scale Back Alabama Participation

Community Partnerships

- Lanett City Schools shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff, and community.

Professional Development

- When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

Local School Policy

See included Chapter 8.62 from Lanett City Schools Board Policy Manual

CHAPTER 8.00-AUXILLARY SERVICES

WELLNESS

8.62

The Lanett City Board of Education believes a good education prepares students for all facets of life, including healthy living. In accord with the State Board of Education's Implementation Guidelines for Exercise and Nutrition, the Board supports activities to encourage student wellness, including:

1. Integrating nutrition information across the curriculum, aside from the health curriculum, when appropriate;
2. Providing students opportunities for physical activity such as physical education courses and intramural athletics;
3. Adopting regulations regarding reimbursable meals consistent with federal guidelines;
4. Ensuring that all foods and beverages made available on campus (including vending, concessions, a la carte, student stores, parties, and fund-raising) during the school day are consistent with accreditation standards, Child Nutrition Program regulations, food safety and security guidelines, and State Department of Education recommendations;
5. Encouraging students to participate in the school meal program for which they are eligible; and
6. Supporting professional development for staff and informational programs for students on nutrition and physical education.

The Superintendent will designate an administrator to oversee the Board's efforts to promote student wellness and collaborate with parents, students, administrators and food authority representatives when developing student wellness policies and programs.

REFERENCE(S):

CODE OF ALABAMA
16-11-12

HISTORY:

ADOPTED 10/08/2009
REVISION DATE(S): _____
FORMERLY: NEW

Glossary

School campus: areas that are owned or leased by the school and used at any time for school related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums, or parking lots.

School day: the time between midnight the night before to 30 minutes after the end of the instructional day.

Triennial: recurring every three years

Resources:

USDA FNS School Wellness Policy

<https://www.fns.usda.gov/tn/local-school-wellness-policy>

Alliance for a Healthier Generation

<https://www.healthiergeneration.org/take-action/schools/wellness-topics/policy-environment/local-school-wellness-policy/refresh-your>

<https://api.healthiergeneration.org/resource/2>

USDA Professional Standards Training Database

<https://professionalstandards.fns.usda.gov/>

USDA Team Nutrition

<https://www.fns.usda.gov/tn/school>

Wellness Committee SY 2020-2021

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