

Andalusia City Schools Wellness Policy Review Summary

Andalusia City Schools adopted their Wellness Policy on Physical Activity and Nutrition in March of 2006 and it was revised and adopted on November 13, 2017. During this review, the goal was to make sure the Wellness Policy was being implemented and enforced at the schools it applies to; Andalusia Elementary School, Andalusia Junior High School, and Andalusia High School.

At all of these locations, they provide and make available to all students the National School Lunch Program and follow USDA guidelines that accompany the program. Breakfast is highly encouraged for every student attending Andalusia Elementary School and Andalusia Junior High Schools due to their participation in the Universal Breakfast Program. As per the Wellness Policy, the review showed no food sales were happening during the lunch and breakfast time periods. All other snacks that are sold comply with guidelines set forth by the USDA. This includes the first ingredient on all beverages not being high fructose corn syrup or sugar. The Andalusia Elementary School sells snacks and 100% fruit juices at snack/break time and the Andalusia High School has drink vending machines that follow the guidelines as well.

All of the Andalusia City Schools include fundraising activities into their school year. The High School has fruit sales around the Holiday Season, the Junior High sells cookie dough through their band program, and the Elementary School puts on a Father/Daughter Dance, Mother/Son Movie Night, and a Fall Festival. All of these fundraisers fall within the guidelines of the Wellness Policy that is currently being used.

Nutrition Education is being implemented through the Fresh Fruit and Vegetable Program fliers that accompany the fresh fruits and vegetables that are available for the Elementary School children weekly. The Child Nutrition Director, Shan Burkhardt, along with assistance from a dietetic intern, were able to present nutrition education to lower grades at the elementary school to further the nutrition education provided to the children of Andalusia.

Daily participation in physical activity is provided to the Elementary School and Junior High School students along with physical education classes being mandatory for grades K-9.

During this review, seven Wellness Committee members completed the evaluations of the schools and were able to give feedback on the actions being put toward keeping schools physically active and nutritionally healthy.