

Pickens County Board Of Education

Dr. Leonard Duff, Superintendent of Education

Wellness Policy On Nutrition and Physical Activity



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Wellness Policy on Physical Activity and Nutrition

Preamble:

Whereas, children need access to healthful foods 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 tripled in adolescents over the last two decades, and physical inactivity and excessive calorie 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, 33% of high school students do not participate in sufficient vigorous physical activity and 72% 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 the Food Guide Pyramid;

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; and

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

Thus, the Pickens County 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 Pickens County School District that:

1. The school district shall 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.
2. All students in grades K-12 shall have opportunities, support, and encouragement to be physically active on a regular basis.
3. Foods and beverages sold or served at school shall meet the nutritional recommendations of the *U.S. Dietary Guidelines for Americans* and the "*Alabama's Healthy Snack Standards for Foods and Beverages at school*".
4. Qualified child nutrition professionals shall provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; shall accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and shall provide clean, safe, and pleasant settings and adequate time for students to eat.
5. To the maximum extent practicable, all schools in our district shall encourage participation in available federal school meal programs, including the School Breakfast Program and National School Lunch Program.
6. Schools shall provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and shall establish linkages between health education and school meal programs, and with related community services.

School Action Plan:

The Pickens County Board Of Education will provide a district wellness policy that will serve as building blocks for individual schools to write an action plan for improving student health that is unique to the individual needs of their school. Every school shall have reviewed its offerings of foods sold and developed at strategic plan for providing foods and beverages in vending machines, school stores, fund raisers, class room parties or classroom snacks. Schools shall organize a school health committee to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. This committee shall approve all snacks sold in vending machines, school stores, cafeteria A'la carte lines, fund raising activities, class room parties or classroom snacks to ensure that all snacks and beverages meet the nutritional requirements before being offered to students. Each school shall conduct evaluations using a nationally recognized, validated survey to identify strengths and weaknesses and prioritize changes as an action plan for improving student health. The assessment and planning steps shall involve teachers, child nutrition staff or other school staff as appropriate, parents, students, and the community. Each school shall submit to the Superintendent with a copy to the chairman of the Wellness Policy Committee identifying all personnel assigned to the wellness committee and how they plan to ensure compliance with the State's "Healthy Snack Standards."

I. Nutritional Quality of Foods and Beverages Sold and Served on Campus.

The school campus shall reflect a healthy nutrition environment. Adequate time to eat shall be allowed to have a pleasant dining experience. Schools shall ensure that all students have daily access to meals served. Schools may not establish policies, class schedules, bus schedules, or other barriers that directly or indirectly restrict access to or the completion of meals. School Administrators shall secure all food and beverage machines from student access while meals are being served in the cafeteria.

School Meals

Meals served through the National School Lunch and Breakfast Programs shall **meet the guidelines established by the “Healthy, Hunger Free Kids Act of 2010** and shall:

1. Be appealing and attractive to children and be served in clean and pleasant settings using HACCP food safety principles to ensure the best quality of food;
2. Schools shall focus on improving meal quality and increasing the variety of fruits and vegetables, especially raw fruits and vegetables;
3. Serve only low-fat (1%) and fat-free milk³ and nutritionally-equivalent non-dairy alternatives (to be defined by USDA);
4. Serving sizes shall comply with the meal pattern requirements as described by the United States Department Of Agriculture regulations. **Consumption** of fresh fruits and vegetables or canned fruits and non-starchy vegetables shall **encouraged**.
5. School meals shall average, for a weekly period, meeting the standards of the “*Dietary Guidelines for Americans 2010*”;
6. Emphasis shall be placed on increasing the quantity of whole grains served with the ultimate goal **of all grains served** to be whole grain. Products are considered Whole Grain if a *whole grain product* is listed is the primary grain ingredient in the ingredient statement. Examples include whole wheat flour, cracked wheat, brown rice, yellow corn meal and oatmeal;
7. Schools shall review the items offered as ala carte sales and evaluate the nutritional contributions of each item. Foods not meeting the criteria listed in the Alabama Healthy Snack Standards shall be eliminated.
8. All deep fried products are to be **eliminated**. **All flash-fried vegetable products (oven-ready French fries, breaded okra, etc.)** are to be limited to the number of times served and are not to exceed three ounces per serving. Preparation techniques shall be modified to reduce the number **of flash-fried foods** and increase baking, steaming, and roasting preparation methods.
9. Federal law requires “Offer Verses Serve” be implemented at all high schools, which allow students to decline one food group during breakfast and two food groups at lunch yet still allows the meal to be reimbursable. In addition, “offer verses serve” shall be offered at elementary schools, which would allow those students to decline *one food item* at breakfast and at lunch yet still allows the meal to count as a reimbursable meal. The purpose of “Offer verses Serve” is to allow students to choose foods they prefer to eat without being forced to take food they will not eat.

Lunchroom workers shall encourage elementary school students to take one serving of all food groups being offered. Lunchrooms shall have at least one additional choice of each food group so students may have an optional choice.

Breakfast:

All children shall be encouraged to have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

1. All Pickens County schools shall operate a School Breakfast Program.
2. Schools administrators shall arrange bus schedules and utilize methods to serve school breakfasts that encourage participation and notify parents and students of the availability of the School Breakfast and Lunch Program.
3. School Administrators shall encourage parents to provide healthy meals for their children that do not eat breakfast or lunch in the school cafeteria. This can be accomplished through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals:

Federal Law requires that schools 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.

1. Schools in Pickens County shall utilize electronic identification and payment systems that do not identify the student's eligibility.
2. In the event of computer failure, school cafeterias shall have procedures in place to account for meals without exposing individual student's eligibility status.
3. School Administrators are to promote the availability of school meals to all students and encourage participation in the lunch and breakfast program.

Meal Times and Scheduling by school administrators:

1. Provide adequate time for students to eat and enjoy school meals (a minimum of 15-20 minutes for breakfast and 18-25 minutes for lunch);
2. Ensure school staff (other than lunchroom staff) are assigned monitoring duties in the lunchroom and shall provide supervision in the serving and dining areas.
3. Schedule meal periods at appropriate times, e.g., lunch shall be scheduled between 10:30 a.m. and 1:25 p.m. A minimum of 2 ½ hours must elapse between the end of breakfast and scheduling of lunch unless the superintendent has authorized school to dismiss early.
4. Shall not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
5. Provide students access to hand washing or hand sanitizing before eating meals.
6. A normal school day is defined as a period from 7:00 AM until 3:30 PM.

Sharing of Foods and Beverages:

Schools shall discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Qualifications for Child Nutrition Director:

Any person employed as a CNP Director must meet the standards of the Code of Alabama (1975) 290-080-030-05 and 06 as amended June 6, 1994. A CNP Director who does not meet the educational requirements must complete those requirements within a three year period from the date of employment. If educational requirements are not met within the three year period the person cannot continue being employed as a CNP Director.

Qualifications of School Food Service Staff:

Qualified nutrition professionals shall administer the school meal programs. As part of the school district's responsibility to operate a food service program, we shall provide continuing professional development for all nutrition professionals in schools. Staff development programs shall include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility. School nutrition staff development programs are available through the USDA, School Nutrition Association and the National Food Service Management Institute. School food service staff shall be encouraged to participate and maintain certification through the School Nutrition Association. **At least one staff member at each cafeteria shall be "Serv-Safe" certified by the National Restaurant Association as required by the State Child Nutrition Program.**

Sale of Food and Beverages: Foods and beverages sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.) as a minimum, must follow the Alabama State Department of Education latest edition of the "Alabama Healthy Snack Standards for Foods and Beverages at Schools". This can be found on the internet at <http://cnp.alsde.edu>. On the web page look under information and click on the nutrition policy link.

1. Elementary Schools: The school administrator shall approve, monitor and provide only food and beverages that meet the state nutritional guidelines. All foods and beverages provided to students during the school day shall follow the nutrition and portion size standards outlined in the Alabama Healthy Snack Standards. This includes snacks sold through a la carte [snack] lines, vending machines, student stores, fundraising activities or food provided free to students during classroom parties or awards. Given young children's limited nutrition skills, food in elementary schools shall be sold as balanced meals. If available, foods and beverages sold individually shall be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

2. High Schools: The school administrator shall approve, monitor and provide only food and beverages that meet the state nutritional guidelines. All foods and beverages provided to students during the school day shall follow the nutrition and portion size standards outlined in the Alabama Healthy Snack Standards. This includes snacks sold through a la carte [snack] lines, vending machines, student stores, fundraising activities or food provided free to students during classroom parties or awards.
3. Foods and drinks not allowed in the cafeteria: Foods or beverages that cannot be served in the cafeteria cannot be purchased by students or staff members elsewhere and brought into the cafeteria for consumption.
4. 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. The State Task Force recommendation is that teachers and other staff members assess and improve their own eating practices and make them aware of the behavioral messages they give as role models.
5. Sack Lunches: Parents that prepare sack lunches for consumption on school premises shall be encouraged to follow these same guidelines.

Foods of Minimal Nutritional Value:

In addition to the restriction regarding the sale of carbonated beverages listed, no one on the school campus may provide access to “for sale” or “free” foods and beverages of minimal nutritional value as identified under USDA regulations 7 CFR 210, Appendix B, Categories of Foods of Minimal Nutritional Value between the hours of 7:00 AM and 3:30 PM. These classifications are as follows:

1. Water ices, including frozen sicles, ices and slushes, except those ices containing 100% fruit juice.
2. Chewing gum, flavored or unflavored from natural or synthetic sources.
3. 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 or flavored fruit slices.
 - Marshmallow candies or other aerated sugar, corn syrup or invert sugar confections.
 - Fondants, such as candy corn or soft mints
 - Licorice
 - Spun candy or cotton candy
 - Candy coated popcorn

Allowable snack and A'la carte items:

All snack items made available to students during the school day must meet Healthy Snack Standards and approved by the Nutrition Committee established at each school. Snacks cannot exceed the established limits for carbohydrates, sodium or fat and contain a minimum amount of the required nutrients (Vitamin A, Vitamin C, iron, calcium or fiber). Items cannot exceed more than one serving per container and meet the portion size outlined for that product.

1. Beverages other than water, to include sports drinks, 100% fruit juice, and low sugar fruit smoothies (12 ounce maximum) if it will meet the nutritional requirements.
2. Quality fruits and vegetables shall be offered for sale at any location where snacks are sold. ("Quality" means fruits or vegetables prepared and packaged without added fat, sugar, or sodium) Example of such items includes fresh or dried fruits and vegetables. .

Fund Raising Activities:

All fundraising activities that involve the selling or distributing of food during school hours or as students gather on school campus before school or wait on transportation or otherwise exit the school campus following school dismissal shall meet the established guidelines and have prior approval from the school administrator and nutrition committee. This also means events outside of the school day are not affected by this requirement and that booster clubs, etc., are free to select items for sale for specific fundraising and concessions sales as long as the activity is not during the school day or does not conflict with this position. Fund raising activities that take place during school hours designed to support children's health and school nutrition-education efforts. School fundraising activities shall not involve food or shall use only foods that meet the nutrition requirements outlined for snack items.

Snacks:

Snacks served during the school day or in after-school care or enrichment programs shall make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools shall assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The School's Nutrition Committee shall disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

II. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion: The Pickens County School District aims to teach, encourage, and support healthy eating by students. Schools shall provide nutrition education and engage in nutrition promotion that:

1. Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
2. Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
3. Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
4. Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
5. Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
6. Links with school meal programs, other school foods, and nutrition-related community services;
7. Teaches media literacy with an emphasis on food marketing; and
8. Includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting:

At a minimum, students will receive the Physical Education State Course of Study recommendation for per day activity and students will be encouraged to fully embrace regular physical activity as a personal behavior. All Physical Education waivers have been withdrawn as of June 30, 2005. Waivers for exemption to physical education requirements must be approved by the State Department of Education as specified in the "no exception/no substitution policy, which require full justification to the State Superintendent of education in any year in which a waiver is requested. Waivers for High School students must follow the guidelines as outlined in Instructional code Changes (290-3-1.02(8)(f).

Communications with Parents:

The district/school shall support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school shall offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools shall encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school shall provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.

III. Food Safety:

In accordance with the USDA Child Nutrition Reauthorization Act, each cafeteria manager shall initiate and implement a Food Safety Plan based on Hazard Analysis Critical Control Point principals. Board Of Education shall provide each school with Standard Operating Procedures that shall be used to establish a Food Safety Plan and monitoring procedures at each school cafeteria. Monitoring procedures for each manager or designated CNP employee shall include:

1. Enforcing all Standard Operating Procedures.
2. Complete Food Preparation Action Plan.
3. Sort menus by the process approach for food safety.
4. Establish control measures for each menu item being prepared.
5. Complete Food Safety Checklist monthly.
6. Maintain Employee Training Planner.
7. Maintain all record keeping forms as outlined in the HACCP plan.
8. Review the School Food Safety Program at the beginning of each school year and when sufficient changes occur in the operation.
9. Maintain temperature records on all "Potentially Hazardous Foods" from the time it is received until it is consumed.
10. Maintain an accurate Food Production Record that tracks the usage of food during preparation and tracks all left-over food.

IV. Monitoring and Policy Review:

Monitoring: The superintendent or designee shall ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the School Administrator and Nutrition Committee shall ensure compliance with those policies in his/her school and shall report on the school's compliance to the school district superintendent.

School food service staff: At the school or district level, shall ensure compliance with nutrition policies within school food service areas and shall report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the school district shall 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 shall request from the state agency that a SMI review be scheduled as soon as possible.

The superintendent or designee shall develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report shall 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.

Policy Review:

- The district wellness committee shall review the Wellness Policy as changes occur. Schools shall establish nutrition committees that shall monitor the established strategic plan on a continuous basis to ensure that foods in vending machines, school stores, A'la carte sales, fund raising activities or food made available to students during class parties or given out to students meet the established nutritional requirements.
- Each School Administrator shall provide a statement in writing to the Superintendent that his/her school is in compliance with the nutritional requirements at the start of each school semester.
- Each school shall maintain a written copy of the strategic plan and have it available during audits and inspections. The plan shall contain a list of all snacks that have been analyzed for nutritional content and approved for vending sales.