

Hillcrest High School is dedicated to the success of every student. Our priorities are teaching and learning as well as, safety and security. This year, we have undertaken a tremendous task to **reignite** a desire for learning in our students and **redesign** safety and security measures and **rethink** what is best for the students of Hillcrest High School. Change was necessary. This change has left many questions in the minds of parents and we would like to provide you with answers that aid in **transforming** our school into the **Power House of the South**.

## Q & A

### 1. Can students wear jackets with hoods?

A. *Yes. Coats, jackets, sweaters, sweater vests, and sweatshirts are considered as outerwear and must be worn with a uniform shirt / blouse. All outerwear must be a solid school color or a combination of school colors. **Screen printing and logos must not exceed 3 inches in width or height** (pg 17. Student Code of Conduct).*

### 2. Can students wear hoodies?

a. **No. Principals and/or designees shall be the final authority in the school to determine if an article of dress is inappropriate because of the following reasons.** *The article of dress is inappropriate because it can conceal weapons or other dangerous objects. (pg 17 (b). Student Code of Conduct) Furthermore, The sweatshirts' hoods and large front pockets can be a security concern as they can conceal a person's face and weapons. Besides security concerns, students also can hide headphones and other electronic devices in their hoods during class time.*

### 3. Is break/recess a mandate by the state for schools.

a. *No. However, schools have the final authority to determine if a break or recess is proved on each individual campus.*

#### **4. What are the guidelines for break or recess at a school?**

##### **Nutrition Standards for Foods Sold Individually (exempts reimbursable meals) Smart Snacks in Schools guidelines as established by the USDA:**

###### ***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 (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 also meet several nutrient requirements:***

- Calorie Limits
  - Snack items: 200 calories or less
  - Entree items: 350 calories or less
- Sodium Limits
  - Snack items: 230 mg or less\*\*
  - Entree 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 Limit
  - 35% or less of weight from total sugars

\*\*On July 1, 2016, snack items must contain 200 mg 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.

###### **School Definitions:**

- Elementary Schools - Pre K-Grade 5
- Middle Schools - Grades 6-8
- High Schools - Grades 9-12

###### **Beverages Portion Sizes**

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 portion 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.

**5. *Can I bring outside food to my child during lunch hours?***

- a. Yes, parents may bring lunch to students or students may bring their own lunch to school. However, food items cannot be in direct competition with food sold through the cafeteria and we strongly recommend that if students are not going to eat from the cafeteria that lunches are sent to school with the student rather than being brought to school.*

***Example for what is acceptable:***

- *Any meal brought from home in lunchbox, thermal container, or thermos.*
- *Bottle Water*

***Example of what is unacceptable:***

- *Meals purchased at the local fast food restaurant both chain and local. (i.e. Wendy's, McDonalds, Southern Food Diner, Taco Bell, Any business that sells food for profit is considered competitive food.)*
- *Gatorade, Power-aide, can sodas, bottle sodas and etc.*

**6. Where can I find the law governing food item?**



STATE OF ALABAMA  
DEPARTMENT OF EDUCATION



Thomas R. Bice  
State Superintendent of Education

June 17, 2015

**MEMORANDUM**

**TO:** County and City Superintendents of Education  
**FROM:** Thomas R. Bice *TRB*  
State Superintendent of Education  
**RE:** USDA Smart Snacks in School and Fundraising

On May 12, 2015, members of the Alabama State Board of Education adopted an amended resolution that endorses changes for the Alabama Implementation of USDA Smart Snacks in School and Fundraising Activities Policy for the local education agencies and other sponsors participating in the National School Lunch and Breakfast Programs. The USDA Smart Snacks in School and Fundraising Activities resolution is effective July 1, 2015, with implementation to begin school year 2015-16.

The purpose of the policy is for all school districts and organizations participating in USDA programs to focus on improving food quality by offering healthy food choices on their campus in vending machines, school stores, and cafeterias. This means that school administrators and child nutrition directors must evaluate all foods served and sold on campus to validate Smart Snacks standard compliance of the nutrition content of products as established by the USDA and the *Hunger-Free Kids Act of 2010*. School administrators and child nutrition staff will evaluate and maintain each product evaluation.

In addition to serving healthy food options in school vending machines, school stores, and cafeterias, fundraising activities shall also reinforce food choices that promote good health of children. Fundraisers that are compliant with USDA Smart Snacks standards may be sold on school campuses during the school day after school breakfast and school lunch periods have concluded. At no time may fundraisers compete with the sale of breakfast and lunch. The USDA has provided states with an option for selling food fundraisers that do not meet the Smart Snacks standards. This option is known as "Exempt Fundraisers." Alabama has determined that "Exempt Fundraisers," which involve food items that do not meet the Smart Snacks standards, may not exceed 30 fundraisers of no more than one (1) day per school year. Therefore, the number of fundraisers may not exceed 30 school days per year. The Exempt Fundraisers do not include food items sold in school stores, vending machines, before school on school campus, or as ala carte items in cafeterias. Exempt Fundraisers may not be sold one (1) hour before and one (1) hour after meal periods. Superintendents, principals, and child nutrition directors will implement the fundraiser programs following the procedures detailed in the attached information.

The implementation of this policy will require strong commitment of all district administrators, faculty, and parent organizations. Each school district superintendent and non-public school administrator will complete an attestation statement annually stating that all school campuses will comply with the policy. Each principal will complete the Exempt Fundraiser form and approve school fundraisers semiannually, July 1 and January 1.

If you have questions or need clarification of the policy implementation, please contact June Barrett, Child Nutrition Program Coordinator, at (334) 242-1988.

TRB/JBB/LR  
Attachments  
cc: Administrators of Private Schools and Residential Child Care Institutions

FY15-3041

Alabama  
State Board  
of Education

Governor  
Robert Bentley  
President

Al Thompson  
District I

Betty Peters  
District II

Stephanie Bell  
District III

Yvette M.  
Richardson, Ed.D.  
District IV

Ella B. Bell  
District V  
Vice President

Cynthia McCarty, Ph.D.  
District VI

Jeff Newman  
District VII  
President Pro Tem

Mary Scott Hunter, J.D.  
District VIII

Thomas R. Bice, Ed.D.  
Secretary and  
Executive Officer