

Jacksonville City Schools
Wellness Policy
February 2016

Nutrition and Health Science Education

- ❑ Nutrition education topics shall be integrated within the comprehensive health education curriculum and interdisciplinary units within the core curriculum and taught Pre-K through grade 12.
- ❑ Nutrition education curriculum will be aligned with federal objectives and standards as well as the Alabama Course of Study.
- ❑ The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program.
- ❑ Nutrition education material will be reviewed by a qualified, credentialed nutrition professional (e.g. Registered Dietitian, who is specialized in school-based nutrition).
- ❑ Nutrition education will incorporate lessons helping children to acquire skills for reading food labels and menu planning.
- ❑ The nutrition education program shall work with the school meal program to develop school gardens and use the school cafeteria as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom.
- ❑ Nutrition education will involve sharing information with families and stakeholders to positively impact students and the health of the community.
- ❑ Parents and school faculty will be encouraged to be positive role models for good nutrition practices for students to follow.
- ❑ Jacksonville City Schools will provide information to families (by newsletter or on monthly lunch menus) that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.
- ❑ Students will be encouraged to start each day with a healthy breakfast.
- ❑ A fund will be maintained by the school with donated money for children who cannot afford to eat lunch.

USDA Child Nutrition Program and School Meals

School Meals

- Jacksonville City School District shall ensure that all reimbursable meals meet or exceed the current USDA nutrition standards.
 - Example-Unflavored, white milk will be placed in front of flavored milk during breakfast and lunch service times.
 - Example-Juice will not be served as a substitute for fruit and vegetables at lunch (unless a doctor's note is provided stating the child cannot have milk or water).
- USDA Standards are included in the appendix section of the policy.
- Tutoring, club or organizational meetings will not be scheduled during the lunch period unless students are allowed to purchase lunch to be consumed during meetings.
- Students will have the opportunity to provide input on local, cultural, and ethnic favorites.
- The district shall use the USDA's Smarter Lunchroom tools and other resources provided by USDA to increase participation.

Breakfast

- All schools will provide breakfast through the USDA School Breakfast Program.
- School Administrators shall arrange bus schedules and utilize methods to serve school breakfast that encourage participation and notify parents and students of the availability of the School Breakfast and Lunch Program.
- 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, and 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 meals.

- Applications for free/reduced price meals are sent home to all families at the beginning of the school year. The application is also available on the district website.
- Schools in Jacksonville City shall utilize electronic identification and payment systems that do not identify the student's eligibility.
- In the event of computer failure, school cafeterias shall have procedures in place to account for meals without exposing individual student's eligibility status.

- ❑ School Administrators are to promote the availability of school meals to all students and encourage participation in the lunch and breakfast program.

Physical Education and Activity

- ❑ Physical activity will be integrated across curriculum and throughout the school day. Brain breaks can be made a part of science, math, social studies, and language arts.
- ❑ Physical education for grades Pre-K through 12 is required to be taught by a licensed, state-certified teacher who is endorsed to teach physical education.
- ❑ Physical education classes will follow the Alabama Course of Study.
- ❑ The school district shall provide physical education teachers with annual professional development opportunities that are focused on physical activity topics and competencies specifically for physical education teachers.
- ❑ Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and fitness.
- ❑ Forty minutes, minimum, will be allotted for physical education class during the school day.
- ❑ All children, Pre-K through grade 6, shall participate in a minimum of 20 minutes of daily recess which will be scheduled, if possible, prior to the lunch period.
- ❑ Physical activity or withheld physical activity will not be used as a punishment.
- ❑ Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage long-life physical activity.
- ❑ Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.
- ❑ The school provides a physical and social environment that encourages safe and enjoyable activity for all students.
- ❑ Information will be provided to families to help them incorporate physical activity as a lifetime process. Ex: Walking log, Physical Activity log, etc.

- ❑ Schools encourage families and community members to support and participate in physical activity, such as a run/walk program and limit TV time program.
- ❑ Students will be encouraged to write articles on health, nutrition, and wellness for the school newsletter or newspaper.
- ❑ The school district will strive to provide teachers professional development opportunities that are focused on the integration of physical activity into the classroom academic content and schedule, when appropriate, throughout the school day.

Other School Based Activities

- ❑ After-school programs will encourage physical activity and healthy habit formation.
- ❑ Local wellness policy goals are considered in planning all school-based activities.
- ❑ Support for the mental and physical health of all students is demonstrated by hosting health fairs, health screenings, and helping to enroll eligible children in Medicaid and other state children’s health insurance programs.
- ❑ Jacksonville City Schools shall maintain the ongoing local wellness committee comprised of parents, teachers, and administrators to plan, implement, and improve nutrition and physical activity in the school environment. This committee will meet bi-annually.
- ❑ Each school shall have a wellness committee chairperson appointed by the principal.
- ❑ Annually, the superintendent or wellness committee chairperson, will update the Jacksonville City Board of Education on the implementation and evaluation of the policy.

Nutrition Guidelines for All Foods on Campus

- ❑ All foods made available on campus will comply with the USDA Smart Snack Standards.
- ❑ All snacks sold will be fruits, vegetables, whole grain products, low-fat dairy or protein foods that contain:
 - ≤ 200 calories
 - $\leq 35\%$ sugar by weight
 - $\leq 35\%$ calories from total fat
 - $\leq 10\%$ of calories from saturated fat
 - Zero transfat
 - $\leq 200\text{mg}$ of sodium

- Vending machines will contain only beverages that meet Smart Snack standards including plain or carbonated water in any portion size, and 100% fruit juice and low-fat unflavored milk or fat-free flavored milk in portion sizes up to 8 ounces for elementary schools and 12 ounces for middle and high school.
 - No beverages with non-nutritive sweeteners (artificial or natural) or caffeine, such as diet soda, will be sold to students during the school day.
- **This Includes**
 - Ala Carte
 - Fundraisers- Involving the sale of food
 - Must be approved at the BEGINNING of the school year by each school's administration.
 - Foods sold for fundraisers must meet the Smart Snack Standards and may not be sold in competition with the National School Breakfast or Lunch Program.
 - Fundraiser foods that meet the Smart Snack Standards cannot be sold 1 hour prior to, through 1 hour after breakfast and lunch service times.
 - Events that occur outside of the school day (7am to 3:30) are not subject to these guidelines.
 - School parties/celebrations
 - High fructose corn syrup will not be the chief ingredient in the classroom party food.
- The complete Smart Snack Standards are included in the appendix or can be accessed by clicking the link provided below:
http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf
- Food providers will take every measure to ensure that student access to foods and beverages meet federal, state, and local laws and guidelines. A variety of age appropriate healthy food and beverage selections for elementary and high schools will be offered.
- Nutrition information is made available in the cafeteria at the point of sale.
- Nutrition information for ala carte products is readily available near the point of purchase.
- Student and faculty involvement with menu planning is encouraged.
- Classroom snacks feature healthy choices.
- Nutrition education is incorporated during classroom snack times, not just during meals.

- ❑ Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with established nutrition environment standards. Advertising messages reinforce the objectives of the education and nutrition environment goals of the school.

Eating Environment

- ❑ Students will have adequate time to eat, at least 20 minutes for lunch and 15 minutes for breakfast, from the time the student is seated.
- ❑ Lunch periods are scheduled from 10:30 am to 1 pm.
- ❑ Cafeterias include enough serving areas so that students do not have to spend too much time waiting in line.
- ❑ Appropriate supervision shall be provided by faculty in the cafeteria and rules for safe behavior shall be consistently enforced.
- ❑ Dining areas provide a positive, attractive climate and have enough space for seating all students.
- ❑ Student shall be made aware of the availability of drinking water during meals. Water containers and cups will be present in the cafeteria and supervisory staff will allow students to access water throughout the meal period. Free drinking water is available from water fountains throughout the school day.
- ❑ Food is not used as a reward or punishment for student behaviors.

Wellness Promotion and Marketing

- ❑ Staff model healthy behavior, for example, teachers could be provided with water bottles and encouraged to drink water in the classroom.
- ❑ Clear water bottles or clear water containers are allowed throughout the school day to promote adequate hydration.
- ❑ Teachers wishing to consume snack or lunch alongside their students must ensure only healthy food/beverages are present.
- ❑ Teachers share their positive experiences with physical activity with their students and encourage physical activity.
- ❑ The school system shall promote healthy food items including fruits, vegetables, whole grains and low-fat dairy products. Promotions could include monthly taste tests, posters and signage, and menu contests.

- ❑ Jacksonville City Schools shall strive to maintain the Healthier US Gold School Award for Kitty Stone Elementary and work to achieve the Gold Status for Jacksonville High School (Middle School grades 7 and 8 and High School grades 9-12)
- ❑ Students are encouraged to incorporate small bouts of activity into their daily schedules; for example, they are encouraged to take the stairs.
- ❑ Jacksonville City Schools will encourage parental involvement in student and family wellness by posting activity information on the school website related to community activities and school activities.
- ❑ The Wellness Policy and the Smart Snack policy will be posted on the Jacksonville City Schools website and a copy sent home with each student at the beginning of each school year.

Child Nutrition Operations

- ❑ The USDA Professional Standards for State and Local Nutrition Education Programs are followed to ensure that professional development in the area of food and nutrition is provided for food service directors, managers and staff.
- ❑ The child nutrition program will aim to be financially self-supporting. The program is an essential educational support activity and will not allow profit generation to take precedence over the nutritional needs of the students. If subsidy of the program is needed, it will NOT come from the sale of foods with minimal nutritional value.
- ❑ The child nutrition program will ensure all students have affordable access to the varied and nutritious foods that they need to stay healthy.
- ❑ The schools will strive to increase participation in the available federal Child Nutrition Breakfast and Lunch Program.
- ❑ A Registered Dietitian will be employed to administer the school food service program and satisfy reporting requirements.
- ❑ All food service personnel shall have adequate pre-service training in food service operations at the local level.

Food Safety/Food Security

- ❑ All food made available on campus comply with the state and local food safety and sanitation regulations. A Hazard Analysis Critical Control Points (HACCP) plan and guidelines is implemented to prevent food illness in the school system.

- For the safety and security of the food and facility, access to the food service operations are limited to the Child Nutrition staff and authorized personnel.
- The Child Nutrition Program shall receive at the minimum two state health inspections per school year.

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