

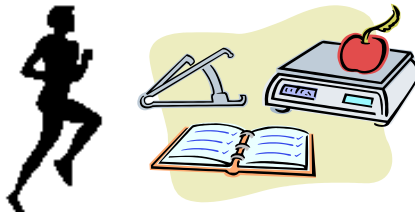
Pickens County Board Of Education

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Wellness Policy On Nutrition and Physical Activity



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Revision Ten

Pickens County Board Of Education
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” 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. Cafeterias must offer a variety of fresh and cooked fruits and vegetables, which are divided into subgroups based on the nutritional qualities of each subgroup. All food groups must follow the serving size as outlined in the “Healthy, Hunger Free Kids Act”
3. Each Student MUST take at least one serving of a fruit or vegetable to be considered an allowable meal. All meals shall limit the amount of calories, fats and sodium and meet the nutritional requirements of the “*Dietary Guidelines for Americans 2010*”;
4. Schools shall serve only low-fat (1%) and fat-free unflavored milk or fat-free flavored milk or nutritionally-equivalent non-dairy alternatives (to be defined by USDA);
5. School meals shall average, for a weekly period, the nutritional requirements as outlined in the “Healthy, Hunger Free Kids Act” and the standards outlined in the “*Dietary Guidelines for Americans 2010*”;
6. All grain products served must be whole grain. Emphasis shall be placed on increasing the quantity of whole grains served. Products are considered Whole Grain if a *whole grain product* is listed as the primary grain ingredient in the ingredient statement. Examples include whole wheat flour, cracked wheat, brown rice, yellow corn meal and oatmeal; All breakfast hot and cold cereals and breads must also be a whole grain product.
7. Schools shall review the items offered as ala carte. All items must meet the requirements of the “Healthy, Hunger Free Kids Act and the “Smart Snacks in Schools” standards. Allowable items are based on the nutritional contributions of that item. Foods not meeting the criteria listed in the Smart Snacks for Schools standards shall be eliminated. For assistance a Nutritional Calculator is available at the following site. https://Schools.healthiergeneration.org/focus.areas/Snacks_and_beverages/smart_snacks/product_calculator
8. Pickens County Schools are not allowed to offer deep fry foods. 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.
10. **The USDA requires that all items purchased with federal funds be domestic items when they are available.**
11. **The USDA requires that paid student lunches equal the amount of money received from the federal government for free lunches. Also requires that adult employee lunches be the same portions as offered to high school students and the cost, as a minimum, equal the highest paid lunch plus the cost of commodities and amount of reimbursement received for a paid student lunch.**

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. All Pickens County schools shall operate a School Breakfast Program.

1. 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.
2. 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.
4. The USDA requires that all schools that participate in the National School Lunch Program utilize "Direct Certification", which involves information furnished by the State Department of Education and includes a list of all households that receive certain benefits through the State Department of Public Health. Families that qualify for free meals through "Direct Certification" are not required to complete an application for Free or Reduced Price meals. If your family is directly certified you will receive a letter stating your eligibility and that an application is not required.
5. Community Eligibility Provision is a USDA pilot program that requires all students in the qualifying area to be served free meals. Eligibility determination is achieved based on the number of children approved by direct certification. Student eligibility is NOT determined by the School District Child Nutrition program or other federal programs.

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 midnight the night before until 30 minutes after the last scheduled class.

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, shall provide continuing professional development for all nutrition professionals. Staff development programs shall include appropriate certification and/or training programs including "Serv-Safe" recertification every 4-5 years. All school nutrition staff must be "Serv-Safe" certified prior to advancing beyond a Food Service Assistant II. School food service staff shall be encouraged to participate and maintain certification through the School Nutrition Association. At least one "Serv-Safe" certified staff member must be present at all times food is being prepared or served in the cafeteria. This includes food being served for special events or fund raisers. Foods prepared from outside sources and brought to the cafeteria must meet HACCP requirements for food safety.

Food Safety/Food Security

The food offered to students in the schools must not only be nutritious, but must also comply with state and local food safety and sanitation regulations. The quality of the food is determined both by the foods' nutrient value and by the standards by which it was prepared.

All foods made available on campus will comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines shall be implemented in order to avoid food illness in schools.

1. For the safety and security of the food and facility, access to the food service operations is limited to Child Nutrition staff and personnel authorized by the Superintendent or designee.
2. All food brought to school by students, parents, or community members to feed more than one child must be prepared, stored, and transported under hygienic conditions and safe to consume.

Nutrition Guidelines for All Foods on Campus

The integrity of the school nutrition environment depends on the quality of *all* foods and beverages sold or served at school. Foods that provide little nutritional value compete with healthy school meals, send mixed messages to students, undermine nutrition education efforts, and discourage healthy eating. The Healthy Snack Standards shall address all food and beverages sold or served to students from vending machines; in school stores; school events, school celebrations, or fundraisers; as well as a la carte items sold during school meals. Decisions about the sale of all foods will focus on nutrition goals for students, and all food sales shall comply with applicable federal, state, and district regulations. The State Department of Education shall establish guidelines to govern school celebrations that do not meet the guidelines established by the Healthy Snack Standards.

Nutrition Standards for foods sold on campus:

School campus is defined as any school property that students have access to during the school day. Any foods sold in schools must:

1. Be a whole grain rich grain produce; or
2. Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
3. Be a combination food that contains at least ¼ cup fruit and/or vegetable; or
4. Contain 10% of the daily value (DV) of one of the nutrients of public health concerns in the 2010 Dietary Guidelines for Americans.
5. Foods must also meet the nutrient requirements for calories of 200 or less calories for snacks and 350 calories or less for Entrée items. All snack items must contain 230 mg of sodium and will lower to 200 mg of sodium in July 2016. Fat in snack items are limited to 35% of calories with no more than 10% of calories from Saturated fat and can contain no added trans fat. For more information use Nutritional Calculator at:

https://Schools.healthiergeneration.org/focus.areas/Snacks_and_beverages/smart_snacks/product_calculator

Beverages:

1. All schools may sell Plain Water (with or without carbonation), Unflavored Low Fat Milk, Flavored or Unflavored Fat Free Milk, 100% Fruit or Vegetable Juice with no added sugars, or 100% Fruit or Vegetable Juice diluted with water (with no added sugars with or without carbonation).
2. Elementary schools may sell up to 8 ounce portions while middle and high schools may sell up to 12 ounce portion. There is no size limit on plain water.
3. In addition, High Schools may sell calorie free flavored water, with or without carbonation, up to 20 bottles. May also sell other flavored and/or carbonated beverages that are labeled to contain less than 5 calories per 8 ounces or 10 calories per 20 ounce bottles. May also sell low calorie flavored drinks that contain less than 40 calories per 8 ounces or 60 calories per 12 fluid ounce portions.

Fundraisers:

Fundraisers that meet the nutritional requirement of the “Smart Snacks for Schools” standards are not limited during the school day as long as they are not operated during meal service. The State Department of Education will set the number of exempt school sponsored activities, such as classroom parties that do not meet the nutritional requirements. Food Safety shall be considered when potentially hazardous foods, such as high protein foods are being served and shall follow all established food safety regulations.

The school administrator shall appoint a Nutritional Council to approve, monitor and provide only food and beverages that meet the nutritional guidelines. All foods and beverages provided to students during the school day shall follow the nutrition and portion size standards outlined in the Smart Snacks for School Standards. This includes snacks sold through a la carte lines, vending machines, student stores, fundraising activities or food provided free to students during classroom parties or awards. The “Healthy, Hunger Free Kids” act and the “Healthy School Snacks” act identify who is required to serve on each school’s Nutritional Council.

1. **Foods and drinks not allowed in the cafeteria:** Branded foods and beverages or food containers or wrappers containing company logos are not allowed in the school cafeteria.

2. **Teachers and other staff shall 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.**
3. Sack Lunches: Parents that prepare sack lunches for consumption on school premises shall be encouraged to follow these same guidelines.

Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296) added Section 9A to the Richard B. Russell National School Lunch Act (42 USC 1758b), Local School Wellness Policy Implementation. The provision set forth in Section 204 expands upon the previous local wellness policy requirement from the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Reauthorization Act of 2004 (Public Law 108-265).

The Healthy, Hunger-Free Kids Act of 2010 expands the scope of local school wellness policies; brings in additional stakeholders in its development, implementation and review; and requires public updates on the content and implementation of the wellness policies. The intent is to strengthen local school wellness policies so they become useful tools in evaluating, establishing, and maintaining healthy school environments, and to make clear to the public (including parents, students, and others in the community) about the content and implementation of local school wellness policies.

The Act requires each local educational agency participating in the National School Lunch Program or other federal Child Nutrition programs to establish a local school wellness policy for all schools under its jurisdiction. Each local education agency must designate one or more local education agency officials or school officials to ensure that each school complies with the local wellness policy. At a minimum, a local school wellness policy must:

- Include goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.
- Include nutrition guidelines to promote student health and reduce childhood obesity for all foods available in each school district.
- Permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and review and update of the local wellness policy.
- Inform and update the public (including parents, students, and others in the community) about the content and implementation of local wellness policies.
- Be measured periodically on the extent to which schools are in compliance with the local wellness policy, the extent to which the local education agency's local wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of the local wellness policy, and make this assessment available to the public.

For School Year 2015-2016, local educational agencies are encouraged to continue reviewing and assessing their local wellness policies and implementing the new requirements.

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. The 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 and Food Safety Checklist monthly.
3. Sort menus by the process approach for food safety.
4. Establish control measures for each menu item being prepared.
5. Maintain Employee Training Planner.
6. Maintain all record keeping forms as outlined in the HACCP plan.
7. Review the School Food Safety Program at the beginning of each school year and when sufficient changes occur in the operation.
8. Maintain required records on “Potentially Hazardous Foods” at all times.
9. Maintain an accurate Food Production Record that tracks the usage of food during preparation and track all left-over food through the cooling and reheating process.

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 Council 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:

1. The district wellness committee shall review the Wellness Policy **annually**. 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.
2. 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.
3. 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.