

**PIKE COUNTY SCHOOLS**  
101 WEST LOVE STREET  
TROY, ALABAMA 36081

***WELLNESS POLICY***

FILE: JCDAC  
ADOPTED 1/23/06

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# **Pike County Schools Wellness Program**

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# Pike County Schools Wellness Program Assessment

Each school is responsible for providing evidence to the Pike County Schools Wellness Committee that the school has implemented the policy. The evidence should be in the form of a portfolio (three-ring binder) that covers the seven sections in the policy.

Each entry may be written documentation or evidential material (with a written explanation). The evidential material must have a written explanation. This list gives some examples of evidential material that may be included in the portfolio:

- Newspaper articles
- Letters to parents
- Memos/Agendas
- Photographs
- Videos
- Website articles
- Classroom activities
- Lesson plans

This portfolio assessment will be due to the CNP office by April 1 of each year for the Pike County Schools Wellness Committee to evaluate.

## **PIKE COUNTY SCHOOL SYSTEM**

### **WELLNESS POLICY**

The Pike County Board of Education is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

To accomplish these goals:

- Child Nutrition Programs comply with federal, state and local requirements.
- Child Nutrition Programs are accessible to all children.
- Sequential and interdisciplinary nutrition education is provided and promoted
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- All school-based activities are consistent with wellness policy goals.
- All foods and beverages made available on campus (including vending, concessions, a la carte, student stores, parties, and fundraising) during the school day are consistent with the current Dietary Guidelines for Americans.
- All foods made available on campus adhere to food safety and security guidelines.
- The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Food and/or physical activity is not used as a reward or punishment.

**ADOPTED: 1/23/06**

## History/Background/Rationale

Will the students of today be the first generation to have a shorter life expectancy than their parents? Does the face of a child suffering from malnutrition resemble the face of a child adversely affected by over-nutrition? Will academic success become more and more difficult for students to attain as lifestyle choices diminish a child's ability to learn?

If you know the answers to these questions, you are one of millions who are aware that discouraging statistics emerge every day regarding the general health of America's school aged population. The School Nutrition Association (formerly American School Food Service Association) was established in 1946, shortly after lawmakers passed the National School Lunch Act, allowing healthy, affordable meals for America's school children. Leaders in 1946 were not content with the level of malnutrition in America. Today, school foodservice professionals continue to build on the record of healthy, safe, and nutritious meals – as well as nutrition education.

A healthy school environment goes beyond school meals in the cafeteria. A healthy lifestyle and maintaining a healthy weight requires a combination of healthy food choices and appropriate amount of physical activity. All food made available on school campuses should offer children nutritious choices, and physical activity should be incorporated into the school day as often as possible. The healthy, physically active child is more likely to be academically successful.

With the recent passage of the Act (Public Law 108: Section 204) requiring each Local Education Authority (LEA) to have a local wellness policy in place, the federal government recognizes that a coordinated effort by the entire community including child nutrition professionals, school board members, parents, students, school administrators and teachers is warranted. These efforts involve adults serving as role models and community members being informed of the policies that improve the long-term health and well being of students.

Our challenge now is to educate our children and communities on choices that will ensure a lifetime of good health.

## **NUTRITION EDUCATION**

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- Nutrition education will be integrated into other areas of curriculum such as math, science, language arts and social studies
- 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 as planned. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits. (1)
- The school cafeteria serves 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 the broader community to positively impact students and the health of the community. (7)
- School district will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families. (10)
- Students will be encouraged to start each day with a healthy breakfast.

The primary goal of nutrition education is to influence students’ eating behaviors while building knowledge and skills. Nutrition education helps students make healthy eating and physical activity choices.

Nutrition education should be appropriate for students’ age and reflect their culture. Providing students the opportunity to practice wise nutrition choices will assist in allowing students to learn how to make good choices and have fun at the same time.

## **Physical Activity**

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- Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of science, math, social studies and language arts.
- Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge. (1)
- Policies ensure that state-certified physical education instructors teach all physical education classes. (1)
- Policies ensure that state physical education classes have a student/teacher ratio consistent with SACS class size standards. (1)
- Time allotted for physical activity will be consistent with SACS standards.
- Provide a daily recess period. Consider planning recess before lunch since research indicates that physical activity prior to lunch can increase the nutrient intake and reduce food waste.
- Physical activity participation will take into consideration the “balancing equation” of food intake and physical activity.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity. (10)
- 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, including those who are not athletically gifted. (1)
- Information will be provided to families to help them incorporate physical activity into their student’s lives.
- Schools encourage families and community members to institute programs that support physical activity, such as a walk to school program. (1)



## **Other School Based Activities**

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- After-school programs will encourage physical activity and healthy habit information. (10)
- Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).
- Support for the health of students is demonstrated by hosting health clinics, health screenings, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.
- Schools will organize local wellness committees comprised of families, teachers, administrators, and students to plan, implement and improve nutrition and physical activity in the school environment.

## **Nutrition Guidelines for All Foods on Campus**

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- All foods made available on campus will comply with the current USDA Dietary Guidelines for Americans:
  - Vending machines
  - A la carte
  - Beverage contracts
  - Fundraisers
  - Concession stands
  - Student stores
  - School parties/celebrations
- Food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.
- Nutrition information for products offered in snack bars, a la carte, vending and school stores is readily available near the point of purchase.
- Families, teachers, students and school officials are engaged in choosing the competitive food selection for their local schools.
- Promotional activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement or positive youth development and are in compliance with local guidelines.
- Food providers will be sensitive to the school environment in displaying their logos and trademarks on school grounds.
- Classroom snacks feature healthy choices.
- Nutrition education is incorporated during classroom snack times, not just during meals. Foods and beverages sold at fundraisers include healthy choices and provide age appropriate selections for elementary schools, middle schools and high schools.
- Advertising messages are consistent with and reinforce the objectives of the education and nutrition environment goals of the school.
- Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with established nutrition environment standards.

## **Eating Environment**

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- The National Association of State Boards of Education recommends that students should be provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated. (3)
- Lunch periods are scheduled as near the middle of the school day as possible.
- Cafeterias include enough serving areas so that students do not have to spend too much time waiting in line.
- Dining areas are attractive and have enough space for seating all students. (10)
- Drinking water is available for students at meals.
- Food is not to be used as a reward or a punishment for student behaviors.

## **Child Nutrition Operations**

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- Comply with federal, state and local requirements.
- Provide the environment that cultivates maximum student potential.
- Provide information that nutrition influences a child's development, health, well-being and potential for learning.
- Afford students the opportunity to fully participate in the educational process, by helping students understand the correlation between good nutrition and the ability to learn.
- This district-wide nutrition policy encourages all members of the school community to create the environment that supports lifelong healthy eating habits. Decisions made in all school programming need to reflect and encourage positive nutrition messages and healthy food choices.
- Schools will strive to increase participation in the available federal Child Nutrition Programs – School lunch, breakfast, after-school snack and summer food service programs.
- The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.

## **Food Safety/Food Security**

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- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools. (1)
- For the safety and security of the food and facility access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance see the US Department of Agriculture food security guidelines. (4)

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