

**MARION COUNTY SCHOOLS
WELLNESS POLICY**

The Marion County School District is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

To accomplish these goals:

- Child Nutrition Programs shall comply with federal, state and local requirements. Child Nutrition Programs are accessible to all children.
- Sequential and interdisciplinary nutrition education shall be provided and promoted.
- Physical Education shall teach life long physical activity skills.
- All foods and beverages made available on campus (including vending, concessions, a la carte, student stores, parties, and fundraising) during the school day shall be consistent with the current Dietary Guidelines for Americans and Alabama State Department Nutrition Policy.
- All foods made available on campus adhere to the Alabama Public Health regulations.
- The school environment shall be safe, comfortable, pleasing, and allows ample time and space for eating meals.
- Food and/or physical activity shall not be used as a reward or punishment.

SNA Local Wellness Policy Guidelines

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 foods 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 include 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. The LEA has a strategic role to play and now is the time to take action.

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

SNA Local Wellness Policy Guidelines

In all aspects of local wellness, the Marion County School Employees will strive to act as role models for good nutrition and physical activity behaviors.

Nutrition Education

- Nutrition education can be integrated into other areas of curriculum such as math, science, language arts and social studies.
- 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 concept. Health education training on the importance of nutrition and physical activity will be completed by a minimum of one teacher in-service each year. (Webinar to be completed each year) Teachers should be trained not to use food as a punishment. (12)
- 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)
- Students will be encouraged to start each day with a healthy breakfast.

Physical Activity

- Physical activity will be integrated across curricula and throughout the school day. (12) Movement can be made a part of science, math, social studies, language arts, and all classes.

- 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)
- 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)

Other School Based Activities

- Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances, and assemblies). School approved field trips are exempt from the nutrition policy. Field trips will not be planned for the sole purpose of eating lunch or breakfast. (12)
- Schools organize local wellness committees comprised of parents, community, teachers, administrators, CNP personnel and students to plan, implement and improve nutrition and physical activity in the school environment. (12)

Nutrition Guidelines for All foods on Campus

- All foods made available on campus during school hours and during after school child care programs will comply with the current USDA Dietary Guidelines for Americans: (12)
 - *Vending machines
 - *A la carte
 - *Beverage contracts
 - *Fundraisers
 - *Concession stands
 - *Student stores
 - *School parties/celebrations
 - +see attachment
- No homemade items will be allowed “for free” or “for sale”.
- 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.
- Food provider will be sensitive to the school environment in displaying their logos and trademarks on school grounds.
- Classroom snacks feature healthy choices. (5)
 - +see attachment
- Nutrition education is incorporated during classroom snack times, not just during meals. Foods and beverages offered “for sale” or “for free” will include healthy choices and provide age appropriate selections for elementary school, middle schools and high schools.
 - (6) All sales conducted after school are exempt from this policy.
 - (12)
- Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with established

nutrition environment standards. (1) Vend fronts will be juice or water. (12)

- Parents may pack a lunch for their child. (12)
- Students are not allowed to have restaurant food into the cafeteria.
- Students are not allowed to have carbonated drinks in the cafeteria. (12)
- Food provided as part of the class or school heritage event are exempt from this policy as long as the meal is not in competition with school lunch or breakfast. (12)
- Schools shall discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns with allergies and other restrictions on some children's diets.

Eating Environment

- The National Association of State Boards of Education recommends that students should be provided adequate time to eat their meals. (3)
- Schools should not establish policies, class schedules, bus schedules or other barriers that directly or indirectly restrict access to meals. (12)
- Dining areas are attractive and have enough space for seating all students. (10)
- Food is not used as a reward or a punishment for student's behaviors, unless it is detailed in a student's Individualized Education Plan (IEP).
- No food of any type may be sold at any place on campus during meal service. (12)

Child Nutrition Operations

- The Child nutrition programs will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals. (1) (8)
- 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. (1)
- The school will strive to increase participation in the available federal Child Nutrition Program.
- The school will strive to increase participation in the available federal Child Nutrition program (e.g. school lunch and school breakfast).
- Employ a food service director, who is properly qualified, certified and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements. (1) (12)
- All food service personnel shall have adequate pre-service training in food service operations. (1) (12)
- Students are encouraged to start each day with a healthy breakfast.
- The child nutrition program should pay special attention to portion sizes and assist students in selecting the appropriate amount of food. (12)

Food Safety/Food Security

- 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)

Evaluation

- The wellness committee will assess the degree of implementation of the wellness plan annually. (12)
- The principal of each school will be responsible for implementation of the wellness plan annually. (12)
- The Child Nutrition Director will be responsible for implementing all child nutrition regulations. (12)
- The local wellness plan will be monitored by the state during a CRE. (12)

Glossary

CRE Coordinated Review Effort

Food Security

1. Having adequate resources to access enough food to maintain a healthy and active lifestyle.
2. The state of having the food supply safe from harm.

Food made Available on Campus

Foods available on campus includes:
*Vending machines
*Beverage contracts
*Fundraisers
*Concession stands
*Student Stores
*School parties/celebrations
*Child nutrition programs

FMNV Foods of Minimal Nutritional Value

HACCP Hazard Analysis Critical Control Points

References

1. Action for Healthy Kids, Arizona State Team, Arizona healthy school environment model policy. Available at : www.asu.edu/educ/eps/CERU/Guidelines/GERU-0401-210-RCC.pdf. Accessed March 7, 2005.
2. National Association for Sport and Physical Education. Physical activity for children: A statement of guidelines for children ages 5 – 12. Available at: <http://www.aahperd.org/naspe/template.cfm?template=123103.html>. Accessed March 7, 2005.
3. National Association of State Boards of Education. Fit, healthy and ready to learn. Available at: <http://www.nasbe.org/HealthySchools/fitheatly.html>. Accessed March 7, 2005.
4. United States Department of Agriculture, food Safety and Inspection Service. Food safety and emergency preparedness. Available at http://www.fsis.usda.gov/Food_Security_&_Emergency_Preparedness/index.asp. Accessed March 7, 2005.
5. Alabama Action for Healthy Kids. Guide to healthy school parties. Available at: http://www.actionforhealthykids.org/AFHK/team_center/team_public_view.php?team=AL. Accessed March 7, 2005.
6. Alabama Action for Healthy Kids. Guide to healthy school fundraising. Available at http://www.actionforhealthykids.org/AFHK/team_center/team_public_view.php?team=AL. Accessed March 7, 2005.
7. Texas Agriculture Commission. Creating a course for change. Available at: http://www.squaremeals.org/fn/home/page/0.1248.2348_0_0_0,00.html. Accessed March 7, 2005.
8. Seattle Public Schools. Breakfast and lunch program. Available at: <http://www.seattleschools.org/area/news/x40903nr.xml?wrapper=0>. Accessed March 7, 2005.

9. Seattle Public Schools. Distribution and sales of competitive foods. Available at: <http://www.seattleschools.org/area/new/x40903nr.xml?wrapper=0>. Accessed March 7, 2005.
10. Wisconsin Association of School Boards. Promoting healthy eating and physical activity. Available at: <http://www.wasb.org/policy/focusoct03.html> Accessed March 7, 2005.
11. Getlinger, Mary Jane, et al., food waste is reduced when elementary-school children have recess before lunch. Journal of the American Dietetic Association, September 1996*Volume 96*Number 9*p906 to p908.
12. Alabama State Department of Education Nutrition Policy

Resources

Keys to Excellence: <http://www.schoolnutrition.org/KEYS.aspx?ID=1158>

Nutrition Integrity: <http://www.schoolnutrition.org/Index.aspx?id=1107>

Action for Healthy Kids: <http://www.actionforhealthykids.org/>

National Association for Sport and Physical Education: <http://www.aahperd.org>

National Association of State Boards of Education: <http://www.nasbe.org>

United States Department of Agriculture-Team Nutrition: <http://www.fns.usda.gov/tn/>

Center for Disease Control: <http://cdc.gov/HealthyYouth/>

Food and Research Action Center: www.frac.org

Journal of the American Dietetic Association, February 2005

Alabama Action for Healthy Kids: http://www.actionforhealthykids.org/AFHK/team_center/team_public_view.php?team=AL

Texas Department of Agriculture: Square Meals <http://www.squaremeals.org/>

Seattle Public Schools: <http://www.seattleschools.org/area/news/x40903nr.xml?wrapper=0>.

School Nutrition Association: <http://www.schoolnutrition.org>

Wisconsin Association of School Boards. Promoting healthy eating and physical activity: <http://www.wasb.org/policy/focusoct03.html>

SOURCE: Marion County Board of Education, Hamilton, AL

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Attachments: