**Morgan County Schools**

**Wellness Policy Guidelines**

**Revisited – September, 2018**

**October, 2019**

**June, 2022**

**March, 2025**

**Morgan County Schools Wellness Policy Guidelines**

Table of Contents

Introduction………...……………………………………...2

1. School Wellness Committee……………….….3
2. Wellness Policy Implementation……………....4
3. Wellness Policy Monitoring………………….…4
4. Triennial Assessment…………………………...4
5. Community Involvement………………………..4
6. Goals……………………………………………..5
7. Nutrition……………………………………….....5
8. Water……………………………………………..5
9. Competitive Food and Beverages……………..6
10. Fundraising……………………………………….6
11. Staff Professional Development………………..6
12. Administrative Implementation………………….6

**Morgan County Schools Wellness Policy Guidelines**

Introduction

Morgan County Schools (hereto referred to as the **District**) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines the District’s approach to ensuing environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

* Students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus – in accordance with Federal and State nutrition standards;
* Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
* Students have opportunities to be physically active;
* Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
* The community is encouraged to support the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
* The District establishes and maintains a monitoring process of the policy, its goals and objectives, through the wellness committee.
* The District guarantees that a child’s eligibility status will not be disclosed at any point in the process of providing free or reduced-priced meals, including notification of availability of free or reduced-price benefits, certification and notification of eligibility, provision of meals in the cafeteria, and the point of service.

This policy applies to all students, staff and schools in the District.

-2-

I. School Wellness Committee

The District will convene a representative district wellness committee (hereto referred to as the DWC) that meets once a year to oversee the health and wellness policy implementation and periodic review.

The DWC membership will represent, but not be limited to, all school levels, teachers, school nutrition professionals, administrators, parents, and students.

The Superintendent or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy.

The names(s), title(s), and contact information (email address) of this/these individual (s) is (are):

|  |  |  |  |
| --- | --- | --- | --- |
| **Name** | **Title/Relationship** | **Email address** | **Role on Committee** |
| Tracie Turrentine | Superintendent, MCS | trturrentine@morgank12.org | Co-chair |
| Mary Beth Henry | Child Nutrition Program Director, MCS | mbhenry@morgank12.org | Co-chair |
| Sarah Welborn | Health Services supervisor, MCS  Parent | spwelborn@morgank12.org | Assists in the evaluation of the wellness policy and implementation |
| Honi Smith | Federal Programs Director, MCS  Parent | hbsmith@morgank12.org | Assists in the evaluation of the wellness policy and implementation |
| Sandy Hensley | CNP Manager at Danville/Neel Elem. School | schensley@morgank12.org | Assists in the evaluation of the wellness policy and implementation |
| Tisha Martin | CNP Manager at Union Hill Junior High School; grandparent | ttmartin@morgank12.org | Assists in the evaluation of the wellness policy and implementation |
| Sarah Mackey | CNP Manager at Cotaco Junior High School; grandparent | samackey@morgank12.org | Assists in the evaluation of the wellness policy and implementation |
| Shane Hopkins | Principal at Priceville High School, parent | vshopkins@morgank12.org | Assists in the evaluation of the wellness policy and implementation |
|  |  |  |  |

-3-

II. Wellness Policy Implementation

The District will develop and maintain a plan for implementation of the Morgan County Schools Wellness Policy. The plan delineates roles and responsibilities; as well as the specific goals for the nutrition standards for all food and beverages available on the school campus, nutrition education, and physical activity.

III. Wellness Policy Monitoring

The District will retain records to document compliance with the Wellness Policy in the Child Nutrition Program Office at the Morgan County Board of Education. Documentation maintained in this location will include but will not be limited to the written wellness policy:

* Documentation demonstrating that the policy is made available to the public via the District website;
* Documentation of efforts to review and update Morgan County Schools Wellness Policy through minutes of committee meetings, zoom meetings, and email correspondence.
* Documentation to demonstrate compliance with an annual assessment checklist completed by each school.

IV. Triennial Assessment

At least once every three (3) years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy. The CNP Director should lead the assessment or assign a designee.

The DWC will use the *Triennial Assessment Summary* in collaboration with individual schools to determine compliance with the wellness policy.

The results of the triennial assessment will be publically posted on the MCS District website.

After the assessment, the Morgan County Schools Wellness Policy will be updated, if needed. MCS Board approval will follow.

V. Community Involvement, Outreach, and Communications

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for the district. The District will actively notify the public about the content of or any updates to the wellness policy annually on the district website.

-4-

VI. Goals of the Wellness Policy

Morgan County Schools (MCS) is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low fat milk; that are low in sodium, saturated fat, trans fat and sugar. All meals shall comply with the National School Lunch Program and the School Breakfast Program standards for meal patterns, nutrient levels and calorie requirements for the ages/grade levels served.

MCS CNP director, managers and staff will meet or exceed the annual continuing education/training requirements in the USDA professional standards.

MCS will strive to make free, safe, unflavored drinking water available to all students throughout the school day and throughout every school campus.

MCS will strive to ensure that all foods and beverages available to students on the school campus during the school day support healthy eating.

MCS will encourage and support the idea that nutrition education positively influences lifelong eating behaviors that encourage healthy nutrition choices.

MCS will provide students with physical education as dictated through grade level curriculum requirements.

Other Goals:

Marketing on the school campus during the school day will be limited to foods and beverages that meet the nutrition standards for “Smart Snacks”.

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Nutrition education is offered as an integral part of the curriculum.

The District will provide students with physical education, using an age-appropriate physical education curriculum consistent with national and state standards for K-12 physical education.

Schools in the District are encouraged to coordinate content across curricular areas that promote student health.

VII. Nutrition

All schools within the District participate in USDA Child Nutrition Programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). The District also operates additional nutrition-related programs and activities including Breakfast in the Classroom, Universal Breakfast, and Second Chance Breakfast. All schools within the District are committed to offering school meals through the NSLP and SBP programs.

-5-

VIII. Water

Free, safe, unflavored drinking water will be available to all students throughout the day on every school campus. The District will make drinking water available, free of charge, where school meals are served.

IX. Competitive Food and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages served and sold outside the school meal programs (e.g. “competitive” foods and beverages) will meet the USDA Smart Snacks standards. A *Smart Snack Exemption Form* is on file for every school campus in the District.

Celebrations and parties: A list of healthy party ideas for parents and teachers, including non-food celebration ideas may be obtained from the *Alliance for a Healthier Generation* and from the USDA. The *Smart Snack Calculator* is also available to all teachers, administrators and parents on the MCS website under CNP.

Vending Machines and school stores are required to meet the “Smart Snacks” nutrition standards. Food and beverages sold in school stores will met the same standards as vending machines.

Foods and beverages will not be withheld as punishment for any reason, such as for performance or behavior.

X. Fundraising

Foods and beverages that meet the *USDA Smart Snacks* standards may be sold through fundraisers on the school campus during the school day. If food or beverage items are sold that are not in compliance, an Exemption form will be on file with the local CNP office for each event planned.

XI. Staff Professional Development

The school nutrition program director, managers and staff will meet or exceed the annual continuing education/training requirements in the *USDA Professional Standards for School Nutrition Workers*. Training requirements include the CNP Director (12 hours), CNP managers (10 hours) and CNP workers (6 hours).

XII. Administrative Implementation

The Superintendent is authorized to develop and implement administrative rules and directives that are consistent with the MCS Wellness Policy. The Superintendent will ensure each local school’s compliance with the MCS Wellness Policy.

-6-