



**455 US Highway 31 North
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Mrs. Beth Patton ~ Superintendent**

MEMO

To: Beth Patton, Superintendent

From: Tandy Blackwell, Child Nutrition Program Coordinator

Date: March 17, 2023

Subject: Wellness Policy Review

Our wellness committee met online via completing Google Forms on March 10, 2023. A pre-survey was sent out to wellness committee members to determine if the committee wanted to meet in person or online by completing a Google Form. The members were split; thus, another online meeting was conducted this year. Our nine wellness committee members are Laura Smith, RN and lead nurse, Cody Gross, Lead Coach and PE teacher, Regina Kyle, Full Tummy Project Director, parent, non-profit business owner, and community member, Mike O'Rear, Student Services Coordinator, administrator, and principal representative, Esmeralda Lagunas, senior student, Caden Guimarin, senior student, Christine Jones, senior student, Sophia Pouliot, junior student, and Tandy Blackwell, Child Nutrition Coordinator, Wellness Coordinator. All the wellness information is posted online for the public to view and is located within the child nutrition portion of the website within the wellness committee section. Along with the wellness materials, a parent invitation to each year's meeting is included and a survey to allow any parent or community member to become a member of the wellness committee

All members were able to meet the wellness committee meeting timeline. The committee reviewed the district wellness policy and various implementation and summary documentation for the 2022-23 school year. Then, each member completed the Google Form to assess and make recommendations.

Attached is our yearly wellness policy review summary for our district.

Board of Education

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March 2023 Wellness Policy Review Summary

1. Overview of Athens City Schools Ongoing Wellness Policy Implementation

- Athens City Schools adopted our Wellness Policy in July 2006 and it was revised in November 2008, August 2012, and the latest revision in September 2016.
- During this Wellness Policy Review, the goal was to ensure the wellness policy was implemented and followed at all schools.
- In each school, all students have access each summer to the Seamless Summer Feeding Program for Breakfast and Lunch and After School Snack Program; all follow the USDA guidelines that accompany the programs. All other snacks sold in the lunchrooms comply with USDA guidelines.
- Athens City Schools conducts fundraisers that meet the guidelines set forth by USDA or comply with the 30 exempt fundraisers allowed in Alabama.
- Nutrition Education is implemented through lessons taught by teachers in the classroom and/or during physical education classes according to the K12 Alabama Curriculum Standards.
- Daily participation in physical activity is offered at the Elementary Schools and physical education classes are mandatory for grades K-12.
- The National School Wellness Policy yearly assessment called WellSat 3.0 was conducted in February 2023. The Triennial Assessment, completed every three years, was completed in March 2023. All three were reviewed by the committee.

2. Wellness Committee Meeting Summary Review of 2022-23 School Year

- Members completed district wellness policy implementations of the district and gave feedback on efforts to keep Athens City Schools physically active and nutritionally healthy.
- Based on the evaluations of wellness committee members, one parent member mentioned concern over the daily pizza option, diet soft drinks offered, and time allotted for lunch for high school students. Both the pizza options and diet beverage availability are compliant with USDA and popular among students. Pizza Hut enriched grain pizza is not offered more than two times a week and includes wholegrain sides. Wholegrain pizza is offered the remaining days per the high school manager. The Assistant Principal responsible for scheduling meal times at AHS said lunch meets the required minimum of 20 minutes. Lunch lines are long in August as students are learning lunch lines but after a few weeks, this smooths out and he said currently, it is very efficient. One student mentioned the need for education to include mental health as related to food and food disorders. The curriculum department said graduation requirements are that students must take a health or health science course in which food disorders are included. In addition, the district has employed a mental health counselor available for students anytime needed.
- No changes are recommended to our current wellness policy.

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