

## WELLNESS POLICY

The Athens City Board of Education is committed to providing a school environment that enhances student learning by promoting sound nutrition, appropriate physical activity and the development of lifelong wellness practices.

Nutrition Education: The primary purpose of nutrition education is to influence students' eating behaviors. School personnel can be positive role models by demonstrating healthy eating behaviors.

- Students, school personnel, parents and the community shall encourage nutrition information aimed at promoting better health, nutrition and exercise.

Physical Activity: The primary purpose for physical education in schools is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity and understand the short-term and long-term benefits of a physically active and healthful lifestyle.

- The school system shall provide a physical and social environment that encourages safe and enjoyable activities for all students, including those who are not athletically gifted.

Standards for Foods and Beverages Available at School: Students' lifelong eating habits are influenced by the types of foods and beverages made available in schools via vending machines, parties, fundraisers, school events, class activities and meal service.

- All school meal patterns shall meet regulations and guidance set forth by the federal Child Nutrition Act and the National School Lunch Act, Smart Snack USDA standards, and Alabama State Department of Education regulations.
- All foods made available to students in the lunchroom by the Child Nutrition Program during the school day shall comply with food safety and security guidelines determined by each school's Hazard Analysis Critical Control Point (HACCP) Plan.

Other School Based Activities: Student wellness is encouraged when the school environment provides consistent wellness messages and when barriers to healthy eating and physical activity are eliminated.

- Schools shall provide an environment that promotes healthy eating behaviors. Scheduling of classes and school events shall not interfere with student participation in school meal programs.

Governance, Implementation and Evaluation: A Wellness/Policy committee appointed by the superintendent (to represent each school, the child nutrition program, students and the community, and to include physical education teachers and school health professionals) shall be responsible for monitoring the implementation of this policy and conducting an annual assessment of policy compliance at each school. The committee or appointee shall report its findings with recommendations for improvement to the superintendent. The superintendent shall ensure that corrective action plans are initiated as needed and make recommendations to the board when policy revisions are needed.

The superintendent (or his designee) should make efforts to update the public, from time to time, about the content and implementation of this policy, and should make efforts to periodically measure and make available to the public an assessment on the implementation of the policy.

SOURCE: Athens City Board of Education, Athens, AL

ADOPTED: July 20, 2006; REVISED: November 20, 2008; REVISED: August 16, 2012; REVISED: September 15, 2016

LEGAL REF: Ala. Code §16-11-9 (1975); Child Nutrition and Women and Infants and Children (WIC) Reauthorization Act (Sec. 204 of P.L. 108-205); Healthy, Hunger-Free Kids Act (Sec. 204 of P.L. 111-296).

