

### **7.13 School Wellness**

In furtherance of its commitment to fostering healthy nutritional and physical activities that support student achievement and that promote the development of lifelong wellness practices, the Local Education Agency endorses the following programs, practices, and activities:

#### **7.13.1 Nutrition Education and Promotion**

The Curriculum Instructional Department in conjunction with the Child Nutrition Program will provide nutrition education, nutrition promotion, and physical education to foster lifelong habits of healthy eating and physical activity. Nutrition lessons and topics are integrated into the curriculum and the health education. Students should have the appropriate skills necessary to make nutritious food choices. Both departments will establish links between high quality nutrition education within the school and community. The school environment should be aligned with healthy school goals to positively influence a student's understanding and habits as they relate to good nutrition and regular physical activity. The district website will keep the public updated on the policy content and implementation status. The Local Education Agency (LEA) will proactively comply with all federal and state nutrition and physical activity regulations.

#### **7.13.2 Nutrition Standards and Guidelines**

Schools will participate in available school meal programs. Child nutrition professionals will receive training consistent with USDA standards to assist them in providing students with access to a variety of affordable, nutritious, and appealing foods; will accommodate the ethnic and cultural diversity of the student body in meal planning; and will provide a clean, safe, and pleasant dining experience. School staff will ensure students have adequate time to eat and access to free drinking water during meals and during the school day. All foods and beverages sold at school during school day will meet or exceed the nutrition standards identified by USDA and the State of Alabama Board of Education. Foods and beverages that are not part of the school meal program will not be sold within one hour before or after school meals. The applicable [USDA Meal Standards](#) and [USDA Smart Snack Standards](#) will be followed. Nutritional information for meals served is available on the district website. School cafeterias will promote and encourage students to eat healthy food items including fruits, vegetables, whole grains, or low-fat milk.

#### **7.13.3 Physical Education and Physical Activity Opportunities**

The LEA will offer physical education opportunities that include the components of a sound physical education program. Physical education will equip students with the knowledge, skills, and values necessary to maintain healthful lifelong physical activity. Physical education instruction will be aligned with the curriculum and existing state standards. All students will be provided the opportunity to participate regularly in supervised physical activities that are intended to maintain physical fitness and to impart the benefits of maintaining a physically active and healthy lifestyle.

**7.13.4 Other School-Based Activities Designed to Promote Student Wellness** The LEA is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. All foods and beverages utilized as fundraisers during the school day must be Smart Snack Compliant or have an exemption form completed. Schools are allowed thirty exemptions per school year. The completed "Alabama's Implementation of USDA Smart Snacks in School and Exempt Fundraisers Form" must be kept on file at the school and with the Child Nutrition Program Coordinator. Class parties and celebrations which involve foods and/or beverages provided to students during the school day are encouraged to include Smart Snack compliant items, such as fresh fruit, vegetables, and water. Schools should market healthy foods and beverages during the school day that are Smart Snack compliant. The school system will engage stakeholders such as students, parents, teachers, school representatives, board members, and community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies. Stakeholders may contact schools to increase participation in the development, review, or implementation of the wellness policy. The Wellness Committee is comprised of the Superintendent, CSFO, Student Services Coordinator, lead nurse, teacher, and parent, in conjunction with the Child Nutrition Coordinator, will periodically monitor and review the wellness policy. An assessment of the wellness policy will occur at least every three years and be posted on the school system's website. All students will have opportunities to be physically active on a regular basis during the school day and beyond that promote wellness in a manner that the LEA determines appropriate.

**7.13.5 Administrative Implementation**

The LEA, as the recognized food and nutrition services authority for the school district, shall annually approve a free and reduced price meal program. Applications for Free and Reduced priced meal benefits are available on the district website or at the local school. The district shall ensure that students qualifying for free or reduced priced meal benefits are not overtly identified. It is the LEA's expectation that the teachers shall support the food service program and encourage children to eat a well-balanced meal each day. School employees are strongly encouraged to model healthy behaviors for students, including eating and physical activity. Teachers are encouraged to use non-food alternatives such as physical activity as a reward. Food should not be used as a punishment. Any concerns regarding the local school breakfast or lunch program should be reported to the school principal or CNP Coordinator. The Superintendent and his designated representatives shall be responsible for operating an economically sound child nutrition program in accordance with state and federal laws and regulations. The Superintendent shall recommend for appointment the necessary personnel to initiate and maintain a quality child nutrition program. The accounting, financial planning, and reporting functions of the program shall be coordinated within the central office.

All sanitation standards required by law shall be strictly observed in each local school's child nutrition program. This shall include, but not limited to, physical

examination requirements of employees, preparation procedures, conditions of kitchens and dining areas and maintenance procedures. The CNP Coordinator and School Principal will share responsibility for the operation and supervision of the school child nutrition program. (Policy Revised: 11-08-2023)

Ref: P.L. 108.265, Part 210 and 220, and Section 204 Child Nutrition and WIC Reauthorization Act.