



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

MEMO

To: Beth Patton, Superintendent

From: Tandy Blackwell, Child Nutrition Coordinator

Date: April 12, 2024

Subject: Wellness Policy Review

Our wellness committee met online via completing a Google Form before or on April 8, 2024. 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 requested an online Google form; thus, another online meeting was conducted this year. Our seven wellness committee members are Laura Smith, RN and lead nurse, Cody Gross, Lead Coach and PE teacher, Sophia Pouliot, a senior, Adrian Villa, a junior, Amanda Jones, Full Tummy Project Director, parent, non-profit business owner, and community member, Mike O'Rear, Student Services Coordinator, administrator, and principal representative, and Tandy Blackwell, Child Nutrition 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 2023-24 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

*Beverly Malone, President ~ Shannon Hutton, Vice-President
Scott Henry ~ Karen Clem ~ Anthony Townsend*



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April 2024 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 April 2024. 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 2023-24 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 member mentioned lunch was not long enough at the high school for students to eat. However, 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. The committee as a whole noted that food and beverage brought into schools did not have the competitive wrapping required by the state. As student handbooks were being evaluated for the upcoming school year, the 6th-12th grade handbook did not have the statement requiring parents and/or student have neutral wrapping on outside food. So, the statement was added to the 6th-12th grade handbook for next year. The elementary handbook already had a statement.
 - No changes are recommended to our current wellness policy.

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