

Blount County Schools Wellness Policy

The Blount County School District 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. Therefore, the following practices, programs, and activities are supported by the Blount County Board of Education:

Nutrition Promotion and Education

Blount County Schools provide nutrition education to aide in the development of health, growth, and intellectual advancement for all grades. A daily menu for lunch and breakfast is developed based on USDA guidelines. Students are taught that healthy eating patterns require thoughtful decision making, such as choosing to eat more fruits and vegetables during meals and snacks. School gardening and local farm visits are encouraged for all grade levels.

School Meals / Nutrition Standards

Schools participate in federal school meal programs, including the National School Breakfast Program, National School Lunch Program, and the Summer Food Service Program. Meals served comply with these programs' meal patterns, nutrient levels, and calorie restrictions as appropriate for the age/grade level served. The schools' nutrition programs obtain fresh fruits and vegetables from local farmers when possible. Free, safe, and fresh drinking water is available in the cafeteria during meal times and throughout the school day. Every student is given a code to enter at the point of service to track student meals and protect student privacy. After obtaining their food, students have at least 15-20 minutes to consume their meal.

Consumption of competitive foods in place of school meals is discouraged by limiting competitive food choices during mealtimes in the cafeteria. Students are not allowed to bring fast food meals into the cafeteria during breakfast and lunch unless these items are in an unidentifiable container. All foods and beverages served on campuses during the school day meet federal and state nutrition standards and USDA Smart Snacks in School guidelines (link below). Smart Snacks nutrition standards apply to all foods and beverages sold to students through school-sponsored fundraisers, unless an exemption applies. Each school will be allowed to hold 30 exempt fundraisers per school year during which any food or beverage may be sold per the Alabama USDA Smart Snack in School Nutrition Implementation Guidelines. High School Principals are encouraged to limit the sale of beverages with caffeine to high school students.

<https://www.alabamaachievers.org/wp-content/uploads/2021/02/Smart-Snack-and-Fundraiser-Guidance-and-Implementation.pdf>

<https://www.fns.usda.gov/tn/guide-smart-snacks-school>

USDA Professional Standards

All Child Nutrition Program staff will complete ongoing continuing education annually to meet training requirements according to the USDA Professional Standards for Child Nutrition Professionals. The Child Nutrition Program Director is responsible for ensuring appropriate and adequate training is provided to meet their learning needs.

Physical Education and Physical Activity

Blount County Schools believe that students learn healthy behaviors while experiencing positive outcomes in motor skill development. All Physical Education teachers are certified and receive professional development specific to physical education and activity. Physical Education teachers provide physical activity that fosters positive long-standing habits by focusing on cognitive skills, attitudes, and academics. Students receive a minimum of 30 minutes of daily physical activity in grades K-8. The school district prohibits exemption from physical education for the purpose of other courses.

Wellness Promotion

Teachers are encouraged to use non-food alternatives as rewards, such as extra recess when time allows. Physical activity may not be assigned to students as a consequence of poor behavior or punishment for any reason, such as running laps or jogging around a playground. PE will not be withheld from students as a punishment for poor behavior or incomplete class work. Healthy food options will be comparably priced and prominently displayed in the cafeteria to encourage students to make healthy choices. Food service providers should be sensitive to the nutrition environment when displaying logos/trademarks on school grounds.

Policy Implementation

The wellness committee shall meet and conduct a quantitative assessment of policy implementation every three years. Policy revision will occur as deemed necessary. Students, parents, staff and/or community members are welcome to join the committee and participate in the implementation, review, and update of the wellness policy. The district will ensure school and community awareness of the policy, assessment, and any revisions by making it available on the district website.

Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
Program.Intake@usda.gov

This institution is an equal opportunity provider.