

Greene County Board of Education

Greene County Schools

Eutaw Primary School

Robert Brown Middle School

Greene County High School

Child Nutrition Program **Wellness Policy**

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Background and Rationale for Developing a School Wellness Plan

In response to declining nutritional intake and increasing childhood obesity, Congress included a new requirement in the Child Nutrition and WIC Reauthorization Act of 2004 to address changes that would promote wellness for students. Every school participating in the National School Lunch Program implemented a School Wellness Plan in 2006 to promote nutrition in schools, encourage increased consumption of foods and beverages that fit in with Dietary Guidelines for Americans, and promote increased physical activity. With the passage of this Act, the federal government recognizes that a coordinated effort by the entire community, including child nutrition professionals, school board members, parents, students, school administrators, and teachers is warranted. These efforts involve adults serving as role models and community members being informed of the policies that improve the long-term health and well-being of students. The Healthy Hunger-Free Kids Act of 2010 (7 CFR 201.31(c)) reinforces this commitment. This Wellness Plan for Greene County Schools are designed for the unique needs of children in PreK through 12th grade.

Poor eating habits and sedentary lifestyles are more prevalent in children today than in the past two decades. The percentage of overweight children aged 6 – 11 years has more than doubled in the past 20 years and among adolescents aged 12 – 19, the figure has more than tripled. Less than 40 percent of children and adolescents in America meet the Dietary Guidelines for saturated fat, and almost 80 percent of young people do not eat the recommended number of servings of fruits and vegetables. Factors contributing to this trend include larger portion sizes and the over-consumption of nutrient-poor foods, as well as children's decrease in activity due in part to increased use of technological entertainment, decline in participation in extracurricular activities, and a more sedentary lifestyle in general.

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating combined with physical activity are demonstrably linked to reduced risks for early mortality and development of many chronic diseases as adults. Schools have a responsibility to help students establish and maintain lifelong, healthy patterns. Well-planned and well-implemented school nutrition and physical education programs have been shown to positively influence students' habits.

By implementing a comprehensive plan – one that includes consideration of and sensitivity to students, schools, families and the community environment – we can foster lifelong healthy choices. The community is invited to be part of this program.

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Wellness Plan

Greene County Schools are committed to providing a school environment that enhances learning and development of lifelong wellness practices. The Wellness Plan has five components:

- Setting nutrition education standards,
- Setting physical activity standards,
- Establishing nutrition standards for all foods available on school campus during the school day,
- Setting goals for other school-based activities designed to promote student wellness, and
- Promotion and Community Awareness

The School Wellness Committee will monitor the school's implementation of the wellness plan and evaluate student health and activities triennially. The committee shall offer a review and revisions to the plan annually or more often, if necessary, and to set annual goals. The child nutrition director and school principals are charged with the operational responsibility for ensuring that each school remains in compliance with the local wellness plan. The results will be reported to the superintendent and members of the Greene County Board of Education.

To accomplish these goals:

- Child Nutrition Programs comply with federal, state and local requirements. Child Nutrition Programs are accessible to all children.
- Nutrition education is provided and promoted.
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- All school-based activities are consistent with local wellness plan goals.
- All foods and beverages made available on campus (including vending, concessions, a la carte, student stores, parties, and fundraising) during the school day are consistent with USDA Smart Snacks Standards.
- All foods made available on campus adhere to food safety and security guidelines.

- The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals and physical education.
- Food and physical activity are not used as a reward or punishment.

Greene County Schools Wellness Plan Component 1: Setting Nutrition Education Goals

The primary goal of nutrition education is to influence students' eating behaviors. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.

- Lunch for PreK-2 will provide the following components: 2 oz. meat / meat alternative; 2 oz whole grains; ½ cup fruit; ¾ cup vegetables; and 1 cup fat-free milk. Nutritional requirements are 550-650 calories; <10 saturated fat; <640 mg sodium; and zero trans fat.
- Breakfast for PreK-2 will provide the following components: 2 oz. whole grains, 1 cup fruit; and 1 cup fat-free milk. Nutritional requirements are 350-500 calories; <10 saturated fat; <430 mg sodium; and zero trans fat.
- Lunch for 4th – 12th Grade will provide the following components: 2 oz. meat / meat alternative; 2 oz. whole grains; 1 cup fruit; 1 cup vegetable; and 8 oz. cup fat-free milk. OVS can get 3 of those components. Nutritional requirements are 550-650 calories; <10 saturated fat; <640 mg sodium; and zero tran-fat.
- Breakfast for 4th – 12th Grade will provide the following components: 1 oz. meat/meat alternative; 2 oz. whole grains; 1 cup fruit; 1 cup vegetables; and 8 oz. cup fat-free milk. OVS can get 3 of those components. Nutritional requirements are 400-550 calories; <10 saturated fat; <570 mg sodium; and zero trans fat.
- Smart Snacks must be a whole grain-rich product; have as the first ingredient a fruit, vegetable, dairy product, or protein; or be a combination food that contains at least ¼ cup of fruit and/or vegetable. Snack items may not exceed 200 calories, 230 mg sodium, 35% total fat of calories; <10% saturated fat of calories; zero trans fat, and <35% of weight from total sugars in food. Entrée items may not exceed 350 calories; 480 mg sodium; 35% of total fat of calories; <10% saturated fat of calories; zero trans fat; and <35% of weight from total sugars in food.
- Students and staff have access to free, safe, and fresh drinking water throughout the day in the cafeteria and at the water fountains.
- Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts and social studies, wherever appropriate. Students will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors. Schools will incorporate nutrition education in such ways as understanding a food nutrition label in science and adjusting recipes in math.

- Nutrition education is offered in the cafeteria as well as in the classroom, with coordination between the food service staff and teachers. The school cafeteria is a learning lab, where students may be invited to participate in taste tests or to learn basic cooking and food handling skills.
- The director of CNP / School Nurse will assist teachers in providing age-appropriate materials and lessons in nutrition education.
- The Child Nutrition staff will participate in professional development activities as required by USDA Professional Standards and the Alabama State Department of Education (ALSDE) that will provide basic knowledge of nutrition and strategies designed to promote healthy habits. The CNP Director and CNP Managers receive 16 hours of professional development, and 6-hour cooks receive 12 hours of training. Professional development training is logged into the ALSDE spreadsheet.
- The Greene County Schools Procurement handbook details requirements for micro purchases, small purchases, and formal bid purchases.
- The Child Nutrition staff will consider students' needs in planning a healthy school menu. Students will be asked for input and feedback using student surveys and student cafeteria committees.
- Menus will meet the nutrition standards established by the U.S. Department of Agriculture and the Alabama State Department of Education, conforming to good menu planning principles, and featuring a variety of healthy choices that are tasty, attractive, of excellent quality, and are served at the proper temperature.
- Students will receive consistent nutrition messages throughout the school, classroom and cafeteria, home, and community.
- Advertising messages are consistent with and reinforce the objectives of the education and nutrition environment goals of the school.
- School vending machines are to promote images of wellness and be stocked only with Smart Snack compliant items. Marketing of non-compliant food and beverages is not permitted during the school day, but may be present at events that happen after the end of the school day.
- Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- The staff of Greene County Schools are encouraged to model healthy eating and physical activity behaviors.

- Students will be encouraged to start each day with a healthy breakfast.
- Families are encouraged to reinforce wellness in the home by serving fruits, vegetables, and whole grain breads at mealtimes, and providing snacks with good nutritive value.
- Foods made available at school at no cost to the students should likewise reinforce Smart Snacks requirements and provide good nutritive value. This includes class parties, treats, and celebrations.

Greene County Schools Wellness Plan Component 2: Setting Physical Activity Goals

The primary goal for a school's physical activity component 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.

- Physical activity should be integrated across curricula and throughout the school day. Students will be provided with physical education using age-appropriate, sequential PE curriculum consistent with national and state standards.
- Physical education courses will be in an environment where students learn, practice, and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- Policies ensure that state-certified physical education instructors teach all physical education classes.
- Policies ensure that physical education classes have a student/teacher ratio following AdvanceED standards and meet all requirements set forth by the Alabama State Department of Education.
- Elementary students should have 40 minutes of physical education activity every day. Middle school students should have 250 minutes per week. High school students are required to have one year of credit, and may choose electives such as Team Sports, Strength and Conditioning, and Beginning Kinesiology.
- Provide a daily recess period and physical education which is not used as a punishment or a reward. Consider planning recess before lunch since research indicates that physical activity prior to lunch can increase nutrient intake and reduce food waste.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- Adequate equipment is available for students to participate in physical education. Physical activity facilities on school grounds will be safe.
- The school provides a physical and social environment that encourages safe and enjoyable activities for all students, including those who are not athletically gifted.

- Information will be provided to families to help them incorporate physical activity into their student's lives through extracurricular athletic programs.
- Schools will encourage families and community members to institute programs that support physical activity.

Greene County Schools Wellness Policy Component 3: Establishing Nutrition Standards for All Foods Available on School Campus During the School Day

Students' lifelong habits are greatly influenced by the types of foods and beverages available to them. Schools must ensure that reimbursable meals meet the program requirements and nutritional standards. They must also establish standards to address all foods and beverages sold or served to students, including those available outside of the school meal programs.

- Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to section 10 of the Child Nutrition Act and section 9 of the Richard B. Russell National School Lunch Act, as those regulations and guidance apply to schools.
- To qualify as a Smart snack, items must first meet the general nutritional standards:
 1. Be a grain product contains 50% or more whole grains by weight (have a whole grain as the first ingredient); or
 2. Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
 3. Be a combination food that contains at least ¼ cup of fruit and / or vegetable; or
 4. The food must meet the nutrient standards for calories, sodium, sugar, and fats as follows: Calories (200 calories or less); sodium (200 mg or less) total fat (35% of calories or less); saturated fat (less than 10% of calories); trans fat (0g); and sugar (35% by weight or less.)
- All foods made available on campus will comply with the current USDA Smart Snacks Standards, including but not limited to:
 1. Vending machines
 2. A la carte
 3. Beverages
 4. Fundraisers
 5. Concession stands
 6. Student stores
- Food providers will take every measure to ensure that student access to foods and beverages meets federal, state, and local laws and guidelines.
- Foods from outside restaurants are not to be offered or provided to students, nor shall students bring in foods from outside food serve establishments. If adults wish to bring foods from outside restaurants for their own meal, it must be in generic packaging that does not market or promote the outside food service establishment.

- Promotional activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement, or positive youth development and are in compliance with local guidelines.
- Food providers will be sensitive to the school environment in displaying their logos and trademarks on school grounds. Only items meeting Smart Snack requirements may be featured in advertising.
- Classroom snacks and meetings will feature healthy choices.
- Advertising of foods or beverages in the areas accessible to students during mealtimes must be consistent with established nutrition environment standards.
- ***Foods sold through approved Exempt Fundraising activities must be pre-approved by the Greene County School Wellness Committee prior to the July 1 and January 1 deadlines in accordance with state policy. Schools shall not have more than 30 exempt fundraisers per school year.***

Greene County Schools Wellness Policy Component 4: Setting Goals for Other School-Based Activities Designed to Promote Student Wellness

Guidelines established under this category create a school environment that provides consistent wellness messages and is conducive to healthy eating and being physically active.

- A clean, safe, enjoyable meal environment will be provided for students. Dining areas are attractive and have enough space for seating students.
- School personnel will assist all students in developing the healthy practice of washing hands before eating.
- Adequate time for students to enjoy eating healthy foods will be provided. The National Association of State Boards of Education recommends that students should be provided adequate time to eat lunch and breakfast, at least 10 minutes for breakfast and 20 minutes for lunch from the time the student is seated.
- Lunch periods will be scheduled as near the middle of the school day as possible.
- Food should not be used as a reward or a punishment for student behaviors, unless it is detailed in a student's Individualized Education Plan (IEP).
- After-school programs will encourage physical and healthy habit formation.
- Local wellness plan goals are considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).
- Support for the health of all students is demonstrated by hosting health clinics, health screenings.
- All food service personnel shall have adequate training in food service operations.
- Promote nutrition across all areas of curriculum in a manner that encourages creativity and healthy choices.
- A child's need for nutrients does not end when school does. Therefore, it is recommended that lunch be offered during the summer for all children through the USDA Summer Feeding Program.

- Employ a food service director who is properly qualified and certified according to current professional standards to administer the school food service program and satisfy reporting requirements.
- All foods made available on campus comply with federal, state, and local food safety and sanitation guidelines. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
- For the safety and security of the food and facility, access to the food service operations are limited to Child Nutrition staff and authorized personnel only.
- School is a USDA Team Nutrition school.
- *In accordance with USDA guidelines, no competitive foods or beverages may be sold one (1) hour before or after breakfast and lunch meal service. The revenue for any items sold during that period must be deposited into CNP funds.*

Greene County Schools Wellness Policy Component 5: Promotion and Community Awareness

- The school Wellness Plan will be promoted through all avenues of local media, including, but not limited to, Greene County Board of Education website, The Greene County Democrat newspaper and The Independent newspaper.
- The school Wellness Plan and goals will be posted on the Greene County Schools website under the Child Nutrition link.
- The annual review assessment will be posted on the Greene County Schools website under the Child Nutrition link.
- The Triennial Assessment will be posted on the Greene County Schools website under the Child Nutrition link.
- Meeting dates of the school Wellness Team will be published on the school calendar. The public is invited to participate.
- Records will be maintained to document compliance with the requirements of this Wellness Plan.
- Copies of the school Wellness Plan will be available for review in the office of the school principal, CNP manager, PTO president, school Wellness Team chairman, and CNP director.

The Richard B. Russell National School Lunch Act

- The director of CNP makes sure that all students are coded for import into POS system so that student meals are correctly claimed for reimbursement. All students enter a PIN number to protect data.
- Greene County Schools participates in the Community Eligibility Provision (CEP) is a non-pricing meal service option for schools and school districts in low-income areas. CEP allows the nation's highest poverty school and districts to serve breakfast and lunch at no cost to all enrolled students without collecting household applications.
- School menus are posted monthly on the website and social media. Message boards in the cafeteria promote the daily menu also.
- Free drinking water is available throughout the day. Every cafeteria provides cups, and water free of charge.

Conclusions

The school setting can play a major role in children's wellness habits through the examples provided by teachers and other adults, the food available in the school cafeteria and other areas on campus, and the encouragement of physical activity and movement throughout the day. Building their knowledge and appreciation for these skills helps students make healthy lifestyle choices. To make a difference, nutrition education for children should be appropriate for students' ages, reflect their cultures, and provide them opportunities to have fun. An effective wellness plan can help students learn the skills they need to make healthy choices.

Healthy school meals provide energy and nutrients children need for sound minds and bodies. Studies confirm what parents and teachers have said for years – children who are not well nourished have difficulty learning. The variety of healthy foods offered in school meal programs allows children to learn to enjoy different foods and develop healthy eating patterns. Schools should continue to emphasize meals that meet nutrition standards established by the U.S. Department of Agriculture, conform to good menu planning principles, and feature a variety of healthy choices that are tasty, attractive and of excellent quality. Schools should use food preparation techniques to provide school meals that are lower in saturated fats, sodium, and sugar, and emphasize healthy food choices that include lean meats, fruits, vegetables, whole grains and low-fat or not-fat milk.

The quality of the school nutrition environment depends on the quality of all foods and beverages sold or served at school. Foods that provide little nutrition compete with healthy school meals and send mixed messages to students. This undermines nutrition education efforts and discourages healthy eating. School nutrition practices should address all foods and beverages sold or served during the school day to students. This includes foods and beverages sold in vending machines. Decisions about the sale of competitive foods should be based on nutrition goals for students.

- **Exempt foods sold by fundraising groups must be pre-approved by the Greene County Schools Wellness Committee in accordance with Alabama Smart Snacks policy.**
- **Exempt Fundraisers may not be sold between the time of one (1) hour before and one (1) after meal periods in accordance with Alabama State Board of Education requirements FY15-3041.**
- **Food items in competition with the CNP scheduled meal times may not be sold or provided free of charge to students in accordance with Alabama State Board of Education requirements FY15-3041.**
- **If sales should occur that are in competition with meal service, all income generated from such sales will be required to be given to Child Nutrition for depositing in the school cafeteria account in accordance with Alabama State Board of Education requirements FY15-3041.**

Healthy physical activity is essential for students to achieve their full potential and maintain a healthy body. Schools are a great place to influence students' physical activity patterns. In a healthy community environment, daily physical activity should have top priority. Physical education programs offer an excellent forum to provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity.

Greene County Schools

Wellness Policy

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 Board endorses the following programs, practices, and activities:

- 7.12.1 Nutrition Education and Promotion – Nutrition education that teaches the knowledge, skills, and values needed to develop healthy eating behaviors and nutrition promotion that promotes and reinforces student health will be integrated into the curriculum and offered throughout school campuses, including school dining areas and classrooms, by appropriately trained personnel.
- 7.12.2 Nutrition Standards and Guidelines – The Board will ensure that reimbursable school meals meet the program requirements and nutritional standards established by applicable state and federal regulations. The Board will encourage students to make nutritious food choices and will monitor all food and beverages sold or served to students, including those available outside federally regulated child nutrition programs. The Board will consider nutrient density and portion size before permitting food and beverages to be sold or served to students.
- 7.12.3 Physical Education and Physical Activity Opportunities – The Board 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. 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.
- 7.12.4 Other School-Based Activities Designed to Promote Student Wellness – The Board may implement other programs that help create a school environment that conveys consistent wellness messages and that is conducive to healthy eating and physical activity.
- 7.12.5 Administrative Implementation – The Superintendent is authorized to develop and implement administrative rules and directives that are consistent with this policy and to oversee the implementation and periodic review and update of the wellness policy based on input from teachers (including specialists in health and physical education), school nurses, parents and guardians, students, representatives of the school food service program, school board members, school administrators, and the public .

The Superintendent will report to the Board, as requested, on programs and efforts that are designed to meet the purpose and intent of this policy and will inform and update the public regarding the content and implementation of the wellness program. The Superintendent will ensure each local schools' compliance with the wellness policy and will measure periodically and make available to the public an assessment of the implementation of the wellness policy, including the extent to which schools are in compliance with the policy, the extent to which the policy compares to model policy and to describe the progress made in attaining the goals of the policy.

Online Resources

www.nasp.org/s_nassp/index.asp
www.schoolnutrition.org
www.fns.usda.gov
[www.nfsmi.org/Healthy Schools/fithealthy.html](http://www.nfsmi.org/Healthy_Schools/fithealthy.html)
www.actionforhealthykids.org
www.allianceforahealthiergeneration.org

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(1) Mail: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

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