

WASHINGTON COUNTY WELLNESS POLICY FOR 2024-2025

School Wellness

The Board will strive to provide school environments that promote and protect its students' health, sense of over-all well-being, and ability to learn by providing healthy meals and by providing opportunities for physical activity. As such, it is the plan for the Washington County School District to do the following:

1. The Board will engage students, parents, staff (principals, teachers, food service professionals, and health professionals), and other interested community members in developing, implementing, monitoring, and reviewing the district's nutrition and physical activity policies.
2. All pre-k through twelfth grade students will have opportunities and support to be physically active on a regular basis.
3. Food and beverages sold or served at school will meet *U. S. Dietary Guidelines for Americans* and Alabama State Board of Education recommendations and/or restrictions.
4. Qualified child nutrition professionals will provide students with access to a variety of nutritious and appealing foods that meet aforementioned guidelines; will accommodate religious and cultural diversity; and will provide a clean and safe setting for students to eat.
5. All schools in the district will participate in the School Breakfast Program and National School Lunch Program, and the schools that participate in the K-5 summer enrichment programs may participate in the Seamless Summer Option Program (SSO) if staffing can be secured.
6. Schools will provide education regarding nutritional and physical health and will strive to foster lifelong healthy eating and physical activity habits.

Wellness Committee

The Board will form a committee consisting of the following members:

1. Superintendent or Designee
2. Child Nutrition Director (cannot chair the committee)
3. Lead Nurse
4. 1 Principal to represent elementary and 1 Principal to represent middle/high school
5. 1 School Nurse
6. 3 Teachers to include at least 1 Physical Education Teacher

7. 1 CNP Manager
8. 1 Parent Representative

The committee will meet annually (at least by January) to review the policy's effectiveness and make any necessary updates to increase its effectiveness.

Meal Service

1. The food service program will offer breakfast and lunch that follow the USDA's nutritional guidelines on a daily basis. Each school will encourage students to participate and will make efforts to ensure families are aware of the Community Eligibility Provision.
2. During the summer, those schools that participate in summer enrichment programs may participate in the SSO program. The schools will inform the students and parents about the availability of breakfast and lunch for these students.
3. Students and staff members will have adequate space and time to eat. Students will have a minimum of 20-25 minutes to consume lunch. Safe drinking water will be supplied for breakfast and/or lunch.
4. If food is to be included in recognition of academic performance, it should be used in the general celebration of achievement, not as the reward itself.
5. Food will not be withheld from students as punishment.
6. Accommodations prescribing to ADA guidelines will be made for students with food allergies and special dietary needs.

Nutrition Education

1. Nutrition education will be integrated within the sequential and comprehensive health education program taught at every grade level and will be designed to help students learn the following:
 - a. Nutritional knowledge of the benefits of healthy eating that include essential nutrients; awareness of nutritional deficiencies; principles of healthy weight management; and principles of safe food preparations, handling and storage
 - b. Nutrition skills related to planning a healthy meal, understanding food labels, and evaluating nutritional information/misinformation and commercial food advertisements
 - c. Assessment of one's personal eating habits
 - d. Physical activities that promote a healthy lifestyle
2. School staff members will be encouraged to model healthy eating behaviors.

Physical Activity

1. Schools are encouraged to integrate physical activity across curricula and throughout the day.
2. Physical education courses will provide an environment where students can learn, practice, and be measured on their development of appropriate motor and social skills and knowledge.
3. Physical activity participation will help balance food intake with physical activity.
4. Physical activity will be provided in a social environment that encourages enjoyable activity for all students, including those who are not athletically gifted.
5. Schools will follow Alabama Course of Study for Physical education.

Community Involvement

1. Schools are encouraged to develop relationships with community programs and to allow those programs to use the school's physical activity facilities outside of the normal school day with proper authorization.
2. Schools will encourage families and community members to support programs that promote physical activity.

Nutrition Guidelines for all Foods on Campus

1. Nutritious Food Choices
 - a. Every school will ensure that all foods sold in vending machines (if applicable), school stores, and cafeterias are in compliance with the USDA Smart Snacks in Schools standards.
 - b. Food and beverages sold during a normal school day will meet nutritional standards and other guidelines set by the current USDA Smart Snacks in School. These are links for the guidelines and resources: <https://www.fns.usda.gov/tn/guide-smart-snacks-school> and <https://fns-prod.azureedge.us/sites/default/files/resource-files/smartsnacks.pdf>.
 - c. Food items in competition with the CNP scheduled meal time may not be sold or provided free of charge to students. These include, but are not limited to, food items purchased through school organizations and those donated from outside sources.
2. Vending Machines
 - a. Foods and beverages sold in vending machines should meet nutritional standards and other guidelines set by the ALSDE Nutrition Policies and must be in compliance with USDA Smart Snacks in schools.
 - b. Beverage contracts should include those vendors that will offer water, non-carbonated calorie-free flavored water, and sports drinks.

3. Fundraisers
 - a. All fund-raising activities shall be in compliance with the Alabama Implementation USDA Smart Snacks in School and Fundraising Activities Policy. Schools should be encouraged to sell healthy foods and non-food items.
 - b. Foods and beverages sold as fundraisers include healthy choices.
4. Exempt Fundraiser Definition
 - a. An exempt food fundraiser is the “sale of food items that do not meet the USDA Smart Snacks in School standards and are sold during the school day.” A school may sponsor up to and not exceed 30 exempt fundraisers per year, for no more than one day in length. This food may not be sold as a la carte items, in vending machines or school stores, and before school on campus.
 - b. Food sold as part of this type of fund raiser may not be sold one hour before or after meal periods.
 - c. The following procedure should be followed:
 - i. The school principal must follow the guidelines set forth in the Alabama’s Implementation of USDA Smart Snacks in School and Exempt Fundraisers Form; complete, approve, and sign form; provide a copy to the CNP Director; and provide documentation of approval during ALSDE audit review.
 - ii. The Superintendent must sign the Attestation of Compliance with Alabama Implementation of USDA Smart Snacks in School and Fundraising Activities; complete and sign attestation; and provide support to CNP Director for the annual online application renewal.
 - iii. The Child Nutrition Director must place a copy of the Alabama’s Implementation Smart Snacks in School and Exempt Fundraiser Form (signed by each school’s principal) in the wellness plan file and provide documentation of approval upon request by ALSDE.
 - iv. The completed form should be signed and on file for the July 1 and January 1 due dates of each school year.

Monitoring and Policy Review

1. District Level – The superintendent or his/her designee will ensure compliance of district-wide nutrition and physical activity wellness policy.
2. School Level – The principal or his/her designee will ensure compliance of the district-wide nutrition and physical activity wellness policy and will report his/her school’s compliance to the district level.
3. Food Service – The food service staff at each school will ensure compliance with nutrition policies within the school’s foodservice area. The Child Nutrition Director will observe and document compliance during on-site visits to each school at least once a year.