

Ozark City Schools
860 N US HWY 231
Ozark, AL 36360
Wellness Policy



Ozark City Board of Education

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In 2004, the Child Nutrition and WIC Reauthorization Act of 2004, the U.S. Congress established a new requirement that all school districts with federally funded school meals program develop and implement wellness policies that address nutrition and physical activity.

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Ozark City Schools Local Wellness Policy

The Ozark City School System is committed to providing healthy lifestyle patterns that are essential for students to achieve their full academic potential, physical and mental growth. We have the responsibility to help students and staff establish and maintain lifelong, healthy lifestyle patterns. The intent of this policy is to outline the district's on-going commitment in support of wellness in the areas of nutrition education, physical activity, school nutrition and other school-based activities that promote health and wellness.

To accomplish these goals:

- Child Nutrition Programs comply with federal, state and local requirements. Breakfast and lunch are served daily. The Child Nutrition Program is accessible to all children. The Ozark City School system will encourage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district wide nutrition and physical activity policies.
- The Ozark City School environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Food and/or physical activity is not used as rewards or punishments.
- Ozark City Schools will encourage all students to participate in the school lunch and school breakfast programs by removing any barriers to participation. Ozark City Schools Child Nutrition participates in the Community Eligible Provision (CEP), meaning all students eat all meals free.
- Ozark City schools will ensure that all school-based activities are consistent with local wellness policy 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 compliant with USDA Smart Snack guidelines.

Ozark City Schools Wellness Program Assessment

The Wellness Program provides a variety of resources to help members of the school community address student health concerns. This program is directed by the Wellness Committee, whose members represent every constituency in the system.

The Wellness mission of Ozark City Schools is to provide opportunities and experiences that foster personal development, enhance academic productivity, increase physical and psychological health and encourage social interaction through involvement in health, wellness, and physical/recreational activity.

The Wellness Program Assessment is designed to evaluate whether the creation of a healthy learning environment that motivates students, faculty, staff and community members toward healthier lifestyles and encourages them to make informed choices has been successful. We do know that our students are participating in larger numbers in our school meals programs. Over 90% of our students are participating in our school lunch program.

To accomplish the development of a community wellness policy, communication with parents/guardians is essential. We will seek opportunities to educate the school community on trends and information related to health and wellness. We encourage community partnerships that assist the district in this effort.

Wellness Program Review Summary (2022-2025)

Student Centered Activities

- LPS conducts Wellness Wednesday activities each week.
- OCS students are required to participate in physical education classes which range from 30 minutes to 1 hour based on age and grade requirements.
- Students are encouraged to participate in city sponsored athletic activities. Fliers are distributed at the middle, primary and intermediate schools.
- Blood drives are held bi-annually at the high school. These blood drives are open to students, faculty and our community.
- Nurses obtain valuable health information through the Health Assessment Form distributed annually with student registration cards.
- We partner with Health Heroes each year to sponsor the HNH Flu clinics.
- We partner with Vision Research and Sight Savers to do vision screens for students each year.
- Health classes from the Career Center are available to conduct classes and demonstrations at the other schools.
- Extracurricular activities such as band, dance, cheerleading and a full cadre of athletics, including volleyball, football, basketball, softball, baseball, soccer and track, provide intense physical activity for participants.
- Enrollment in the CHS marching band and the JROTC program continues to climb.
- Healthy foods are served in cafeterias that comply with the provisions of the Healthy Hunger Free Kids Act.
- Snacks sold at schools meet Smart Snack standards
- Students in the 5th Grade participate in the Food Awareness Program. This program is sponsored through the Extension Office to expose children to fresh fruits and vegetables.
- Signs to promote healthy food and beverage. (WPM6)
- Eagle Academy has a garden as part of the Agri-Science Class. Crops that are grown are shared with students and their families.
- The Health Science students assist nurses during annual physicals for Ozark City Schools student athletes.
- Clinics for: HNH Flu vaccines for students, Visions Research Focus First (K-4), scoliosis Checks (3-9) Heading and Vision as needed (K-12)

Faculty and Staff Activities (WPM2)

- Wellness Screenings are conducted annually as part of the PEEHIP and ADPH medical insurance plan for staff and families.
- Zumba and yoga classes are offered weekly to faculty and staff to assist with stress relief and promote overall wellness.
- The committee conducts its annual assessment at the close of the school year.
- Ozark City Schools has a Mental Health Services Coordinator on staff and she sends weekly emails promoting all aspects of good health to include: physical, mental and emotional health.
- Water Bottle Fillers are available for all to use.

Community

- Aware Fair on the Square is planned by the Ozark City Schools Mental Health Services Coordinator to inform our community of services offered for health, nutrition, and mental wellness. Clubs and organizations from Ozark City Schools assist with Aware Fair on the Square to let our community know what is offered in our schools.
- Blood drives in our schools are open to our community.
- Our facilities may be used by the city for “local rec activities”.

Goal 1: Nutrition Education

All students will have the opportunity to obtain the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. Staff members are encouraged to model healthy eating and physical activity as a valuable part of daily life. Our Nutrition Education Goals make effective use of school and community resources and equitably serves the needs and interests of all students and staff, taking into consideration differences in cultural norms and physical limitations.

The primary goal of nutrition education is to influence students' eating behaviors while building nutrition knowledge and skills. Nutrition education helps students make healthy food and physical activity choices. (NE7) Our Nutrition Goal is that students learn to make healthy choices to support a long and healthy life.

Ozark City Schools will:

- Provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity. (NE2)
- Promote nutrition education that provides instruction including, but not limited to, the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements, and safe food preparation, handling, and storage.
- Support parents' efforts to provide a healthy diet and daily physical activity for their children.
- Enable all students, through a comprehensive curriculum, to acquire the knowledge and skills necessary to make healthy food choices for a lifetime. (NE1)
- Afford students the opportunity to fully participate in the educational process, by helping students understand the correlation between good nutrition and the ability to learn.
- Encourage the use of lessons that emphasize the importance of proper nutrition and seek to encourage healthy living. (NE2)
- Eagle Academy has a garden as part of the Agri-Science Class. Students learn about growing fresh produce. Students also get to try their produce. (SM10)

Nutrition education is appropriate for students' age, reflect culture and integrate into other subjects such as science, health and reading. Assisting students in making good choices while having fun at the same time will produce lasting benefits. (NE3, NE5)

<http://healthymeals.nal.usda.gov/local-wellness-policy-resources/nutritionpromotion>

Goal 2: Physical Activity

The Ozark City School District aims to teach, encourage, and support healthy physical activity. Ozark City Schools District requires all students receive education on the benefits of physical activity in conjunction with health and nutrition education. (PEPA1) The schools provide physical education and encourage engagement in physical activity that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health; (PEPA2, PEPA3)
- OCS students are required to participate in physical education classes which range from 30 minutes to 1 hour based on age and grade requirements. (PEPA 4, PEPA5, PEPA6)
- Provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Provides information to families to help them incorporate physical activity into their children's lives. (PEPA11)
- Ozark City Schools employs qualified individuals to teach physical education at all grade levels. (PEPA7)
- Includes enjoyable, developmentally-appropriate, culturally relevant, participatory activities, such as contests, promotions.
- Encourages participation in extra-curricular activities such as JROTC, athletics, marching band and community programs. (PEPA12)
- Carroll High School, DA Smith, Mixon Intermediate offer their facilities to all schools for activities after school. (PEPA15)
- We do not have adequate paths (sidewalks and biking) near schools so Ozark City Schools has a state waiver to transport students. A Copy of this waiver is found in Appendix A (PEPA16).

<http://healthymeals.nal.usda.gov/local-wellness-policy-resources-library/physicalactivity>

Physical Activity Guidelines for Americans, US Department of Health and Human Services

Physical Education Guidelines, American Alliance for Health, Physical Education, Recreation and Dance

Goal 3: SCHOOL NUTRITION and CNP OPERATIONS

The policy supports the mission of the Ozark City Schools to provide quality education in all aspects of students' lives. Ozark City Schools Child Nutrition Program will:

- Comply with federal, state and local requirements. All meals served follow the National School Lunch and / or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grades levels served as specified in 7 CRF 210.10 or 220.8. as applicable” You may see these documents here: (SM1, SM2)
7CRF 210.10 <https://www.fns.usda.gov/part-210%E2%80%94national-school-lunch-program>
220.8 <https://www.fns.usda.gov/part-220%E2%80%94school-breakfast-program>
- Ozark City Schools participates in Community Eligible Provision (CEP) which meals all our students eat Breakfast and Lunch free. (SM2)
- Ozark City Schools uses Titan Point-Of-Sale to count our meals served. Titan follows all regulations from USDA and the State of Alabama.
- We use social media, parent meetings, website, and local print media (The Southern Star – newspaper) to inform parents that all students eat free in Ozark City Schools. (SM5)
- Carroll High School allows the purchase of a la carte items. This is offered to all students. Food offered in a la carte meet lunch nutrition standards. (NS3)
- All Ozark City Schools students use their PIN # to record their meal. (SM3)
- The USDA Professional Standards for State and Local Nutrition Programs are followed to ensure that professional development in Child Nutrition Programs is provided for food service directors, bookkeepers, managers, and staff. New and current food directors must have at least 12 hours; bookkeepers and new and current managers 10 hours; current staff 6 hours. (SM9)
- Provide nutrition information that influences a child's development, health, well-being and potential for learning. (SM2, MPM6)
- Encourage all members of the school community to create an environment that supports lifelong healthy eating habits.
- Promote fruits, vegetables, whole grain products, low-fat and fat free dairy products, healthy food preparation methods, and health enhancing nutrition practices;

- Provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.
- Make accommodations for the religious, ethnic, and cultural diversity of the student body in meal planning.
- Provide a pleasant positive environment for dining
- Ensure that all students have access to healthy food choices during school and at school functions.
- Free water is available in all cafeterias. (SM8)
- Allow a minimum of 20 minutes for students to eat lunch and socialize in designated cafeteria area. (SM7)
- Utilize healthy, nutritious food choices when using food as a part of class or student incentive programs.
- Reduce student access to foods of minimal nutritional value.
- Ozark City Schools has a Produce Bid. (SM10)
- Ozark City Schools participates in Farm to School Programs. This gives our students more access to local and/or state grown produce to be served in our lunchrooms. (SM10)
- Ensure the integrity of the school lunch program by prohibiting food and beverage sales that are in direct competition with lunch/breakfast programs.
- Encourage the practice of good nutrition by eliminating the sale or distribution of foods of minimal nutritional value.

<http://healthymeals.nal.usda.gov/local-wellness-policy-resources/nutritionpromotion>

Goal 4: Food Safety/ Food Security

All foods made available on campus will comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented. The Dale County Health Department conducts regular inspections and reports are posted.

At least one certified ServSafe worker will be on site in each kitchen at all times during regular meal service.

For the safety and security of food and facility use, access to the food service operations is limited to Child Nutrition staff and authorized personnel. For additional guidance see the USDA and Department of Agriculture Food Safety and Security guidelines. A link to this resource is here:

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/steps-keep-food-safe>

Other School Based Activities

Dining Environment

- The school district provides a clean, safe, enjoyable meal environment for students.
- The school district provides enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- The school district encourages all students to participate in the school meals program and students eat all meals free.
- In the lunchrooms, water is available through water fountains, bottle fillers, or disposable cups with a pitcher of fresh water.

Time to Eat

- The school district will allow a minimum of 20 minutes for students to eat lunch and socialize in the designated cafeteria area.
- The school district will schedule lunch time as close to the middle of the school day as possible.

Food or Physical Activity

- The school district will discourage the use of foods of minimal nutritional value as a reward. (NS12)
- The schools district will discourage withholding of food as a form of punishment in schools.
- The school district will not deny student participation in recess or other physical activities during the school day as a form of discipline. (WPM5)
- Time allocated for physical activity may not be used for classroom make-up time.

Fundraising

- The school district will ensure that all school fundraising efforts during school hours are supportive of state and federal nutritional guidelines. Ozark City Schools does allow fundraising and follows the *Alabama Implementation of USDA Smart Snacks in School and Exempt Fundraisers*. (NS6, NS7) A link to this information is found here:
<https://www.alabamaachieves.org/wp-content/uploads/2021/08/Exempt-Fundraiser-Attestation-and-School-Fundraiser-Form-Attachment-3-and-4.pdf>

Smart Snack

- All snacks marketed and sold on campus follow Smart Snack Guidelines. Food and beverages meet the nutrition standards under 210.11 and promotes student health and reduce childhood obesity. Information on Smart Snack can be found here: <https://www.fns.usda.gov/tn/guide-smart-snacks-school> (NS1, NS2, NS4, NS5)
- All foods and beverages outside of the school meal program are not sold within the timeframe of 1 hour before or after school meals per the Alabama Implementation of USDA Smart Snacks in School and Fundraising Activity.
- Our After School Academic Program offer only healthy snacks (NS10, NS11)
- Water Bottle Fillers and water fountains are available at all schools all day. (NS13)

Nutrition Guidelines for Foods on Campus during School Day

All foods made available on campus will comply with the current USDA Dietary Guidelines for Americans:

- Vending machine
- A la carte
- Beverage contracts
- Fundraisers
- Concession stands
- Students
- School parties/celebrations

CNP Mangers will take every necessary step to ensure that the access students have to foods and beverages meets federal, state and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary, middle and high schools. These selections will adhere to guidelines prescribed for breakfast, lunch and snacks.

Other

- The school district will provide opportunities for on-going professional training and development for foodservice staff in the areas of nutrition and physical education.
- The school district encourages parents, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both at school and at home.

Updates to Wellness Policy

The Wellness Policy of Ozark City Schools is posted on the system website and will be updated as needed or as required by Federal and state mandates. A triennial progress report with information about each school's wellness related activities will be shared with the school community. (IEC6)

Ozark City Schools Wellness Committee will meet in the fall and spring of each school year. The committee will revise the policy as needed. (IEC7)

The Wellness Committee will conduct an assessment of the policy and the implementation of the policy every three years using the Wellness School Assessment Tool-Implementation (WellSAT-I). (IEC5)

Parents, students, faculty and community are encouraged to participate in all Wellness meetings. Ozark City Schools posts on our social media pages the dates, times, and locations of our meetings and encourages participation. Individuals can reach out to Angela Wessner, Lead Nurse, D.A. Smith School, (334) 774-5197 ext. 6007 or Cindy Smith, CNP Director, OCS at (334) 774-5197 ext. 2503.

Non-Discrimination 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: USDA Program Discrimination Complaint Form 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; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

*This language was added pursuant to the May 5, 2022, USDA memorandum. However, the inclusion and applicability of this language is currently under challenge in the matter of *The State of Tennessee, et al. v. USDA, et al.*, Case No. 3:22-cv-00257, and may be subject to change.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter 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;

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

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

Appendix A – Waiver from State

**OZARK CITY SCHOOLS**

OFFICE OF THE SUPERINTENDENT
928 EAST ANDREWS AVENUE
OZARK, ALABAMA 36360



Phone No. 334-774-5197 *** FAX No. 334-774-2685

January 11, 1999

Ed Richardson, Ed.D.
State Superintendent of Education
Room 5114, Gordon Persons Building
Post Office Box 302101
Montgomery, AL 36130-2101

Dear Dr. Richardson:

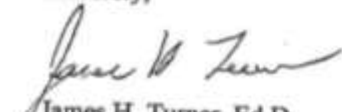
I would like to request a waiver of the two-mile transportation limit for the Ozark City School System.

The locations of our school plants are not safe for students to walk. The city does not have sidewalks (except in the downtown business area) which students could utilize instead of walking in the streets.

Our transportation areas are also divided by Interstate Highway # 231 which is a four lane, divided, north-south thoroughfare. We also have a four lane Highway # 249 that is the main highway into Fort Rucker. In addition the city is divided by State Highways # 123 and #27.

I feel that there is sufficient reasons for us to continue busing our students the way we have since we began transporting them for their safety.

Sincerely,


James H. Turner, Ed.D.
Superintendent