



Alabama Aerospace and Aviation Wellness Policy

Approval Date:

Category: Students (Champions)

Governance Accountability: School Board & Leadership Team

Audience: Champions, Parents, Staff,
Community

Nutrition Education and Promotion

The AL Aerospace and Aviation High School shall provide sequential, comprehensive, and skill-based nutrition education at all grade levels (9–12). Instruction will be integrated into multiple subjects, interactive, and connected to the food environment through gardens, cafeteria learning labs, and farm visits. All nutrition education will be delivered by trained personnel in alignment with USDA Dietary Guidelines.

Nutrition Standards and Guidelines

AAHS ensures all meals meet USDA standards. All foods and beverages sold or served meet USDA Smart Snacks standards, with exemptions for fundraisers, vending, or celebrations. Caffeine is prohibited in all grade levels except trace amounts naturally occurring in foods. Marketing is restricted to SmartSnack-compliant items only. Healthy choice promotion includes signage, menu design, and taste testing.

Physical Education and Physical Activity

The District requires a written PE curriculum for 9–12, aligned with state/national standards. High: 225 minutes/week. All PE is taught by teachers who receive annual professional development. No substitutions or exemptions except medical/IEP. Schools provide before/after-school clubs and intramurals, maintain joint-use agreements with communities, support Safe Routes to School, and prohibit physical activity as punishment while encouraging it as a reward.

Other School-Based Activities Designed to Promote Student Wellness

The District conducts emergency safety drills, maintains a secure food environment per the Food Defense Plan, provides counseling and social-emotional supports, and fosters family/community engagement in wellness programs.

Employee Wellness

The District encourages wellness programs for staff, including resources to fitness classes, stress management workshops, and nutrition education. Staff may access school fitness facilities, healthy snacks, and free

drinking water in staff areas. Staff are encouraged and supported to model healthy eating and physical activity.

Administrative Implementation

The Superintendent (or designee) oversees this policy, designating a Wellness Coordinator for district compliance. Principals ensure school-level implementation. A District Wellness Committee meets quarterly with parents, students, teachers, food service representatives, health professionals, administrators, and community members. School-level wellness committees also meet quarterly. The policy, annual updates, and triennial assessment results are posted publicly. Triennial assessments evaluate compliance, compare to model policies, and document progress. The policy will be updated every three years based on assessment results.

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1. Mail: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

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3. Email: program.intake@usda.gov.

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