



Marengo County Schools
Child Nutrition Program

Wellness
POLICY

SY 20025-2026



MISSION STATEMENT

The mission of the Marengo County School System Board of Education's Wellness Policy is to provide each student with the opportunities and skills necessary to make nutritious food and physical activity choices for a life time. All staff is encouraged to serve as role models for healthy eating and physical activity.

POLICY OUTLINE

- I. Nutrition Education
- II. Physical Activity
- III. Nutrition Guidelines for Food on Campus
- IV. Other School Based Activities
- V. Monitoring, Assessment and Policy Review

ADDENDUMS

- A) Alabama Healthy Snack Standards
- B) Alabama Department of Education Nutrition Policies

- I. Nutrition Education will involve sharing information with school staff, students and families to positively impact students and their health.
 - a) Nutrition education will include age appropriate objectives required in the Alabama Course of Study for Health Education.
 - b) Local school faculties shall be adequately prepared and participate annually in professional development activities provided by the local school to deliver the nutrition education program as planned.
 - c) Nutrition Education will be integrated into other areas of the curriculum such as math, science, language arts, social studies, health, physical education and Family and Consumer Science.
 - d) Students are encouraged to participate in the child nutrition program for breakfast and lunch.
 - e) Nutritional Information on school meals will be provided on request.

- II. Physical Activity will be integrated across the curricula and throughout the school day. Students will be encouraged to balance food intake and physical activity.
- a) Physical Education will be provided for all students in accordance with the Code of Alabama.
 - b) Physical Education includes the instruction of individual activities, as well as competitive and non-competitive team sports to encourage like-long physical activity.
 - c) Time allotted for physical education activities will be consistent with state standards.
 - d) The Board encourages Physical Education course to be conducted in an environment where students can learn, practice and be assessed on developmentally appropriate skills and also recommends Student/Teacher ratios reflect SDE guidelines as closely as possible.
 - e) Parent/Teacher organizations will be encouraged to promote and provide information to families in order to help them incorporate physical activity into their children's lives.
- III. Nutrition Guidelines for all Foods on Campus will comply with current USDA Dietary Guidelines and Alabama Department of Education Nutrition Polices.
- a) Foods sold through the vending machines, cafeteria, fund, raisers, and school canteens will follow the Alabama's Action for Healthy Kids Guidelines for Snack Foods and Alabama Department of Education Nutrition Policies.
 - b) Fund raisers during the school day must comply with the Alabama Action for Healthy Kids Guidelines and the SDE policy on sale of competitive foods. For all fundraiser not meeting these standards, principals must submit an Alabama's Implementation of USDA Smart Snacks in School and Exempt Fundraiser Form to the Child Nutrition Director.
 - c) Student reward initiatives will be regulated by the school principal. This process must comply with the SDE policy on sale of competitive foods and must follow the Alabama Action for Healthy Kids Guidelines.

- d) Advertising of foods or beverages in the areas assessable to students during the school day must reinforce the objectives of the educational and nutrition environment goals of the school and be consistent with established nutrition environment standards.
- e) Students many bring their breakfast or lunch from home to consume in the cafeteria. Parents are encouraged to pack healthy nutritious breakfasts and lunches.

IV. Other School-Based Activities. The system recognizes the importance of creating a School environment that sends consistent wellness messages.

- a) Concession stands open for extra-curricular activities after school day ends, will not be required to comply with snack guidelines.
- b) Fund raisers after the school day ends will not be required to comply with these guidelines according to the Alabama Department of Education Nutrition Policies dated July 2005.
- c) Guidelines for class parties/special snacks will be at the discretion of the school principal. Healthy snacks are encouraged and should be recommended. All class parties must be after meal time.
- d) Schools are encouraged to comply with USDA standards for meals when taking off campus field trips, but are not required to comply.
- e) Health and nutrition efforts will be coordinated through combined efforts of system administrator, teachers, nurses and child nutrition workers.
- f) The system promotes coordinated efforts with local agencies such as the Marengo County Health Department and insurance providers to offer wellness checkups for faculty and staff within the school setting. Additional staff wellness activities may be implemented at the local level.
- g) System leaders, teachers, parents, and community members are encouraged to take advantage of additional resources to support good nutrition and physical activity.

I. Monitoring, Assessment and Policy Review

Monitoring: The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. The principal will ensure compliance in his/her school and will report on the school's compliance to the superintendent or designee.

School Food Service Staff: School food service staff at the local district level, will ensure compliance with nutrition policies within school food service areas and will report findings to the local school principal. In addition, local school principal will report findings to the superintendent or designee.

Policy Review: An annual revision may be made as a result of continued monitoring of the Wellness Policy. Triennial Assessments must be conducted to determine:

1. Compliance with the wellness policy
2. How the wellness policy compares to model wellness policies; and
3. Progress made in attaining the goals of the wellness policy

Assessment: Assessment will be conducted annually to review compliance, assess compliance, assess progress and determine areas in need of adjustment.