



Athens City Schools Wellness Committee

4 responses

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2026 Wellness Committee Meeting Agenda

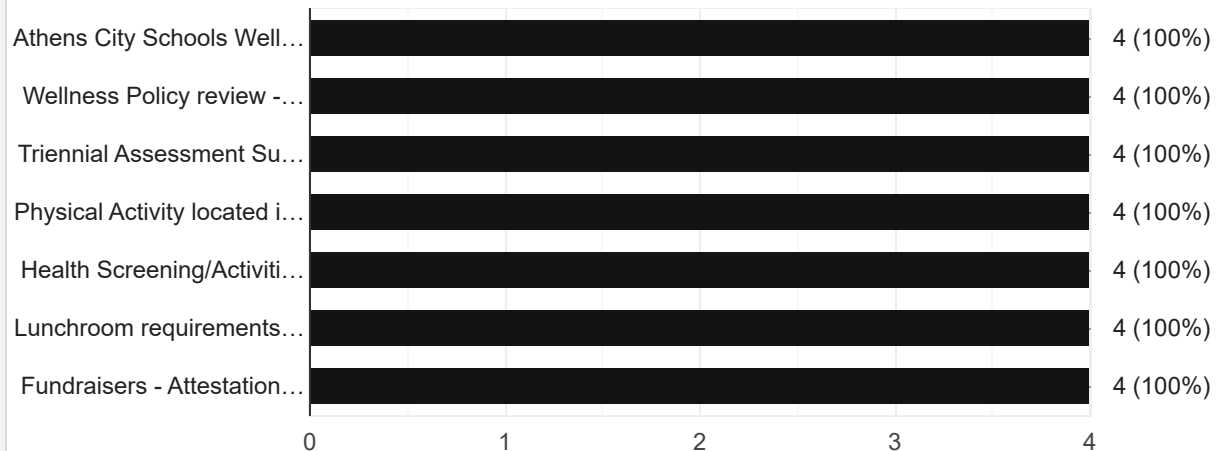
2026 Wellness Committee Members for Athens City Schools

As you review, please check the items indicating you have reviewed them.

 [Copy](#)

[Wellness Documents](#)

4 responses



Wellness Policy Review Form

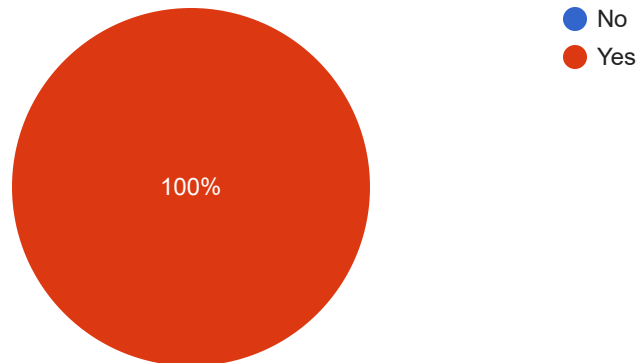


Athens City Schools Wellness Policy
last update: September 15, 2016

Child Nutrition Program - National School Lunch Program (NSLP) is available to all students and adheres to guidelines established by the USDA.

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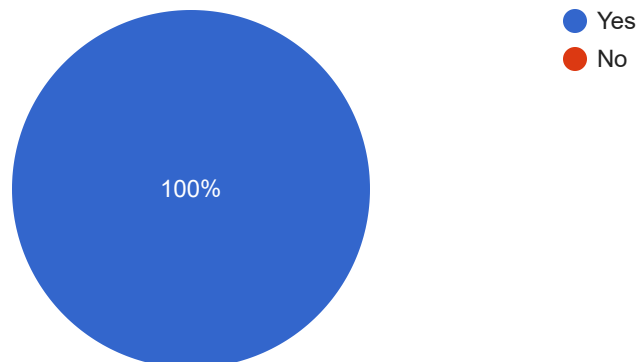
4 responses



Child Nutrition Program - School Breakfast Program is available to all students and adheres to guidelines established by the USDA.

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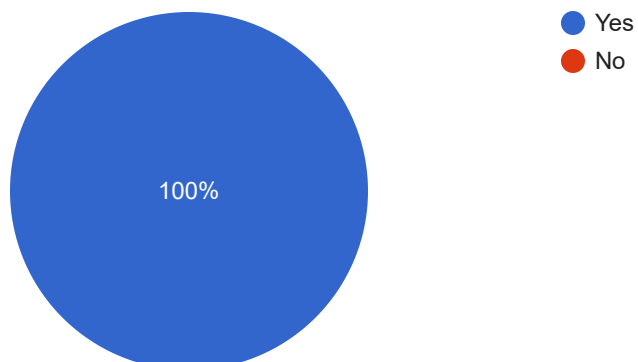
4 responses



Child Nutrition Program - Meal serving sizes comply with the meal pattern requirements as described by the USDA.

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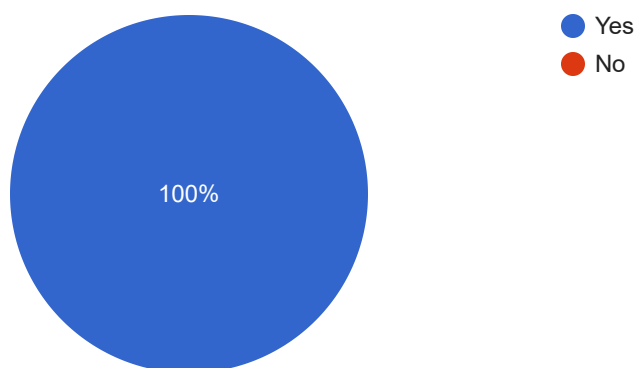
4 responses



Child Nutrition Program - All students are allowed ample time and space for eating meals and no food is used or withheld as a reward or punishment.

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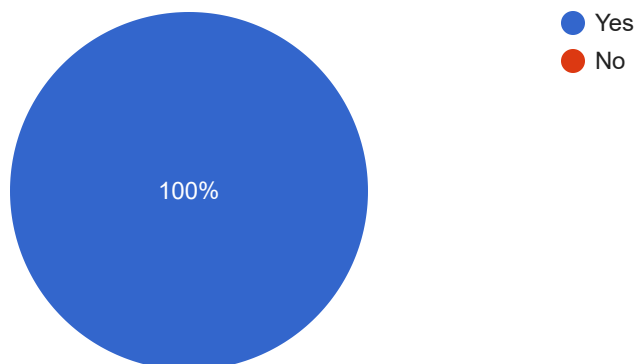
4 responses



School-Based Activities - School Fundraisers meet Athens City Schools Wellness Policy requirements and Alabama Smart Snack requirements.

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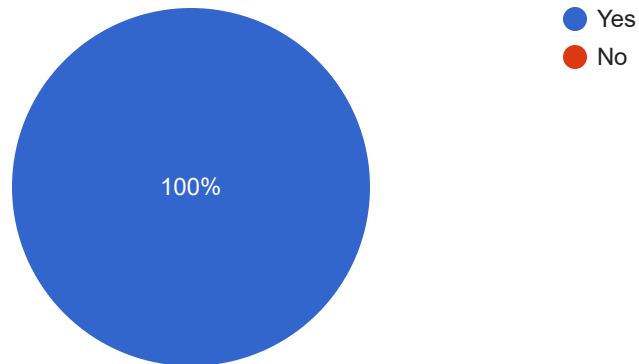
4 responses



Nutrition Education - Nutrition education is integrated into students' curriculum to educate students on the life-long benefits of healthy eating.

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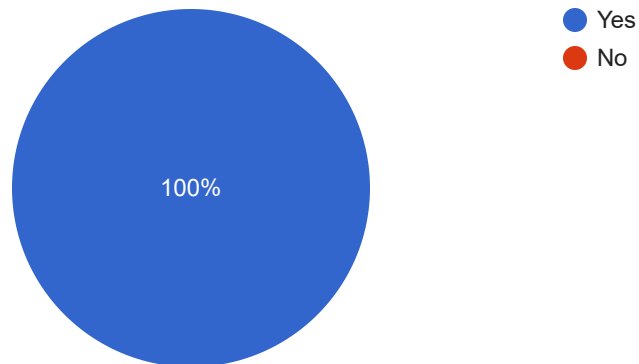
4 responses



Nutrition Education - Nutrition education is age appropriate and takes into consideration students' cultural background.

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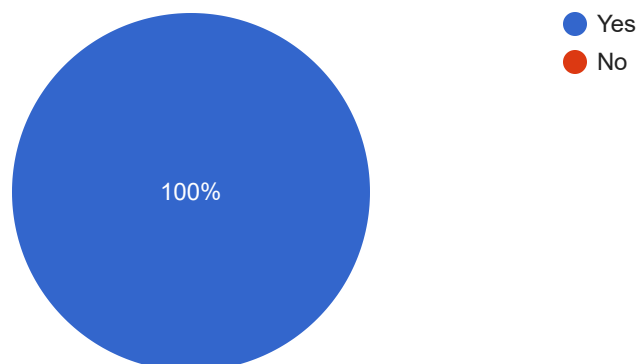
4 responses



Physical Activities - Students are provided the opportunity to develop the knowledge and skills for specific physical activities and taught the short and long term benefits of a physically active and healthful lifestyle.

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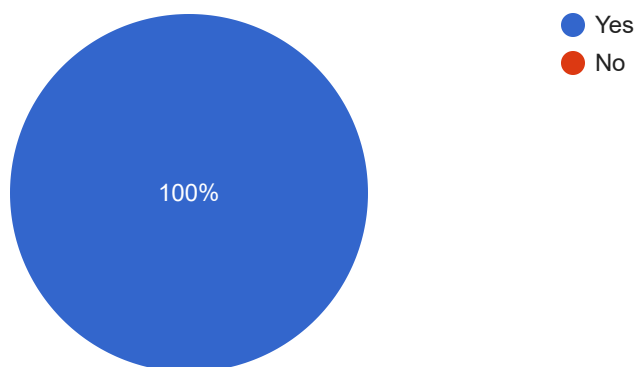
4 responses



Physical Activities - Students regularly participate in daily physical activity and are not withheld from a physical education class for reward or punishment.

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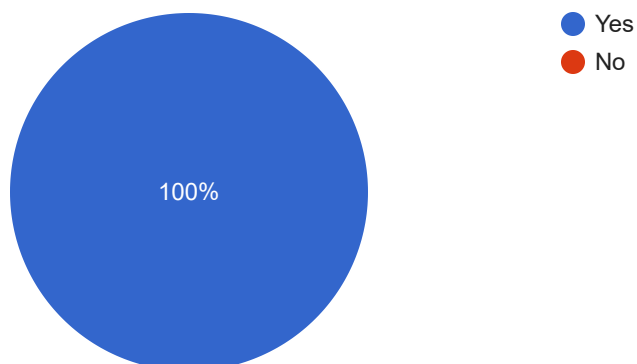
4 responses



Foods and Beverages Provided to Students - Food sold during school hours promote good health and do not include foods of minimal nutritional value and do not exceed the allowable portion size limit.

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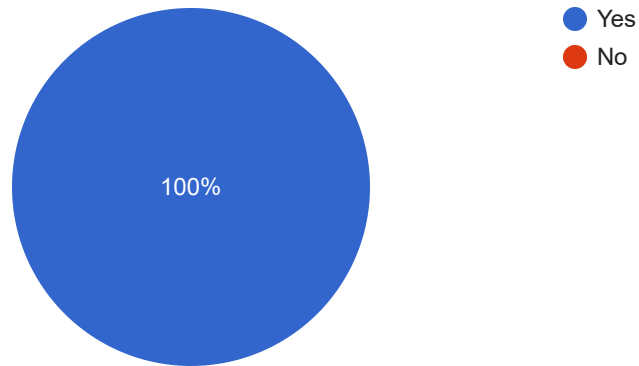
4 responses



Foods and Beverages Provided to Students - Beverages sold meet the following grade appropriate guidelines: Elementary Schools (Pre-K-5): No carbonated soft drinks shall be sold or provided free to these students during the school day. Items sold must be noncarbonated and be 100% fruit juice, milk, water. Milk and fruit juice must be under 8 oz.

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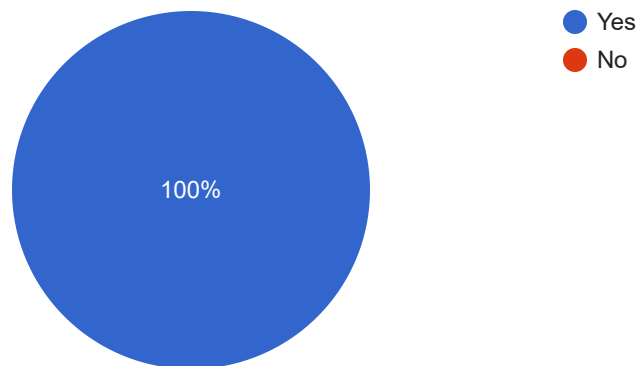
4 responses



Foods and Beverages Provided to Students - Middle Schools (Grades 6-8) No carbonated soft drinks shall be sold or provided free to these students during the school day. Items sold must be non-carbonated and be 100% fruit juice, milk, water. Milk and fruit juice must be under 12 oz.

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4 responses

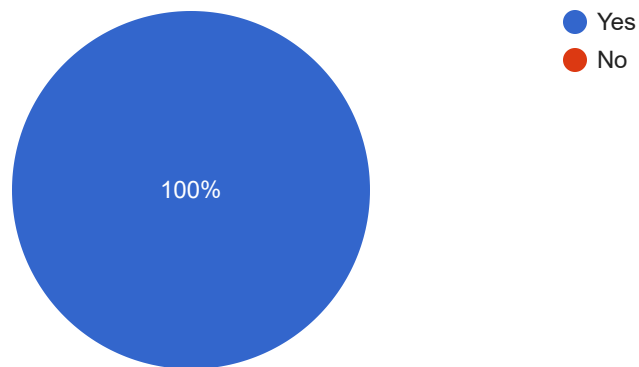


Foods and Beverages Provided to Students - High Schools (Grades 9-12):



“No calorie” and “lower calorie” beverage options for high school students: No more than 20 oz portions of calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that are labeled to contain less than 5 calories per 8 fluid oz or 10 calories or less per 20 fluid ounces. No more than 12 oz portions of beverages with 40 calories or less per 8 fluid ounces, or 60 calories or less per 12 fluid ounces.

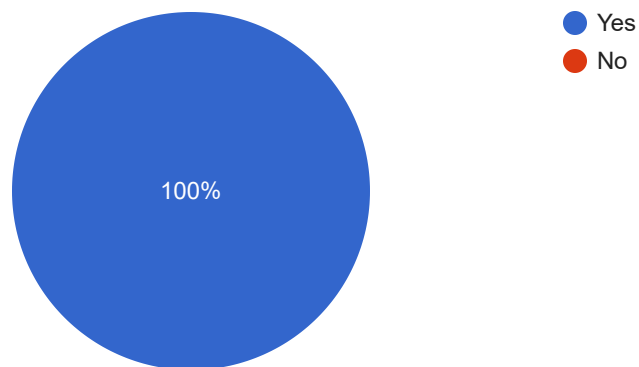
4 responses



Foods and Beverages Provided to Students - Food or beverages that have high fructose corn syrup or sugar listed as the first ingredient are not made available to students during the school day.



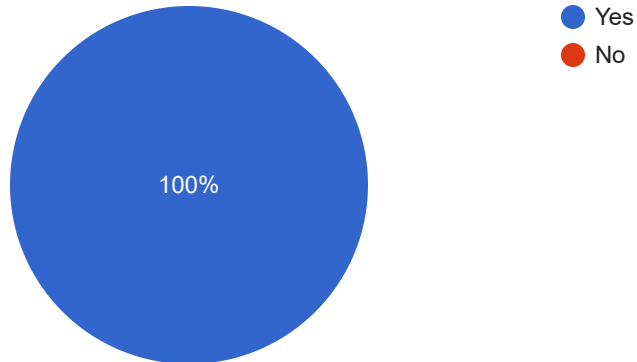
4 responses



Foods and Beverages Provided to Students - Celebrations for all Students should involve healthy food/beverages.

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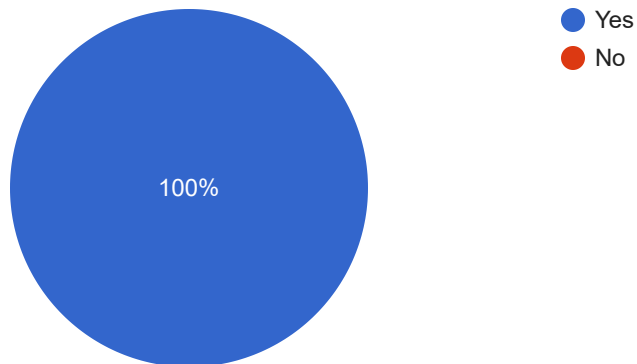
4 responses



Foods and Beverages Provided to Students - Vending machine fronts meet requirements.

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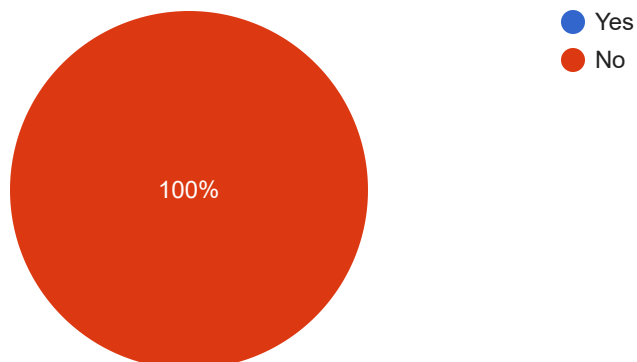
4 responses



Foods and Beverages Provided to Students - Are carbonated beverages of any kind or other competing food/beverage sales made available to students during the meal service time?

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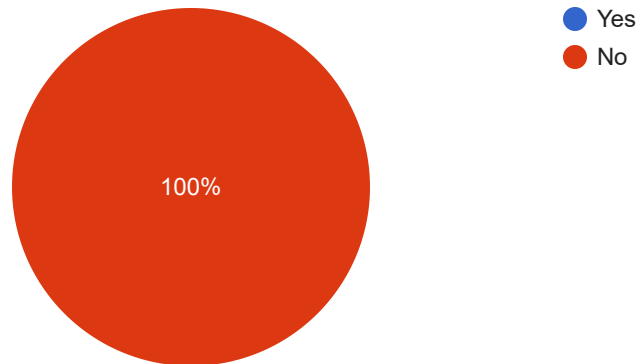
4 responses



Foods and Beverages Provided to Students - Are fast food or competitive foods brought into the school cafeteria with competitive wrapping?

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4 responses



Observation - Based on the observation of the Wellness Policy Review, list anything that was found to be unacceptable and must be corrected immediately.

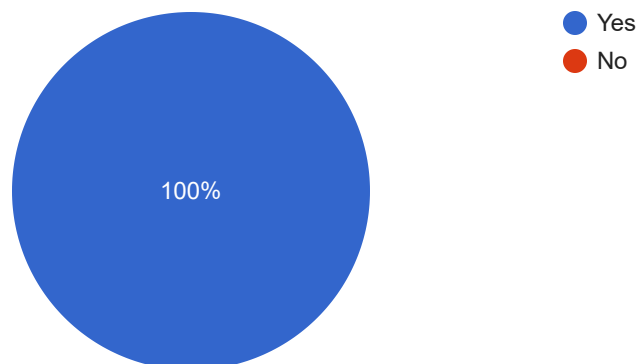
1 response

NA

I have reviewed all the documentation as a member of the wellness committee.

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4 responses



How would we improve our wellness policy?

1 response

NA



Please submit any feedback regarding our wellness policies, wellness committee, or any of the evaluation forms in our wellness policy yearly review.

1 response

NA

Thank you for your interest in the health and well-being of our students, employees, and families in Athens City Schools!

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