ATHENS
CITY SCHOOLS

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MEMO

To: Beth Patton, Superintendent

From: Tandy Blackwell, Child Nutrition Coordinator

Date: January 30, 2026

Subject: Wellness Policy Review

Our wellness committee met online via a Google Form on or before January 29, 2026. The members requested an online Google form; thus, an online meeting was conducted this year. Our six wellness committee members are as follows:

Anna Garcia, Senior, Cody Gross, Head Coach and PE teacher, parent, Amanda Jones, Full Tummy Project Director, parent, non-profit business owner, and community member, Mike O'Rear, Student Services Coordinator, administrator, and principal representative, Laura Smith, RN, and lead nurse, parent, and Tandy Blackwell, Child Nutrition Coordinator.

All wellness information is posted online for the public to view, located in the child nutrition section of the website, under the wellness committee. A parent invitation to each year's meeting is included, along with a survey to allow any parent or community member to join the wellness committee.

Five members met the wellness committee meeting timeline. The committee reviewed the district wellness policy, Triennial Assessment, and WellSat for the district and each school, and various documentation for the 2025-26 school year. Then, each member completed the Google Form to assess our wellness policy and procedures and make recommendations. No changes were recommended.

Attached is our district's summary of the yearly wellness policy review.

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January 2026 Wellness Policy Review Summary

1. Overview of Athens City Schools' Ongoing Wellness Policy Implementation

- ➔ Athens City Schools adopted our Wellness Policy in July 2006, and it was revised in November 2008, August 2012, and the latest revision in September 2016.
- ➔ During this Wellness Policy Review, the goal was to ensure the wellness policy was implemented and followed at all schools.
- ➔ In each school, all students have access each summer to the Seamless Summer Feeding Program for Breakfast and Lunch and the After School Snack Program; all follow the USDA guidelines that accompany the programs. All other snacks sold in the lunchrooms comply with USDA guidelines.
- ➔ Athens City Schools conducts fundraisers that meet USDA guidelines or comply with the 30 exempt fundraisers allowed in Alabama.
- ➔ Nutrition Education is implemented through lessons taught by teachers in the classroom and/or during physical education classes according to the K12 Alabama Curriculum Standards.
- ➔ Daily physical activity is offered at the Elementary Schools, and physical education is mandatory for grades K-12.
- ➔ The National School Wellness Policy yearly assessment, called WellSat, was conducted in December 2025/January 2026. The Triennial Assessment, completed every three years, was completed in March 2023 and again in January 2026. All were reviewed by the committee.

2. Wellness Committee Meeting Summary Review of 2025-26 School Year

- ➔ Members reviewed the district's wellness policy implementation and provided feedback on efforts to keep Athens City Schools physically active and nutritionally healthy.
- ➔ Based on the evaluations of the wellness committee members, no changes are recommended to our current wellness policy.