

7.12 *School Wellness*

The Muscle Shoals City Board of Education is committed to providing a school environment that enhances student learning by promoting sound nutrition, appropriate physical activity and the development of lifelong wellness practices. To accomplish these goals, the following policies shall be enacted:

7.12. Nutrition Education – The primary purpose of nutrition education is to influence students' eating behaviors. School personnel can be positive role models by demonstrating healthy eating behaviors.

1. Nutrition education shall be integrated into other areas of the curriculum such as math, science, language arts and social studies. Consistent nutrition messages shall be provided throughout the school, classroom and cafeteria.
2. Students, school personnel, parents and the community shall be provided nutrition information aimed at promoting better health, nutrition and exercise.
3. Nutrition education shall be offered in the cafeteria and in the classroom, with coordination between the foodservice staff and teachers.

The Board will ensure that reimbursable school meals meet the program requirements and nutritional standards established by applicable state and federal regulations. The Board will encourage students to make nutritious food choices and will monitor all food and beverages sold or served to students, including those available outside federally regulated child nutrition programs. The Board will consider USDA Smart Snacks for Schools and Competitive Foods standards before permitting food and beverages to be sold or served to students.

7.12.2 Physical Education and Physical Activity Opportunities –The primary purpose for physical education in schools is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity and understand the short-term and long-term benefits of a physically active and healthful lifestyle.

1. Physical activity shall be integrated across curricula and throughout the school day. Movement can be a part of science, math, social studies and language arts.
2. Physical education programs and student-to-teacher ratios shall comply with standards established by the Alabama State Department of Education and the Alabama Course of Study-Physical Education. State-certified physical education instructors shall teach all physical education classes.

3. Physical education programs on all grade levels shall comply with Alabama State Department of Education guidelines on time allotted for physical activity.
4. The school system shall provide a physical and social environment that encourages safe and enjoyable activities for all students, including those who are not athletically gifted.

7.12.3 Standards for Foods and Beverages Available at Schools – Students' lifelong eating habits are influenced by the types of foods and beverages made available in schools via vending machines, parties, fundraisers, school events, class activities and meal service.

1. All school meal patterns shall meet regulations and guidance set forth by the federal Child Nutrition Act and the National School Lunch Act and Alabama State Department of Education regulations.
2. Competitive foods and beverages, regardless of nutritional value, shall not be made available or sold to students during established breakfast and lunch serving times, including specified times before and after meals. Foods and beverages brought into the cafeteria from restaurants and commercial vendors compete with school meal sales. Any such food/beverages brought in by students and adults for their personal consumption at mealtime must be in non-commercial packaging, ie: brown paper or zip lock bags.
3. All foods and beverages made available or sold to students on campus during the school day shall meet or exceed USDA Smart Snacks in Schools standards including, but not limited to, a la carte options in the cafeteria, vending machines, school stores/concessions and other venues where foods and beverages are sold, including school fundraisers. Marketing of foods and beverages on campus during the school day shall be limited to only foods and beverages that meet Smart Snack and meal program standards.
4. During a school year, school principals may approve up to 30 Smart Snack exempt fundraisers to be held on campus during the school day. Exempt fundraisers shall not be held in competition with school meal service times.
5. The District shall make drinking water accessible to students during meal service times.
6. Food preparation and taste-testing of foods that are not in compliance with state and federal standards, yet part of an instructional curriculum, shall be

allowed for the students enrolled in the class. Nutrition standards shall be recommended and encouraged, not required, for field trips and field days.

7. Persons who bring foods from outside the school for student recognition, parties, and other group functions and events shall be encouraged to take every measure to ensure that foods and beverages meet federal, state and local laws and guidelines.

7.12.4 Other School-Based Activities – Student wellness is encouraged when the school environment provides consistent wellness messages and when barriers to healthy eating and physical activity are eliminated.

1. MSCS Wellness Policy goals shall be encouraged in the planning of all school-based activities (such as classroom parties, fundraisers, school events, assemblies, sports activities, dances, etc.)
2. Using the National Association of State Boards of Education recommendations as a goal, schools shall allocate adequate time for students to eat.
3. Schools shall provide an environment that promotes healthy eating behaviors. Scheduling of classes and school events shall not interfere with student participation in school meal programs.
4. Support for the health of all students shall be demonstrated through a variety of student health service offerings.
5. Schools shall encourage all students in developing the healthy practice of washing hands before eating.
6. After-school programs shall encourage physical and healthy habit formation.
7. The District will offer annual in-service activities for school personnel on topics related to health, nutrition, and physical activity.
8. New employees will complete required wellness training.

7.12.5 Governance, Implementation and Evaluation – A Wellness Committee appointed by the Superintendent to represent each school, the child nutrition program, students, parents and the community shall be responsible for monitoring the implementation of this policy and conducting an assessment of policy compliance at each school. The committee shall report findings with recommendations for improvement to the Superintendent. The Superintendent shall ensure that corrective action plans are initiated as needed and make recommendations to the Board of Education when policy revisions are needed.