

Revised Wellness Policy

CONECUH COUNTY BOARD OF EDUCATION WELLNESS POLICY

The Child Nutrition and WIC Reauthorization Act of 2004, Section 204, mandated that each local education agency operating a federally funded Child Nutrition Program establish a local school wellness policy, effective June 1, 2006. The Conecuh County Board of Education is committed to developing a wellness policy that meets the requirements of the law. It will also strive to establish wholesome school environments which promote the development of healthy eating and physical activity habits in its students.

Wellness Policy Committee

The board of education will involve parents, students, and representatives of the school food authority, the school board, school administrators, and the public in developing, implementing, monitoring and reviewing the School Wellness Policy.

Nutrition Education

The primary goal of nutrition education is to positively influence students' eating behaviors. To help accomplish this goal the following guidelines will be incorporated into the school program:

- Students in grades K-12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Nutrition education will be coordinated between the Child Nutrition Program and the classroom instruction.
- Nutrition education will be integrated with the requirements of the *Alabama Course of Study: Health Education* and other subject areas.
- A minimum of one in-service program for teachers and support staff on the importance of good nutrition will be provided annually beginning with the 2005-2006 school year.

Physical Activity

The goal of physical activity is to develop students with strong healthy bodies through the acquiring of knowledge and skills in a variety of games and activities and to maintain physical fitness through a regular scheduled program. This may be accomplished through:

- Students in all grades will receive physical education instruction by certified teachers with class loads that meet SDE and SACS standards.
- Physical education instruction will follow the *Alabama Course of Study: Physical Education* guidelines.
- All waivers for exemption to physical education requirements must be approved by the State Superintendent of Education and must follow the guidelines as outlined in the *Administrative Code, 290-3-1-.02(8)(f)*.

- Students, at the appropriate grade levels, should be offered more physical activity opportunities before, during and after school, including but not limited to intramurals, interscholastic athletics, after school programs and specialized fitness activities such as walking, jogging, karate, baton, dance, cheerleading, etc.
- Schools should support community or church-based groups that provide physical activities, such as, Dixie Youth Baseball and Softball, Upward Basketball and Soccer, dance and fitness centers that promote good health.
- Costs and participant restrictions associated with school-based and community-based physical activities should be kept to a minimum to encourage greater numbers of students to participate in them.
- Schools should not deny students participation in their physical education classes as a form of punishment or for classroom make-up tests or assignments for extended periods of time.
- Teachers should be provided in-service training related to the benefits of physical activity to personal fitness and health in addition to specialized training for the physical education staff.

Other School-Based Activities Designed to Promote Student Wellness

The goal of other school-based activities is to create and provide a total school environment that promotes healthy eating and physical fitness among its students. The school board will support these efforts by:

- All students are encouraged to eat daily the breakfast and lunch meals served by the school's Child Nutrition Program in a safe, clean and pleasant environment.
- Meal times should be scheduled to allow students adequate time to eat and should not be restricted by bus schedules or other school activities.
- Schools will be prohibited from offering unhealthy foods as a reward or punishment to students.
- After school or summer programs that utilize the After School Snack Program or Summer Feeding Program and provide physical activities are to be encouraged.
- Parents and board employees are encouraged to practice healthy life styles and to serve as role models for the students at home and school.
- Partnerships with local community-based organizations, such as, Blue Cross-Blue Shield of Alabama, Conecuh County Health Department, Conecuh County Cooperative Extension Service, are to be encouraged and supported in organizing School Health Fairs that provide health screenings and help to enroll eligible children in either Medicaid, All Kids State Health Insurance or Blue Cross Insurance programs.
- Local Health Councils, made up of parents, students, educators and community members should be established at each school to plan, implement, evaluate and review nutrition and physical activities in both the school and home environments.

Nutrition Guidelines

- **School Meals**

The Child Nutrition Program will provide reimbursable meals at breakfast and lunch in compliance with the Revised Certification of Compliance with Meal Requirements for National School Lunch Program under the Healthy, Hunger-Free Kids Act of 2010. Under section 201 of the Healthy, Hunger-Free Act of 2010, an additional reimbursement of 6 cent per lunch is available for school food authorities certified to be in compliance with new school meal patterns.

The Healthy, Hunger-Free Kids of 2010 (HHFKA) requires the additional 6 cent per lunch reimbursement be provided to school food authorities (SFAs) certified by a State Agency to be in compliance with the new meal pattern requirements. The HHFKA explicitly states that SFAs found out of compliance will not receive the additional reimbursement.

New Meal Requirements for Offer versus as following:

OVS at Lunch school must offer students all five required food components in at least the minimum requirement amounts. The components at lunch are: meat/meat alternates; grains; fruit; vegetables; and fluid milk. Under OVS, a student must take at least three components in the required serving sizes. One selection must be at least ½ cup from either the fruit or vegetable components.

OVS at breakfast must offer three components (fruits, grains, and fluid milk). All breakfast must consist of at least: 1 cup of fruit, 1 ounce equivalent (oz eq) of whole grain-rich grains, and 1 cup of (unflavored/flavored fat-free milk or unflavored low-fat milk).

School meals must comply with the *Dietary Guidelines for Americans*, which recommends, on a weekly basis, that no more 30% of an individual's calories be furnished from fat and 10% or less from saturated fat. In addition, school lunches should meet the standard of providing one-third and school breakfasts one-fourth of the Recommended Dietary Allowances of protein, Vitamin A, Vitamin C, iron, calcium and calories.

Schools should focus on improving meal quality by increasing the options for whole grain products and the availability of fruits and vegetables. The standard milk beverage shall be one percent (1%) or less fat, flavored or unflavored. Preparation of foods in the cafeteria should use cooking techniques to provide fiber and reduce fat, sugar and sodium in school meals.

Schools should reduce the number of fried foods and increase baking, steaming and roasting preparation methods. Similar restrictions will apply to other fried foods. Baked potato products or other foods that have not been pre-fried, flash fried or deep-fat fried are the food of choice and may be served more frequently. There are no fryers in Conecuh County Board of Education Schools.

Sack lunches prepared at home, pre-packaged meals or fast foods purchased at McDonald's, Burger King, etc., and the accompanying beverages, consumed in the cafeteria at meal service times, should be packed in unlabeled, non-glass containers. These food items are not to be shared with other students at school. While requiring unlabeled containers does not keep students and parents from bringing unhealthy foods or beverages for school meals it does restrict their appearance so that other students would not know what the product contained and want to copy them. This too will help to keep from compromising the nutritional guidelines and promote student health.

Teachers or other school employees who wish to serve special meals to their students at school should coordinate these through the CNP manager in order to meet the nutritional guidelines, to provide a reimbursable meal and to avoid the loss of income to the Child Nutrition Program..

- **Competitive Foods**

Competitive foods are permissible foods or beverages sold or made available to students during the school day in competition with the school meals program. Vendors who supply food or beverage items to Conecuh County Schools are required to adhere to all of the nutritional guidelines in this policy or forfeit their privilege to conduct business with them.

The school day is defined as the period of time 12:00 a.m. and 30 minutes after school has ended.

Beginning with the 2014-2015 school year all schools must review the food items available as a la carte sales in the cafeteria, in vending machines, concession stands or school stores and evaluate the nutritional content of each product. "All Foods Sold" must meet the standards in the "Healthy, Hunger-Free Kids Act of 2010" any food sold that not under the required standards should be eliminated. Foods and beverages approved by a school's Health Council shall not be in conflict with the state board policies. The guidelines for food sold in vending machines, concession stands or school stores are the same as those for foods sold in the cafeteria. Competitive foods, other than a la carte items available for sale to students in the cafeteria, may not be sold or provided during meal service times.

All foods, other than school meals, available and sold on the school campus during the school day shall meet the following guidelines:

Any food sold in schools must:

Be a "whole grain-rich grain product; or have as the first ingredient a fruit, a dairy product, or a protein food; or be a combination food that contains a least ¼ cup of fruit and /or vegetable; or contain 10% of the Daily Valued (DV) of one of the nutrients of public health concern in 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber.).

Food must also meet several nutrient requirements:

Calories limits: Snack items: 200 calories or less.

Calories limits: Entrée items: 350 calories or less.

Sodium limits: Snack items 230 mg or less.

Sodium limits: Entrée items 480 mg or less.

Fat Limits: Total Fats 35% of calories

Fat Limits Saturated fat: 10% of calories or less

Trans Fat: Zero grams

Sugar limits: 35% of weigh from tat sugars in foods or less.

Nutrition Standards for Beverage

All Schools may sell:

Plain water (with or without carbonation)

Unflavored low fat milk

Unflavored or flavored fat free milk and milk alternatives permitted by

NSLP/SBP

100% fruit or vegetable juice and

100% fruit or vegetable juice diluted with water (with or without carbonation),
and no added sweeteners.

Elementary schools may sell up 8-ounce portions, while middle schools and high schools 12-ounce portions of milk and juice. There is no portion size limit for plain water.

Beyond this the standards allow additional “no calorie” beverage options for high school students.

No more than 20-ounce portions of

Calorie-free, flavored water (with or without carbonation): and

Other flavored and/or carbonated beverages that are labeled to contain 5 calories per 8 ounces or 10 calories per 20 fluid ounces.

No more than 12-ounce portions

Beverage with 40 calories per 8 fluid ounce or 60 calories per 12 fluid ounces.

School Fundraisers

All fundraising activities that involve the selling of food during the school day should reinforce food choices that promote good health. Except for the modifications to the sale of carbonated beverages at the middle schools and high schools, sales during school hours shall not include those foods listed as Foods of Minimal Nutritional Value or exceed the portion sizes allowed. Vendors who supply food or beverage items to the Conecuh County Schools are required to

adhere to all of the nutritional guidelines in this policy or forfeit their privilege to conduct business with them.

Other Requirements for Fundraisers

The sale of food items that meet nutrition requirements at fundraisers are not limited in any under the standards. The standards do not apply during non-school hours, on weekends and at off-campus fundraising events. The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.

This also means that all events outside the school day are not affected by this requirement and that booster clubs, etc., are free to select items for sale for specific fundraising and concession sales as long as the activity does not conflict with the provisions of the Conecuh County Board of Education School Wellness Policy.

Accompaniments

Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold. This help control the amount of calories, fat sugar and sodium added to foods by accompaniments, which can be significant.

Child Nutrition Program Training and Development

Any person employed, or otherwise assigned the duties of the Child Nutrition Program Director for the Conecuh County Board of Education, shall meet the standards of the *Code of Alabama(1975) 290-080-030-05 and -06*, as amended June 6, 1994, effective with the beginning of the 2008-2009 school year. All new CNP Directors must meet the educational requirements as specified or meet the requirements within a three year period from the date of employment.

Media Advertisements

Local schools with a Channel One connection will establish a plan to monitor program offerings and advertisements for content that affect food choices and healthy lifestyles. Monitoring will be the responsibility of local school personnel, parents and Channel One. Local principals will inform any interested outside parties, including parents, about the monitoring process.

Any media advertising concerns voiced by stakeholders will be reported to the local principal, who will inform the local superintendent monthly. The superintendent will make the local board aware of the problem and steps taken with Channel One to correct the problem. The local superintendent may notify the State superintendent of Education of any problems and steps taken to correct them.

Policy implementation and compliance

The Conecuh county CNP Director or other designated Central Office administrator, shall monitor the implementation and compliance with the School Wellness Policy in the local schools. School Principals will be responsible for carrying out the policy at their respective schools.

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