



DISTRICT WELLNESS POLICY

ADOPTED: APRIL 18, 2006

AMENDED: July 27, 2024

Bessemer Board of Education

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District Website: www.bessk12.org

Bessemer City Schools Local Wellness Policy

The Bessemer City School System is committed to providing healthy lifestyle patterns that are essential for students to achieve their full academic potential, physical and mental growth. We have the responsibility to help students and staff establish and maintain lifelong, healthy lifestyle patterns. The intent of this policy is to outline the district's on-going commitment in support of wellness in the areas of nutrition education, physical activity, school nutrition and other school-based activities that promote health and wellness.

To accomplish these goals:

- Child Nutrition Programs comply with federal, state and local requirements. Breakfast and lunch are served daily. The Child Nutrition Program is accessible to all children.
- The Bessemer City School system will encourage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district wide nutrition and physical activity policies.
- The Bessemer City School environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Food and/or physical activity are not used as rewards or punishments.
- Bessemer City schools will encourage eligible pupils to participate in the school lunch program by removing any barriers to participation.
- Bessemer City schools will ensure that all school-based activities are consistent with local wellness policy goals. All foods and beverages made available on campus (including vending, concessions, a la carte, student stores, parties and fundraising) during the school day are compliant with USDA Smart Snack guidelines.

Bessemer City Schools Wellness Program Assessment

The Wellness Program provides a variety of resources to help members of the school community address student health concerns. This program is directed by the Wellness Committee whose members represent every constituency in the system. The Wellness mission of Bessemer City schools is to provide opportunities and experiences that foster personal development, enhance academic productivity, increase physical and psychological health and encourage social interaction through involvement in health, wellness, and physical/recreational activity. The Wellness Program Assessment is designed to evaluate whether the creation of a healthy learning environment that

motivates students, faculty, staff and community members toward healthier lifestyles and encourages them to make informed choices has been successful. To accomplish the development of a comprehensive wellness policy, the Wellness Committee will seek opportunities to educate the school community on trends and information related to health and wellness, and will encourage community partnerships that assist the district in this effort.

Wellness Program Review Summary

Student Centered Activities

- BCS students are required to participate in physical education classes that range from 30 minutes to 1 hour based on age and grade requirements.
- Students are encouraged to participate in city sponsored and/or school sponsored athletic activities.
- Extracurricular activities such as band, dance, cheerleading and a full cadre of athletics, including volleyball, football, basketball, cross-country, softball, baseball, soccer and track, provide intense physical activity for participants.
- Snacks sold at schools meet Smart Snack standards

Goal 1: Nutrition Education and Promotion

As part of the school district's commitment to running an effective Child Nutrition Program (CNP), we will ensure ongoing professional development for all nutrition professionals in schools. Training programs will offer relevant certifications and cover a range of topics tailored to the responsibilities of child nutrition professionals. For example, some training may focus on strategies for reducing fat and sodium for food preparation, while others may emphasize food safety practices. Additionally, staff development will meet the requirements set by the Alabama State Department of Education & USDA Professional Development Standards.

1. The school cafeteria will serve as a learning environment where students can explore and choose healthy food options. School-based marketing efforts will align with nutrition education and health promotion goals. Consequently, the promotion of foods and beverages with low nutritional value will be minimized. Instead, we will actively encourage the marketing and promotion of healthy foods, such as fruits, vegetables, whole grain, and low-fat products.
2. Nutrition information and other resources will be available on BCS CNP website.
3. School based activities to promote wellness (good eating habits and physical activity)
 - Food offered in the lunchroom will be in compliance with USDA and state guidelines and will encourage a balanced diet.
 - CNP promotional activities will encourage healthy eating and/or promote physical activity.
 - Activities during the school hours will promote the importance of healthy lifestyle habits (ie. Healthy eating, physical activity, abstaining from drugs, adequate rest, not smoking, good hygiene, et.).

Monitoring tools for nutrition education and promotion

- Nutrition education and other school based activities will be monitored at each school by the principal and wellness coordinator or designee.
- CNP Director will observe during on-site visits and document at least once a year compliance with menus and positive marketing of a healthy lifestyle.
- The Child Nutrition website will track the engagement by monitoring the total number of access to nutrition resources.
- Documentation of staff development training for CNP employees will be maintained in the professional development file in the CNP Central Office.

Goal 2: Physical Activity

The Bessemer City School District aims to teach, encourage, and support healthy physical activity. The schools provide physical education and encourage engagement in physical activity that:

All Bessemer City Schools students in grade K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.

- Only State-certified physical education instructors will teach physical education classes.
- Grade K-5 will have the opportunity and encourage to be active during recess daily.
- Grades K-8 will have the opportunity and encouraged to be active during the physical education classes for at least 30 minutes daily 1.5 hour elective course which consist of physical activity and health education.
- Grades 9-12 will have the opportunity and encouragement to participate annually in a Physical Fitness Test and enroll in either Health Education class (1/2 credit) or Life Fitness (1 credit).
- Bessemer City Schools does not use physical activity as a punishment.

Monitoring tool for physical activity opportunities

- Hiring of State-certified physical education instructors will be monitored by hiring specifically for physical/health educators for Bessemer City Schools.

Goal 3: Other School Based Activities

1. A minimum of once a year the school district's elementary school physical education instructors will support the schools, and will be encouraged to provide information to the student/parents to encourage the students to become involved in outside fitness activities.
 - a. Examples: jump rope for heart.
2. All schools with grades (K-12) will add wellness concepts as a platform for a new committee (if desired by local school) or add this focus for the group to an already existing school committee and/or group organization involving student representatives.
 - a. The organization will facilitate information exchange through a couple of channels.
 - b. Providing feedback regarding wellness from students to wellness coordinator.
 - c. Help disseminate information from the wellness coordinator to the student population.
3. Individual schools will appoint a wellness coordinator to implement and oversee the wellness policy.
4. The school district acknowledges that engaging in activities such as walking, bicycling and other forms of physical exercise before school promotes overall student wellness. These activities offer opportunities for social interaction and physical exercise, which are essential for fostering lifelong healthy habits and creating an environment that supports better academic performance.
5. Monitoring tools for other school based activities promoting wellness.
 - a. Assessment of wellness group goals will be accomplished through one of the following:
 - i. Principal Inquiry
 - ii. Physical Fitness Test
 - iii. CNP Director or designee

Nutrition Guidelines for Foods Available on Campus during School Day

1. Bessemer City Schools recognizes that children need access to healthy food in order to grow, learn and thrive. Good health fosters student attendance and promotes quality education; therefore, it is the policy of the school board to encourage and promote opportunities to procure local/regional fresh fruits and vegetables in accordance with the geographic preference rule. It is a Community Eligibility Provision program that offers free breakfast and lunch to all enrolled students.
2. Bessemer City Schools will participate in the advantage of farm to school programs, cafeteria training and resources that can help increase student consumption of healthier items including but not limited to:
 - Low-fat choices of milk on a daily basis (only skim & 1% milk to be offered at breakfast and at lunch)
 - Fresh fruits or vegetables will be offered several times a week (minimum of 3 times a week)
 - Whole grains will be offered every day of the week
 - Limit the amount of sugary desserts offered on a weekly basis (limit no more than 3 times a week)
3. Menus at breakfast and lunch will offer adequate nutrients appropriate for school age children.
 - Menus will be planned in accordance to USDA guidelines and minimum/maximum calorie ranges will be divided based on the following age groups: K-8 and 9-12.
 - The School Food Authority (SFA) will offer fresh fruit and/or vegetables a minimum of 3 days a week. (Fried products are not included in this number)
 - The SFA will encourage and market healthy foods offered during school meals.
 - The SFA will choose healthier cooking methods in menu preparation.
4. Competitive foods will not be sold on school campuses via organizations, school stores, or any type of vending 1 hour before meal service begins or until 1 hour has passed after the last student has been served at the local school campus. This includes breakfast and lunch meal service times. Any food that is sold during the appropriate time frame at the local school must comply with guidelines as set forth by the Alabama State Department of Education for a la carte sales for all school campuses.

- Vending machines available to students will meet the guidelines as set forth by Alabama State Department of Education on all school campuses.
 - Sold does specify that no money is to be exchanged or food consumed, except during the time frame as specified (1 hour before a meal service or 1 hour after a meal service is complete).
5. The sale of food items that are not governed by the nutrition standards set forth by the Alabama State Department of Education and local wellness policy.
 - A sale that takes place off and away from school premises.
 - A sale that takes place on school premises at least one-half after the end of the school day
 - A sale that occurs during a school sponsored student activity after the end of the school day.
 6. The Principal of designee at each school shall provide a Fundraiser Exemption Form to the Board of Education CNP Department two times during the school year. All fundraisers that are completed during the school day that involve the sales of food or beverages should be listed on the required Fundraiser Exemption Form.
 7. The local school principal should promote the inclusion of healthy food options at all school day operations by encouraging both parents and faculty to contribute nutritious choices.
 8. Monitoring tools for foods available during the school day:
 - Competitive foods sales will be monitored by principals and CNP Director or Designee.
 - Foods offered during the school day will be monitored by the local school principal.
 - The CNP Director will observe and document at least once a year during an on-site visit and reports in violation are subject to being forwarded to the Superintendent for review.
 - Principal will monitor local school activities by signing CNP Supervisory reports during site visits and reports will be maintained at the central office building in CNP.

Other

- The school district will provide opportunities for on-going professional training and development for foodservice staff in the areas of nutrition and physical education.

- The school district encourages parents, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both at school and at home.

Public Involvement

1. Parents, students, child nutrition , school board administrators, and the public will be involved in the development and approval of the policy.
 - a. All of the aforementioned groups will be involved in development and implementation of the wellness policy.
2. Parents, students, child nutrition, school board administrators, and the public will be able to provide feedback.
 - a. The public can communicate by contacting Child Nutrition and/or talking with their local school principal. (Contact information for Child Nutrition will be provided on the Child Nutrition Website.)
 - b. The public can also communicate to the local schools regarding the wellness policy by speaking with the principal or CNP Director.
3. Monitoring tools for involving students, parents and community in the development of Bessemer City Schools wellness policy.
 - a. Feedback regarding the wellness from others communicated through the Child Nutrition Website will be maintained in CNP-COB.
 - b. Documentation provided from sign-in sheets from Wellness meetings at Central Office and Local Schools
4. The Triennial Assessment Report will be made public on the CNP Website

Implementation Plan

1. Child Nutrition will coordinate updates/meetings for Wellness Policy.
2. Bessemer City Schools Wellness Committee will be the primary committee to oversee writing and revising policy at least every 3 years to be in compliance with USDA standards. We will meet more often if necessary.
3. Principals will oversee wellness policy within their own school.
4. Superintendent will receive updates on the wellness policy upon request.
5. Monitoring tools for measuring implementation of the local wellness policy.
 - a. Child Nutrition or designee will provide written documentation regarding the implementation and monitoring of the wellness policy to be filed in CNP-COB Department.
 - b. The Wellness Policy will be reviewed at least annually to be updated for any needed revisions or changes to be implemented for the following school year.
 - c.

Updates to Wellness Policy

The Wellness Policy of Bessemer City schools is posted on the system website and will be updated as needed and/or required by Federal and state mandates.

Interested parties within the school district and in the community are invited and encouraged to participate by contacting one of the following

District Child Nutrition Program, @ (205) - 432-3008, District Lead Nurse, @ (205)-432-3028 or District Student Service Department, @ (205) - 432-3007.