

Geneva City Schools

Wellness Policy

In keeping with the current trend to curb the childhood obesity epidemic that is rampant in the state of Alabama, the Geneva City School System is committed to taking steps to help alleviate this problem in our schools and community. We realize that our schools can play a vital role in helping students identify healthy eating habits and encouraging them to make smart choices about nutrition and physical activity.

Goals for Nutrition Education

- **The primary goal of nutrition education is to provide the knowledge and skills necessary to promote health.**
- Nutrition education, especially in the elementary school, must be emphasized and instructional materials made available for teachers at all levels.
- Nutrition education is offered in the school dining room as well as in the classroom.
- All stakeholder groups shall work together to ensure that every school activity is consistent with the sound nutrition practices taught in the classroom and used in the school meal program.
- School based marketing strategies, such as signage in the cafeterias and morning menu announcements, should be used to promote healthy food and beverage choices consistent with Smart Snack Standards throughout the school.
- Nutrition education will include lessons that help children acquire skills for reading food labels and menu planning. Body Quest, Learning About Nutrition thru Activity (LANA), Teen Cuisine and Teen Cuisine Encore will be utilized in elementary and middle school grades. Health class will teach a nutrition component with these skills to all high school students.
- School Staff members shall be encouraged to model healthy eating and physical activity behaviors.
- Efforts will be made to select educational materials free of brand names/logos and illustrations of unhealthy food.
- School gardens and field trips to farms and agriculture facilities are utilized.

Goals for Physical Activity

- **The primary goal of physical activity is to inform students about the importance of maintaining a physically active lifestyle and the short and long term benefits of doing so. Opportunities shall be provided for every student to participate in appropriate physical activities.**
- Physical education shall be taught by certified personnel, and shall be an essential element of each school's curriculum.
- The physical education program shall be designed to stress physical fitness and encourage a healthy, active lifestyle.

- Teachers will be encouraged to incorporate physical activity into lessons or within the class time in the elementary and middle school grade levels.
- Joint use agreements exist with the community partners in order to provide all students with physical activity opportunities.
- Physical activity shall not be used as punishment or withheld.
- We strongly recommend staff use physical activity as a reward when feasible.
- Elementary PE will consist of a minimum of 150 minutes per week, and GHS / GMS a minimum of 225 minutes per week.
- Recess will be provided for all elementary students.
- Schools will not allow students to be exempt for required physical education class time or credit for school or community activities, or for other courses of vocational training. No substitutions will be allowed for PE time requirements.
- Physical Activity Guidelines for Americans, US Department of Health and Human Services
- Physical Education Guidelines, American Alliance for Health, Physical Education, Recreation and Dance

Goals for Establishing Nutrition Standards for all Foods Available on Campus during the School Day

- **Schools must ensure that reimbursable school meals meet the program requirements and nutrition standards set forth under the Federal Guidelines.**
- **Standards for all foods and beverages sold or served to students will follow the Alabama Board of Education guidelines as well as the Federal non-competitive food regulations and foods of minimal nutritional values regulations.**
- **Meals served through the school's food service program complies with the National School Lunch/ Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the age/grade levels served.**
- **All schools will provide breakfast through the USDA School Breakfast Program.**
- Applications for free or reduced priced meals are sent home to all families at the beginning of each school year and are also available on the district website.
- All students are given codes to use to purchase meals. Schools must serve students a reimbursable meal, regardless of whether the student has money to pay or owes money.
- Only approved food and beverages may be sold in vending machines, cafeterias, or promoted at sites accessible to students. All beverages sold must meet Smart Snack nutrition standards. <https://www.alabamaachievers.org/wp-content/uploads/2021/02/Smart-Snack-and-Fundraiser-Guidance-and-Implementation.pdf>
- School meals may include fresh, locally-grown foods in school meals from farms engaged in sustainable practices whenever possible and these foods will be promoted in the cafeteria.

- Fundraising activities that involve the selling of food during school hours should follow the fundraising guidelines in the Smart Snack Standards.
- School parties will follow the guidelines set by the Alabama State Board of Education.

Goals for Other School-Based Activities Designed to Promote Student Wellness

- School meals shall be easily accessible to every child.
- School meals shall be properly supervised when served.
- Students' daily lunch period is no less than 20 minutes to eat.
- Competitive foods are discouraged in place of school meals during mealtimes in the cafeteria. Outside commercial food is restricted.
- Students have access to a water fountain or water filling stations.
- The lunchroom will promote the healthy food options and will display information about those options.
- Break time at the elementary school shall be taken after lunch is served to promote participation in the school food program.
- Teachers are encouraged to use non-food rewards and are prohibited to withhold food as punishment.
- Schools have bottle filling stations located throughout the schools.
- Health and wellness opportunities will be offered to the staff.
- Food rewards to encourage student achievement or desirable behavior is discouraged in the classroom.

Food Safety/ Food Security

- All foods made available on campus will comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented. The Geneva County Health Department conducts regular inspections and reports are posted.
- At least one certified ServSafe worker will be on site in each kitchen at all times during regular meal service.
- For the safety and security of food and facility use, access to the food service operations is limited to Child Nutrition staff and authorized personnel. For additional guidance see the USDA and Department of Agriculture Food Safety and Security guidelines.

Community Involvement

The Geneva City School System is fortunate to reside in a community in which there are many stakeholders who are active partners in the development and promotion of

our schools. Parents, students, school food service personnel, administrators, school board members, school nurses, teachers, and the public have all contributed to the development of the Wellness Policy. The wellness committee contains members from the above mentioned groups and will meet a minimum of once a year. The wellness policy will be assessed and updated every 3 years; the policy and review will be posted on the district website. The wellness committee will develop plans for implementation at the school level, and these will also be listed on the website.

Plan for Measuring Implementation

The Superintendent of Geneva City Schools shall appoint an Advisory Committee consisting of members from the various stakeholder groups to address nutrition and physical activity programs in the School System. This committee will monitor and or revise these guidelines as needed.

Wellness Plan Advisory Committee Members

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|--------------------|----------------------------|
| 1. Heath McInnis | CNP Director (Chairperson) |
| 2. Missy Brownell | School Nurse |
| 3. Jami Seay | Elementary Principal |
| 4. Teresa Kunkle | Lunchroom Manager |
| 5. Gerid White | G.M.S. Principal |
| 6. Hanna Waldner | Teacher |
| 7. Max Crews | High School Student |
| 8. Jomanda Johnson | Parent |
| 9. Cynthia Mitchum | Lead School Nurse |

2023-24 Plan for Wellness Programs and Events

NUTRITION

- Roasted Corn day with nutrition education
 - All elementary grades
- Diabetes education yearly
 - All staff members, August
- Nutrition education component taught in Health Class
 - all 10th grade
- Nutrition education is integrated into cooking lessons in Dietetics classes
 - All GHS by Nancy Galloway.
- Mrs. Green: a container garden
- Breakfast program
 - all 3 schools
- Menu announcements each morning
 - all schools
- Water bottles allowed in all classes
 - middle and high school except computer classrooms
- Water bottle refill stations
 - all schools
- Grab and go lunch options available for students and faculty
 - GMS/ GHS
- Continuation of the fruit and vegetable grant
 - Mulkey
- Yearly fresh strawberry fundraiser by FFA
- Yearly fresh citrus fundraiser by FFA
- Alabama Junior Cattlemen's Association (AJCA) Fall Field Day at Lawler Farm in Opelika, AL
 - 9/13/23
 - Students learned about genetic documentation and selection for herd improvement, learned about cattle/beef production, livestock evaluation, and oral reasons (communication skills)
 - Students:
 - GMS - 2
 - GHS - 4
- WBYLP Agriculture Day
 - 10/18/23

- Purpose is to create a better understanding of our food supply and economic impact of agriculture. Students will tour Carr Farms and learn about row crops and livestock production.
- GHS - 6
- Geneva County Farm-City
 - November 2023
 - Classroom presentations on the importance of agriculture and food production.
 - Video contest for high school students
 - Essay contest for high school and middle school students
 - Poster contest for elementary school students
- Cattle Class
 - February 2024
 - Purpose is to educate students about food supply (cattle/beef production), nutritional benefits of beef (had butcher and chef present), sustainability, and economic impact of cattle industry on Geneva County and Alabama.
 - GMS 6th grade
- Bonnie Plants Cabbage Program
 - All 3rd grade students at Mulkey will be given a cabbage plant plug and growing sheet. I plan to return to read a book to them.
- Alabama Farm-City Literacy Ag Day
 - February 2024
- Read book about food production to PreK-2nd grade students

BY GRADE LEVEL: We have at least one agricultural or food related experience for each grade level

- Pre-K: LANA PROGRAM
 - Sicily Yarbrough
- Kindergarten
 - Dirt Day Soil Babies (Soil & Water Conservation District)
- 1st grade
 - Soil Babies (Soil & Water Conservation District)
- 2nd grade
 - Ag Literacy Day (Farm-City Committee)
- 3rd grade
 - Ag Day (Geneva County Cooperative Extension)
 - Body Quest Nutrition program
 - Sicily Yarbrough

- Bonnie Plants Cabbage Program
- 4th grade
 - Groundwater Festival (Geneva County Cooperative Extension)
 - 4H
- 5th grade
 - Classroom in the Forest (Soil & Water Conservation District)
 - My Plate lesson
 - Sicily Yarbrough
 - Teen Cuisine
 - Abbigail Shehee 6 weeks
- 6th grade
 - Cattle Class (Geneva County Cattlemen's Association)
- 7th grade
 - GMS Loves Good Manners
 - "Teen Cuisine Encore" education
 - 6 weeks, Abigail Shehee
- 8th grade
 - Middle School Career Fair
 - Farm Tour (Farm-City Committee)
- GHS
 - mandatory health class that includes nutrition education
 - classes in agriculture and nutrition available to all grade levels
 - Tour Carr Farms
 - Alabama Junior Cattlemen's Association (AJCA) Fall Field Day

ACTIVITY

- *Boys and Girls Cross Country team and Soccer team recently added*
 - *GHS / GMS*
- Field Day for all students
 - K-5 and 6-8
- Jump rope for Heart event
 - Elementary, all grades, Jomanda Johnson

STAFF

- Pack health resources made available for weight loss, blood pressure and diabetes prevention/treatment
 - staff/spouses
- Resources made available for smoking cessation

- staff/spouses
- Prenatal resources made available for nutrition support/education during pregnancy
 - staff/spouses
- WONDR nutrition program offered
 - employees thru BCBS free of charge
- Wellness screenings offered to all staff and spouses covered by PEEHIP
 - 5 opportunities yearly, all employees

OTHER

- Middle School Career Fair
 - 10/26/23
 - Multiple agriculture careers will be represented, including Forestry, Fish & Wildlife, Cooperative Extension, Select Sires (Cattle) and Alabama Farmers Federation.
- Red ribbon week for Drug Awareness activities
 - Middle and Elementary, October
- Scoliosis screenings
 - 5th – 9th grades – opt in, March
- Blood Drive
 - 10-12 grades
- Dental Education with Dr. Markham
 - K thru 3rd students
- Flu Shot clinic is provided for all Geneva City School Staff and students.
- Yearly physicals
 - Athletes: in May
- CPR classes
 - all coaches and optional for all other employees
 - 10th grade health students
- Anaphylaxis, food allergy, and standard precaution education
 - all employees
- Diabetes education
 - All employees
- Vision Research
 - K, 2, 4 grades
- Manners Lessons at Mulkey: Purpose is to teach good manners and communication skills (foundation for future employability skills). Also covered basic hygiene practices (washing hands before meal, covering sneeze, etc.)
 - James 2nd grade
- Geneva Middle School Loves Good Manners (Lessons and Professionalism Luncheon)

- February 2024
- Purpose is to teach good manners and communication skills (foundation for future employability skills). Also covered basic hygiene practices (washing hands before meal, etc.)
- GMS 7th grade
- Healthcare Career Showcase: Students will visit Wiregrass Medical Center to learn about careers in healthcare. They will hear from college instructors for programs such as Physical Therapy, Nursing, EMS, Respiratory Therapy, and Radiology. They will tour the hospital and nursing home.
 - Spring 2024
- ABAC Field Trip
 - 11/14/23
 - GHS – 10th grade
- WBYLP (Warren Beck Youth Leadership program) Healthcare Day: Students will tour Alabama College of Osteopathic Medicine and Flowers Hospital
 - 11/15/23
 - Students: WBYLP students GHS