

**THE WELLNESS POLICY
ON NUTRITION AND PHYSICAL ACTIVITY
FOR
THE ELBA CITY
BOARD OF EDUCATION**

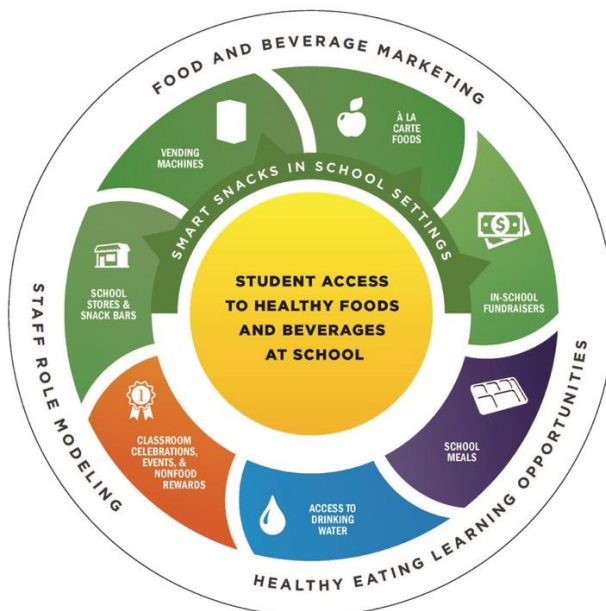


Committee Members

Child Nutrition Director, Christina Morgan
High School Principal, Wynn Grimes
Elementary Principal, Kenya Martin
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Guidance Counselor, Anna Marie Moore
Teacher, Melissa Grantham
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Components of the School Nutrition Environment and Services

The figure above shows how many different parts of the school nutrition environment influence students' access to healthy foods and beverages at school.

The **circle** around the figure represents the boundary of the school grounds. The colorful components inside the figure represent different ways that foods and beverages are sold, served, or offered to students during the school day:

- **Green** is for the settings where foods and beverages must meet the Smart Snacks in School standards
- **Purple** is for school meals (breakfast and lunch)
- **Blue** is for access to drinking water
- **Orange** is for other opportunities where students can receive or consume foods and beverages at school

The floating text around the figure – like Food and Beverage Marketing – indicates components of the school nutrition environment that can affect all settings. These components help build demand for nutritious foods and beverages at school, and they can help students build healthy eating habits for life.

(Centers for Disease Control and Prevention. *Comprehensive Framework for Addressing the School Nutrition Environment and Services*. Atlanta, GA: Centers for Disease Control and Prevention, US Dept of Health and Human Services; 2019)

The Elba City Schools' Wellness Policy Overview

The Elba City Board of Education (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create a positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition, and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes.

For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities – do better academically.

The District will incorporate the Alabama Multi-Tier System of Supports (MTSS) along with the USDA Smart Snack Standards, Federal Regulations, and State Regulations of Child Nutrition and Wellness to guide our Foundational Wellness Support for Every Child, Every Chance, Every Day. The District's Wellness Policy will follow along with MTSS in fostering a learning community that promotes a healthy lifestyle and provides a physically and mentally safe and supportive educational environment.



Implementation, Evaluation and Communication

SCHOOL WELLNESS COMMITTEE

The District Wellness Committee is ongoing and rotating committee that meets at least annually to evaluate and update the Wellness Policy for Elba City Schools. The list of committee members is kept by the CNP Director and is updated as needed. The wellness committee:

- Is facilitated by the Superintendent or his/her designee to develop and update the Wellness Policy
- Meets at the least annually
- Assesses and updates the goals of the District's Wellness Policy
- Conducts a Triennial Assessment according to federal regulations
- Consist of
 - Parents
 - Students
 - School Nutrition Staff
 - Physical Education Teacher
 - School Health Professional (nurse, social worker, school psychologist)
 - School Administrator

- Reflects the diversity of the District's students and staff

IMPLEMENTATION

The Superintendent and/or the school administrators will ensure that the implementation and compliance with the wellness policy on each school campus.

EVALUATION & COMMUNICATION

The Elba City Schools Wellness Policy, the Triennial Assessment, Wellness Assessment Summary, the Well-Sat3 Assessment Tool, Smart Snacks Standards information, alternate fundraising ideas will be posted on the district's website: www.elbaed.com

Review

Wellness Committee meets annually to review the policy. Changes are made to the policy to align with changing regulations and continuing education on campuses. The Committee will use the triennial assessment tools along with policies to assess the District policy.

A formal Triennial Assessment will be conducted every three (3) years by the District Wellness Committee to ensure that the verbiage of the policy is strong, is understandable, and is being implemented.

After any changes to the policy, it will be presented at the District Monthly Board meeting for approval.

SCHOOL WELLNESS COMMITTEES

The district policy is adopted and implemented on both school campuses and serves as the Wellness Policy. The district Wellness Committee represents the diversity of all of our schools and have created a policy that represents all campuses. Therefore, the district Wellness Committee serves as the school committees.

Nutrition Education

Nutrition Education is one of the components of the school nutrition environment that can help build demand for healthy food and beverage choices throughout the day and help build eating habits for life.

The District teaches, models, encourages, and supports healthy eating by students. Our schools provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and. Healthy food preparation methods
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise)
- Teaches media literacy with an emphasis on food and beverage marketing; and include nutrition education training for teachers and other staff
- Includes enjoyable, developmentally appropriate, culturally relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens
- Link with school meal programs, cafeteria nutrition promotion activities, Farm-to-School programs, other school foods, and nutrition-related community services
- Include nutrition education training for teachers and other staff
 - USDA's Team Nutrition provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics, and more.
- The school cafeteria will serve as a learning laboratory to allow students to apply skills taught in the classroom
- Nutrition information will be provided for foods served in the cafeteria
 - Monthly menus of the planned school lunches will be published and made available for students, parents, and employees
 - Nutrition information will be available for items and meals served in the school cafeteria
 - Posted on the District website and other media such as District and School Facebook pages, school websites, bulletin boards in cafeteria and school menu boards where applicable
- The Child Nutrition Program will serve as a resource to provide teachers, school nurses, students, and parents the information needed to make healthy meal choices
- Cafeteria displays will remind students of healthy, nutritional food choices

ESSENTIAL HEALTHY EATING TOPICS IN HEALTH EDUCATION

The District will include in the curriculum the following essential topics on healthy eating:

- The relationship between healthy eating and personal health and disease prevention
- Food guidance from MyPlate
- Reading and using USDA's food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food Safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating in restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

CHILD NUTRITION PROGRAMS and SCHOOL MEALS

The Elba City Schools Child Nutrition Program (CNP) for all schools participates in the USDA standards-based meal programs and follows all local, state and federal regulations for the following programs:

- National School Lunch Program (NSLP)
- School Breakfast Program (SBP)
- At-Risk Snack Program
- Seamless Summer Option Program (SSO)

- Promotion and procurement from local farmers and producers is a part of the CNP school lunchrooms atmosphere.

- By participating in the Community Eligibility Provision (CEP) program that allows all students to eat at no-cost for all school meals, the district schools ensure that no one is identified as a free/reduced student and keeps district from having unpaid balances. Families receive information via the District and school websites, social media pages, and flyers sent home with students.

- ECSBOE school lunchrooms will serve healthy meals to children that meet and exceed USDA requirements and nutrition standards and the Alabama State Board of Education requirements during the day and in the after-school programs.

- The school meal programs aim to:
 - Improve the diet and health of school children
 - Help mitigate childhood obesity
 - Model healthy eating to support the development of lifelong healthy eating patterns
 - Support healthy choices while accommodating cultural food preferences and special dietary needs
 - To end food insecurity and hunger for our students and their families

- Professional Development for all CNP staff:
 - ServSafe food safety and the CNP Hazard Analysis Critical Control Point (HACCP) plan to provide assurance of proper food safety and sanitization practices
 - USDA Civil Rights Training annually
 - District and CNP In-service Training at the start of each school year
 - Annual continuing education/training requirements in the USDA professional standards for child nutrition professionals
 - Substitutes are trained by Kelly's services before serving the cafeterias and attend training provided by lunchroom manager and/or the CNP Director before serving in the cafeteria.

- To ensure the safety and security of the food, access to the food service operations will be limited to the CNP staff and authorized personnel.

- Promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom techniques:
 - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel plans)
 - Fresh Fruit is available daily
 - Daily fruit options are displayed in a location in the line of sight and reach of students
 - Daily vegetable options are in all grab-and-go meals
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
 - White milk is placed in front of other beverages in all coolers
 - A reimbursable meal can be created in any service area available to students
 - Student surveys and taste testing opportunities are used to inform menu development
 - Daily announcements are used to promote and market menu options
 - Menus will be posted on the District website or individual school websites
 - The District CNP will accommodate students with special dietary needs
 - Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated
 - Students are served lunch at a reasonable and appropriate time of day
 - Participation in Federal CNP will be promoted among students and families to help ensure that families know what programs are available in their child's school district

- The school lunchrooms have clean, safe, and hands-free water fountains and cups are available at no cost to students allowing them to take water back to the table for their meal

NUTRITION STANDARDS FOR COMPETITIVE FOODS

The District is committed to ensuring that all foods and beverages available to student on the school campus during the school day and **promote** and **support** healthy eating.

- USDA & Alabama Department of Education Smart Snack Standards
 - Improve student health and well-being
 - Increase consumption of healthful foods during the school day
 - Create an environment that reinforced the development of healthy eating habits

The **Smart Snack Standards** can be found at www.elbaed.com under the Child Nutrition section. More information can be found on the USDA Food and Nutrition Service page: <https://www.fns.usda.gov/cn/tools-schools-focusing-smart-snacks>

Under Smart Snacks in Schools, competitive foods must:

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

Foods must also meet several nutrient requirements:

Calorie limits:

Snack items: \leq 200 calories

Entrée items: \leq calories

Fat limits:

Total fat: \leq 35% of calories

Saturated fat: \leq 10% of calories

Trans fat: zero grams

Sodium limits:

Snack items: \leq 200 mg

Entrée items: \leq 480 mg

Sugar limit:

\leq 35% of weight from total sugars in foods

Nutrition Standards for Beverages:

All schools may sell:

- Plain water (with or without carbonation), no portion limit
- Unflavored or flavored fat-free or low-fat milk and milk alternatives (e.g. soy milk, lactose-free milk) *
- 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 to 8-ounce portions, middle/high schools up to 12-ounces of milk and juice

High schools may sell additional “no calorie” and “lower calorie” beverage options, including caffeinated beverages. Offerings may include no more than 20-ounce portions of calorie-free, flavored water (with or without carbonation) and other flavored and/or carbonated beverages that contain $<$ 5 calories per 8 fluid ounces or \leq 10 calories per 20 fluid ounces. High schools may also offer no more than 12-ounce portions of beverages with \leq 40 calories per 8 ounces, or \leq 60 calories per 12 ounces.

Fundraisers: States may establish exemptions for items sold at infrequent fundraisers or bake sales

Local Flexibility: States and/or local schools have the flexibility to maintain or establish their own more stringent standards for competitive foods, if they meet the minimum federal standards.

*USDA’s *Child Nutrition Program Flexibilities* provided schools the option to offer flavored, 1% milk*

- Training is provided to administration and staff continuously during the year
- All foods sold during the school day must follow the Smart Snack Standards
- **School Day** – midnight the night before to 30 minutes after the end of the instructional day
- **School Campus** – Areas that are owned or leased by the school and used at any time for school related activities such as the school building or on the school campus, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields, and stadiums (scoreboards, coolers, cups, and water bottles), or parking lots
- **Competitive Foods & Beverages**- Include items in vending machines, school stores, teachers' rooms, locker rooms, etc.
- **Alacarte** – items sold in the lunchroom align with Smart Snack standards
- **Fundraisers** – must follow the Smart Snack standards
 - Any exemptions must be approved in advance by school administration and kept on file in his/her office at the beginning of school 'July 1' and mid-year 'January 1'
 - Exempt fundraisers involve food items that do not meet the Smart Snack nutrition standards during school hours
 - The district encourages the use of non-food fundraisers and those superintendent before the upcoming school year and kept on file in the CNP Director's office
 - The **Annual Attestation Statement** must be signed by the superintendent before the upcoming school year and kept on file in the CNP Directors office
 - A list of healthy fundraising ideas can be found at www.elabed.com under the Child Nutrition section
 - Fundraisers can't compete with National School Lunch or School Breakfast
 - ALL food-related fundraisers are not to take place one (1) hour before or one (1) hour after meal service has ended for all grades collectively

Example: School A

Breakfast if from 7:30 a.m. – 8:00 a.m.

Lunch period starts at 10:40 a.m. and ends at 1:30 p.m.

Fundraisers may be sold from 9:00 a.m. to 9:40 a.m. and after 2:30 p.m.

** Remember the school day is from midnight the night before until 30 minutes after the end of the instructional day.

- **School administrators of their designee** are responsible for ensuring that all competitive foods and beverages meet Smart Snack standards
- Guidelines for **celebrations** during the school day will follow Alabama State Board of Education requirements. The school administrator or his/her designee will be responsible for communicating guideline information to parents, students, and employees and for compliance of the guidelines.
- School administration will provide alternative ideas and options besides food to teachers and staff for **rewarding** students
- Outside food and beverage products are **not** allowed in the cafeteria in the original boxes or bags
 - Food must be in a non-identifiable container, cup, thermos, etc.
 - This applies to students, teachers, lunchroom staff, administrators, parents, and guests
- Afterschool activities, programs, groups etc. follow Smart Snack standards and the guidelines of the CACFP At-Risk Snack and Supper program
- **Water** is available at no-charge to students and staff throughout the campus including the lunchroom:
 - Hands-free water fountains are in several locations
 - Water fountains and cups are available during meal services in the lunchroom
 - Approved water bottles and cups filled with water only are allowed during the school day

Physical Education and Physical Activity

PHYSICAL EDUCATION

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the “Essential Physical Activity Topics in Health Education” subsection).

- The District PE program teaches lifetime physical activity skills
 - By promoting student physical fitness and activity assessments (Alabama Fitness Test) and will use criterion-based reporting for each student
 - Includes instruction of individual activities as well as competitive and non-competitive team sports and activities that increase awareness of the need for physical activity and prevention of disease
 - Health Science Classes (HOSA) offered 11-12 grades
 - Future Farmer clubs, classes, competition groups, and other opportunities
- The District provides equal opportunity to participate in physical education classes to all of its diverse student base. Appropriate accommodations are made to allow for equitable participation for all students
- All elementary students (K-6) receive more than 150 minutes of PE weekly
- All middle school students (7-8) receive more than 225 minutes of PE weekly

- All high school students (9-12) receive more than 225 minutes of PE weekly
 - Exemptions for band and dual enrollment are made but after meeting the minimum requirements of PE for graduation
- PE classes are taught by state certified / licensed teachers who are endorsed to teach physical education
- Ongoing professional development that is relevant and specific to physical education is provided from the District
 - The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources
- Teachers will serve as role models by being physically active alongside the students whenever feasible and promote physical activity during breaks throughout the school day

PHYSICAL ACTIVITY

Physical activity will be integrated across curricula and throughout the school day.

- Activities may include:
 - A walking program within the recess time for students during the school day
 - Track/field activities among elementary students
 - Intramural programs
 - Nature learning walks
 - Classroom in the Forest
 - Marching Band
 - Junior High and Varsity Sports
 - Ground Water Festival Class
- Time allotted for physical activity will be consistent with state standards with national research considerations in planning school activities and parent education
- Safe, dependable and adequate equipment will be available for all students
- Food and/or physical activity will not be used as punishment
- Elementary recess promotes healthy eating habits and physical activity
- Participation in physical activity before and after school with team sports, marching band, use of the gym by after school clubs and programs is established at our schools
- The District and the schools promote community and family engagement at events throughout the year including field day in May and alumni sports
- As a rural district, the students, teachers, and staff have limited resources for walking or riding bikes to school. This is not an initiative that school will promote from the school or district level due to the distance that from homes to campus. However, families and communities are encouraged to promote these initiatives themselves. There are sidewalks and crossing areas for students and staff that choose to walk or ride bikes to school. There are crossing guards/staff at school to direct traffic once they are on campus.

Wellness Promotion and Marketing

- All school-based activities will follow local wellness guidelines
- Teachers will serve as role models by being physically active alongside the students whenever feasible
- Physical activity will be encouraged by the principals for teachers to use as rewards as an alternative to foods like pizza parties and candy
- Physical activity and the formation of healthy habits will be promoted in after-school programs
- Information will be provided to families on how to incorporate physical activity into their lives
- Fresh fruits and vegetables are offered daily in the lunchrooms. School staff supports and encourages students to try these items
- **Water** is used as the advertisement for beverage vending machines on all school campuses
- School lunchroom and vending machine prices stay at reasonable and affordable process for all healthy items offered as Alacarte and vending machines
- All foods and beverages marketed on the school campus during the school day will meet Smart Snack standards
- All foods and beverages marketed on educational materials and school publications will meet Smart Snack Standards
- All foods and beverages marketed through fundraisers will meet Smart Snack standards
- Support for health of all students will be demonstrated by:
 - **Health Services:**
 - Registered School Nurse during the school day on all campuses
 - The District HOSA program as Registered School Nurses with education credentials who also provide support for students during the school day
 - Hosting health screenings which are led by our current Healthy Science (HOSA) students for our students
 - Wellness screening for faculty and their family
 - The district supports an encourages staff members to participate in healthy habits and programs such as Scale Back Alabama, PEEHIP's team up for Wellness Healthy Screens and Wellness Program, and by promoting healthy eating options in the cafeteria and in the breakrooms
 - Assisting with guidance towards children's health insurance including All Kids and Medicaid
 - **Social and Emotional Development**
 - The District has a therapist that comes to both campuses to work with social and emotional development for all students
 - The schools all have an Elementary and High School Guidance Counselor
 - They work closely with other resources in our district to assist students
 - Recognizing and providing assistance to our Homeless students and their families

- **Caregiver (Family) Engagement:** The District and the schools work closely with parents / Family members to ensure the success of our students
 - Parent Advisory Committee meetings twice a year
 - Title 1 meetings at each school
 - Parent & Grandparent Day's on campus
 - Field Days
 - Parent and Teacher Organizations on each school campus

- **Community Involvement**
 - Community partnerships with hospitals, universities/colleges, local businesses in support of the wellness policy and its implementation
 - Partner with the Extension office to provide nutrition education to elementary students
 - Partnerships with community youth sports to use facilities for training, development and games include youth football & cheer, youth basketball
 - Partnerships with alumni for use of facilities and equipment for Alumni baseball game

USDA Non-Discrimination Policy

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

2. fax:

(833) 256-1665 or (202) 690-7442; or

3. email:

Program.Intake@usda.gov

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