

DALE COUNTY BOARD OF EDUCATION WELLNESS PROGRAM

The Dale County Schools are committed to a quality education in a safe learning environment for all students, that promotes students' health, well-being and ability to learn.

Dale County Board of Education accepts the responsibility to create healthy school environments through adopting sound nutrition and wellness policies. We believe the school child nutrition program is an important partner with physical activity and nutrition education in improving children's health. We also believe in, and welcome the participation of parents, alumni and the community as we strive to reach our wellness goals.

The Dale County Board of Education supports activities to encourage wellness, including:

- o Providing child nutrition programs that are accessible to all children and that comply with federal, state and local requirements
- o Pleasant eating areas for students and staff with adequate time for unhurried eating with access to healthy foods in accordance with USDA CNP guidelines
- o Integrating nutrition education across the curriculum
- o Providing opportunities for all students to participate in physical activities, such as physical education courses and athletics
- o Supporting professional development for staff and informational programs for students on nutrition and physical education

The Dale County Board of Education Wellness Policy will be overseen by a committee with representation from area schools, child nutrition program, physical education department, school nurses, parents, and others, known as the District School Wellness Committee. Each school may also meet and provide guidance to the District School Wellness Committee. The Dale County District Wellness Committee will:

- Support the schools in developing a healthier environment
- Create the vision and goals for the Wellness Policy
- Assist with policy development or revision to support healthy school environments
- Promote parent, community and professional involvement in developing a healthier school environment
- Advocate for school health programs and policies within the broader school community
- Tap into resources for student and staff wellness
- Plan and implement programs for students and staff
- Evaluate program and policy efforts

- Provide feedback to the district regarding progress on the implementation of the wellness policy

It shall be the committee's responsibility to set/update appropriate goals, monitor the goals implementation and effectiveness in the following areas, as needed.

1. Nutrition Promotion
2. Nutrition Education
3. Physical Activity
4. Nutritional Guidelines for All Food Served
5. Other School-Based Activities

NUTRITION PROMOTION

Dale County Board of Education will promote nutrition by maintaining school environments that encourage healthy nutrition choices through messages and activities that inspire school community members to take action. Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages.

- 1) Students and staff will receive consistent nutrition messages throughout school classrooms, gymnasiums and cafeterias.
- 2) Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students.
- 3) Dale County BOE will promote a food environment that encourages healthy nutrition and beverage choices for students throughout the school campus, as well as encourage participation in school meal programs.

NUTRITION EDUCATION

Dale County Board of Education aims to teach, model, encourage and support healthy eating by students. Schools are encouraged to provide nutrition education and promotion that:

- Is designed to provide students with knowledge and skills necessary to promote their overall 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 electives.
- Promotes fruits, vegetables, whole-grain products, low-fat/fat-free dairy products and healthy food prep methods as appropriate.
- Emphasizes caloric balance between food intake and energy expenditure by promoting physical activity. Nutrition education topics shall be integrated with the sequential, comprehensive health education program. The nutrition education program shall focus on students' eating behaviors, be based on theories and methods proven effective by published research, and be consistent with Federal and State health education standards. As possible, nutrition education should be integrated into areas of the curriculum such as math, science, language arts and social studies.
- School staff members are encouraged to collaborate and cooperate with agencies and community groups that provide nutrition education in the community to send consistent messages to students and families.
- School staff members are encouraged to model healthy eating behaviors.
- School staff members are also encouraged to use lesson plans, activities, tips, strategies, resources, posters and more to make healthy eating a fun part of your schools.

PHYSICAL ACTIVITY

Physical education courses should be an environment in which students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.

Recommendations for Physical Education during the Normal School Day:

- Ensure that state-certified physical education teachers teach physical education classes
- Provide allotted time for physical education classes that is consistent with state standards, as a minimum.
- Students in grades 9-12 are required to have at least one unit of Physical Education or L.I.F.E. course for graduation.
- Elementary schools will offer recess most days that will compliment, not substitute PE class.
- Students should be moderately to vigorously active at least 50% of the physical education time.
- Prohibit the use of physical activity as punishment, or the use of physical education class time to complete assignments from other classes. Physical activity will not be withheld for any reason unless medically necessary or approved by school administration.
- Schools should provide daily recess periods for all elementary school students that are not used for punishment or reward.
- Schools should provide physical activity breaks during classroom hours.

- Schools should encourage parents and community involvement to support physical education/activity program.
- Schools should encourage students to participate in extra- curricular activities such as, athletics, marching band and community programs.
- School staff encouraged to help motivate students to move more and sit less through physical activity resources, available at:
<http://healthymeals.nal.usda.gov/resources-library/physical-activity> to include:
 - Physical Activity Guidelines for Americans, U.S. Department of Health and Human Services
 - National Standards & Grade-Level Outcomes for K-12 Physical Education, American Alliance for health, Physical Education, Recreation and Dance
 - Physical Education Guidelines, American Alliance for Health, Physical Education, Recreation and Dance
 - School Health Guidelines to Promote Healthy Eating and Physical Activity, CDC

FOODS AVAILABLE ON DALE COUNTY SCHOOL CAMPUSES ARE TO BE HEALTHY FOODS

Dale County Board of Education makes the commitment to provide food and beverages that are available on the school campus during the school day (to include cafeteria, school store, vending machines, or fundraisers) that are consistent with Federal Nutrition Guidelines for all Foods and Beverages:

- School Meal Nutrition Standards
 - Program Requirements: During each school day the Child Nutrition Program shall offer breakfast and lunch under the nutritional guidelines of the USDA's National School Lunch and Breakfast Programs. Each school shall encourage students to participate.
 - The Dale County Board of Education Child Nutrition Program shall operate in accordance with updated requirements as outlined in the Healthy, Hunger-Free Kids Act of 2010 (HHKA) to include:
 - More fruits and vegetables every day, to include a variety of vegetables served throughout the week, to include, red, orange and dark-green vegetables
 - More Whole-Grain Foods

- Only Low-Fat (1%) and Fat Free Milk are offered
- Less Saturated Fat
- Less Sodium
- More Water: Water available at all meals
- Appropriate Portion Sizes: School meals to meet children's calorie needs, based on their age
- Smart Snacks in School Nutrition Standards: Snacks sold during the school day, including lunchroom a la carte snacks, vending machine snack, break or recess snack sales, etc. should all meet requirements of **Smart Snacks in School** nutrition standards
 - Any food sold in schools must:
 - Be a "whole grain-rich" grain product; or
 - Have as the first ingredient a fruit, vegetable, dairy product, or protein food; or
 - Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
 AND meet several nutrient requirements:
 - Calorie limit: 200 calories or less
 - Sodium limit: 200 mg or less
 - Fat limit: Total fat: 35% or less of total calories
 - Saturated Fat: Less than 10% of total calories
 - Trans fat: zero
 - Sugar limit: 35% or less of weight from total sugars
 - Beverage requirements:
 - Plain water
 - Unflavored low fat milk (1%)
 - Unflavored or flavored fat free milk
 - 100% fruit or vegetable juice

Elementary schools (Pre K-Grade 5) may sell up to 8-oz. portions, while middle schools (Grades 6-8) and high schools (Grades 9-12) may sell up to 12-oz. portions of milk and juice. There is no portion size limit for plain water. Beyond this, "no calorie" and "lower calorie" beverage options are allowed for high schools:

- No more than 20-oz. portions of calorie-free, flavored water (with or without carbonation) and other flavored and/or carbonated beverages that contains <5 calories per 8 oz. or ≤10 calories per 20 oz.
- No more than 12-oz. portions of beverages with ≤40 calories per 8 oz. or ≤60 calories per 12 oz.

For purposes of the nutritional requirements, USDA defines the school day as: Midnight until 30 minutes after the regular school day ends.

- **Eating Environment Standards:**
 - Adequate Time: Students will be provided adequate time to eat breakfast and lunch, at least 10 minutes for breakfast and 20 minutes for lunch.
 - Dining Areas: Dining areas are to be clean, attractive and safe. CNP personnel will maintain dining areas. Teachers are encouraged to monitor student's behaviors while in lunchroom.
 - Drinking Water: Drinking water is available for students at meals, either through water fountains, or cups of water, at no cost. Bottled water may also be available for purchase, but will never be the sole source of water at meals.
 - Reward/Punishment: Food will not be used as a reward or punishment for student behaviors.
- **Child Nutrition Program Operating Standards:**
 - The CNP will aim to be financially self-supporting. Profit generation will not take precedence over the nutritional needs of the students.
 - Food Safety: HACCP Policies and Principles are followed in each lunchroom setting. Each lunchroom also has ServSafe certified personnel.
- **Policies for Food and Beverage Marketing:**
 - Only those foods and beverages that meet the Smart Snacks in School nutrition standards will be advertised or marketed within the schools
- **Fundraisers involving Food:**
 - Allowable Fundraising on School Campuses:
 - Foods that meet the USDA Smart Snacks in School standards, but are not sold in competition with school meals. Example: Fruit
 - Foods that do not meet the USDA Smart Snacks in School standards, but are not consumed at school. Example: Cookie Dough Sales
 - Non-food items. Example: School Supplies
 - Food fundraisers which meet exempt fundraising definition.
 - **Exempt Fundraiser Definition:** An exempt food fundraiser is defined as the sale of food items that do not meet the USDA Smart Snacks in School standards and are sold during the school day. A school may sponsor up to and not to exceed **30 exempt fundraisers per year**, for no more than one (1) day each in length. Exempt fundraiser food is prohibited from being sold as a la carte item, in vending machines or in school stores, or before school on school campus.

- Foods sold as part of exempt fundraisers may not be sold one (1) hour before or after meal periods. Example: If lunch ends at 12:30 p.m., then the fundraiser could not start until 1:30 p.m.
- Exempt Fundraiser Procedure:
 - School principal
 - Alabama's Implementation of USDA Smart Snacks in School and Exempt Fundraisers Form
 - Complete, approve and sign form (Semi-annual due)
 - Provide a copy to the CNP Director
 - Keep copy on file for audit
 - Superintendent
 - Attestation of Compliance with Alabama Implementation of SDA Smart Snacks in School and Fundraising Activities.
 - Complete and sign the attestation document
 - Provide to CNP Director's to support the annual online application renewal
 - Child Nutrition Director
 - Place a copy of the completed Alabama Implementation of USDA Smart Snacks in School and Exempt Fundraising Form in the wellness plan file
 - Provide documentation of approval upon request by ALSDE

OTHER SCHOOL-BASED ACTIVITIES

Student health and wellness will be promoted and encouraged through other activities and programs within each Houston County School. Schools should be encouraged to participate in other programs, as available, that would promote healthy living, such as the following examples:

- Farm to School activities
- School Gardens

- Smarter Lunchrooms: design and décor that promote healthy eating and activity
- Water Access: Encouraging and ensuring access to safe drinking water throughout the school day at no cost to students

PROGRESS REPORTS

The Dale County Board of Education Wellness Committee may provide progress reports, on an as-needed basis.

TRIENNIAL ASSESSMENTS

The Dale County Board of Education Wellness Policy will have a triennial assessment at a minimum that will address:

- Compliance with School Wellness Policy
- Progress made in attaining the goals of the School Wellness Policy

PUBLIC UPDATES

It shall be the practice of Dale County Board of Education to make available to the public:

- Wellness Policy
- Information and updates to and about the Wellness Policy, on an as-needed basis
- Any Progress Report of the Wellness Policy
- Triennial Assessment of the Wellness Policy

