

Wellness Policy Goals and Guidelines

**for
Lawrence County School System**

Board Approved December 4, 2017

The Wellness Policy requirement was established by the Child Nutrition and WIC Reauthorization Act of 2004 and further strengthened by the Healthy, Hunger Free Kids Act of 2010. It requires each Local Education Association (LEA) participating in the National School Lunch Program and/or Breakfast program to develop a Wellness Policy. The unique needs of each school under the LEA's Jurisdiction can be addressed.

Introduction:

Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States. Major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood.

It is the intent of the Lawrence County School District that students develop good eating habits and understand and appreciate the kinds of food necessary to maintain good health. Children who participate in school meal programs have better nutritional intake than those who do not. In addition, participation in the School Breakfast Program has been shown to improve standardized test scores, improve attendance, decrease tardiness and improve participation in class.

It is also the intent of the Lawrence County School District to provide adequate time for physical exercise to develop a habit of lifelong fitness for our students.

Public Participation and Updates:

A district School Wellness Policy committee will be established to provide school district-wide leadership and general public participation in the development, implementation, and update of the school wellness policy, goals and guidelines. The wellness policy, updated information, annual progress reporting, and triennial assessment will be made available to the public through the district website.

Monitoring:

The school district superintendent will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal will ensure compliance with those policies in his/her school and will report on the school's compliance to the superintendent. Schools are encouraged to organize a school health council to develop, implement, monitor, and review school nutrition promotion and physical activity promotion.

School nutrition staff at the district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent. In addition, the school district will report on the most recent USDA Administrative Review findings and any resulting changes.

The school district superintendent or a designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

Policy Review:

To help with the evaluation of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs. Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review its nutrition and physical activity policies, its provision of an environment that supports healthy eating and physical activity, and its nutrition and physical education policies and program elements. The district and individual schools within the district will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Component 1: Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

- A. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias.
- B. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and

multi-channel approach by school staff and teachers, parents, students, and the community.

- C. The school district shall provide parents a list of foods that meet Smart Snack Standards and ideas for healthy celebrations/parties, rewards and fundraising activities.
- D. School staffs are encouraged to model healthy eating habits. They are role models to the students.

Component 2: Nutrition Education

- A. Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts and social studies.
- B. Goal setting and decision making skills that enhance personal, family and community health shall be encouraged.
- C. Nutrition education information will be reviewed by a qualified, credentialed nutrition professional.

Component 3: Other School Based Activities that Promote Student Wellness

Local wellness policy goals are considered in planning all school-based activities.

Addendum I: ALSDE Smart Snack Exemption/Fundraising Guidelines

- A. Occasional class parties and celebrations are exempt from the guidelines. However, providing healthful options is strongly encouraged. A list of healthy alternatives can be requested from the local Child Nutrition office.
- B. All after school and off campus activities will be exempt.
- C. School instructional staff shall collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families. Guest speakers invited to address students shall receive appropriate orientation to the relevant policies of the school district.

Component 4: Nutrition Guidelines for all Foods and Beverages

Addendum II: USDA National School Lunch Meal Patterns

Addendum III: USDA Smart Snack Standards

- A. All food and beverages available on the school campus during the school day will comply with the federal regulations for:
 - a. School meal nutrition standards, and the

- b. Smart Snacks in School nutrition standards.
 - Vending Machines
 - A la Carte sale
 - Fundraisers
 - Beverage contracts
 - Concession stands
 - Student stores
- B. Food providers will take every measure to ensure that student access to foods and beverages meet federal, state, and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary, middle, and high schools.
- C. Food Vendors who repeatedly send foods that do not comply with USDA Smart Snack standards may no longer do business with the schools.

Component 5: Policies for Food and Beverage Marketing

- A. Marketing and advertising will only be allowed for those foods and beverages that meet the federal nutrition guidelines and Smart Snacks in School nutrition standards. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.
- B. Examples of marketing techniques include the following:
 - handouts, books or curricula, textbook covers, school supplies, school assemblies, educational incentive programs that provide nutritious food as a reward, in-school television, samples or coupons promoting water, pricing structures that promote healthy options in a la carte lines or vending machines, sales of fruit for fundraisers, and coupons for discount gym memberships.

Component 6: Eating Environment

- A. The Lawrence County Board of Education agrees with the National Association of State Board of Education's recommendations that students should be provided adequate

time to eat, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.

- B. Lunch periods are scheduled as near the middle of the school day as possible.
- C. Cafeterias include enough serving areas so that students do not have to spend too much time waiting in line. Dining areas are attractive and have enough space for seating all students.
- D. Drinking water is available for students at meals.
- E. Food is not used as a reward or punishment for student behaviors, unless it is detailed in a student's Individualized Education Plan (IEP).
- F. Schools will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- G. Schools shall discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.
- H. To promote lifelong positive eating behaviors, students, staff and visitors are not allowed to bring bottled or canned carbonated drinks or commercial or fast food into the lunchroom during lunch or breakfast unless these items are contained in a thermos bottle and/or plain wrapper/container.

Component 7: Child Nutrition Operations

- A. The Child Nutrition Program will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or complete nutritionally with programs meals.
- B. The Child Nutrition Program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
- C. The schools will strive to increase participation in the available Child Nutrition Programs (e.g. school lunch and school breakfast).

- D. All food service personnel shall have adequate pre-service training in food service operations.
- E. Schools ~~will make every effort to~~ **must** eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Schools may utilize electronic identification and payment systems; provide meals ~~at no charge~~ to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as "grab-and-go" or classroom breakfast.

Component 8: Food Safety/Food Security

- A. All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
- B. For the safety and security of the food storage and facility, access to the food service operations are limited to the Child Nutrition staff and authorized personnel only. After hours use by other groups must have CNP prior approval and supervision.

Component 9: Physical Activity

- A. Physical education courses will be the environment where students learn, practice, and are assessed on developmental appropriate motor skills, social skills, and knowledge.
- B. Policies encourage that state-certified physical education instructors teach all physical education classes.
- C. Physical activity participation will take into consideration the "balancing equation" of food intake and physical activity.
- D. Physical education includes the instruction of individual activities, as well as competitive and non-competitive team sports, to encourage life-long physical activity.
- E. The schools provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.

- F. All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle and high school students) for the entire school year.
- G. For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.
 - a. Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television.
 - b. Opportunities for physical activity will be incorporated into other subject lessons and classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
 - c. All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools and middle schools, as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.
 - d. Teachers and other school and community personnel will not use physical activity (*e.g.*, running laps, pushups) or withhold opportunities for physical activity (*e.g.*, recess, physical education) as punishment.
- H. Encourage the approved use of school facilities for physical activity outside of school hours. Schools are encouraged to develop relationships with community programs.

Component 10: Staff Wellness:

- A. The school district highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.
- B. School staff participates in the BC/BS Health Assessment.
- C. Each school should establish and maintain a staff Wellness Committee composed of at least one staff member, school dietitian or other health professional, and recreation program representative.
- D. The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The Staff Wellness Committee should distribute its plan to the District Wellness Committee annually.

Component 11: Implementation, Monitoring and Review:

To measure the success of the school wellness program, the following statistics shall be gathered for comparison every 3 years:

- A. The number of students in each school
- B. The ADP in the School Breakfast program
- C. The ADP in the School Lunch Program
- D. The length of the breakfast service
- E. The length of the lunch service
- F. The average number of physical activity minutes available to each student
- G. The number of elementary students receiving physical education
- H. The number of middle school students receiving physical education
- I. The number of high school students receiving physical education
- J. The number of minutes physical education is provided to elementary students
- K. The number of minutes physical education is provided to middle school students

- L. The number of minutes physical education is provided to high school students
- M. The total number of school days elementary students are required to attend physical education during the current school year
- N. The total number of school days middle school students are required to attend physical education during the current school year
- O. The total number of school days high school students are required to attend physical education during the current school year

Civil Rights Statement:

- ☐ “The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)
- ☐
- ☐ If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

☐

- ☐ Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (in Spanish).
- ☐ USDA is an equal opportunity provider and employer.”