

Fort Payne City School's Student Nutritional/Wellness Policy INTRODUCTION

The Fort Payne City Schools' Board of Education is committed to providing a school environment that enhances learning and development of lifelong wellness practices. The wellness policy has four components: (1) setting nutrition/nutrition education goals, (2) setting physical activity goals, (3) establishing nutrition standards for all foods available on school campus during the school day and (4) setting goals for other school-based activities designed to promote student wellness.

To accomplish these goals:

- The child nutrition program complies with federal, state and local requirements. The child nutrition program is accessible to all children.
- Nutrition education is provided and promoted both at home and at school.
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- All school-based activities are consistent with local wellness policy goals.
- All food and beverages made available on campus (including vending, concessions, a la carte, student store, parties and fundraising) during the school day, meet the guidelines for the Healthy, Hunger-Free Kids Act of 2010, USDA Smart Snacks in Schools Nutrition Standards and Alabama's Action for Healthy Kids Guidelines.
- All foods, made available on campus adhere to food safety and security guidelines.
- The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Food and physical activity are not used as a punishment.
- The Wellness Committee, comprised of members from the board of education, administrator(s), parent(s), student(s), child nutrition staff, and school health staff, will review its established plan of action in order to ensure compliance and make adjustments as necessary for the successful implementation of the plan.

Fort Payne City Schools

Adopted, May 22, 2006 by the Fort Payne City Board of Education

Revised May 23, 2011 by the Fort Payne City Board of Education

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Fort Payne City Schools' Student Nutrition/Wellness Policy

The Fort Payne City Schools' Board of Education is committed to providing a school environment that enhances learning and development of lifelong wellness practices. Our district-level wellness policy meets the minimum federal standards for local school wellness policy implementation under the final rule of the Healthy, Hunger-Free Kids Act of 2010, the Alliance for a Healthier Generation Healthy Schools Program (bronze level) and minimum best practice standards accepted in the education and public health fields.

PURPOSE:

The Fort Payne City School Board of Education believes:

- Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being.
- Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults.
- Children and youth who begin each day as healthy individuals can learn better and are more likely to complete their formal education.
- Healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students.
- Schools have a responsibility to help students and staff establish and maintain lifelong, healthy habits related to healthy eating patterns and adequate physical activity.

All students will be taught the skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff is encouraged to model healthy eating and physical activity as a valuable part of daily life. Fort Payne City Schools shall prepare, adopt, and implement a comprehensive policy to encourage healthy eating, physical activity and developing health literacy. This policy shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff.

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1. Local Wellness Policy Guidelines
Nutrition/Nutrition Education Goals

- Nutrition topics are included in the Alabama Courses of Study for science, health, and family/consumer sciences. These will be taught in the classroom, in an interactive manner which teaches the skills students need to adopt healthy eating behaviors. Where possible, teachers will integrate nutrition education into the curriculums at all grade levels. The subjects of math, science, social studies, language arts and art all include concepts that can be taught while reinforcing good nutrition. Examples include graphing number of fruits and vegetables eaten in a day, week or month; using fractions with food recipes; journal recording of food advertisements' among many others.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.
- Nutrition education information will be reviewed by a qualified nutrition professional who is specialized in school-based nutrition.
- The school cafeteria serves as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom.
- Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- School district(s) will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.
- Students will be encouraged to start each day with a healthy breakfast.
- The National Association of State Boards of Education recommends that students should be provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.
- Lunch periods are scheduled as near the middle of the school day as possible.
- Cafeterias include enough serving areas so that students do not have to spend too much time waiting in line

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- Dining areas are attractive and have enough space for seating all students.
- Drinking water is available for students at meals.
- Food will not be used as a punishment for student behaviors.
- The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and productive.
- The school will promote participation in the available federal child nutrition programs (school lunch, school breakfast and after school snack programs).
- The district will employ a food service director, who is properly qualified, certified and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements.
- It is preferred that all child nutrition program staff will have earned a high school diploma or G.E.D certification.
- All food service personnel shall have adequate pre-service training in food service operations including training on Hazard Analysis Critical Control Point (HACCP).
- Guidelines for reimbursable school meals shall be according to and not less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections(a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C 1779) and section (0(1) AND 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758 (0(1), 1766(a) (0), as those regulations apply to schools and those regulations established by the Alabama State Board of Education.
- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Point (HACCP) plans and guidelines are implemented to prevent food illness in schools.
- For the safety and security of the food and facility, access to the food service operations are limited to child nutrition staff and authorized personnel. For further guidance see the US Department of Agriculture food security guidelines.

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2. Local Wellness Policy Guidelines

Physical Activity Goals

- Physical activity will be integrated across curricula in all grade levels on a daily basis.
- Physical education courses will be the environment where students learn developmentally appropriate motor skill development, health-enhancing activities and interactive behavior which shall be assessed in these areas by a certified physical education teacher.
- Policies ensure that state-certified physical education instructors teach all physical education classes in accordance to the Code of Alabama, 1975 §16-40-1. This law requires every public and private school (except church schools) to offer physical education in accordance with the physical education program outlined by the Alabama Department of Education.
- Time allotted for physical education will align with Federal and state requirements.
- Physical activity (in the classroom setting) may not be used as a punishment under any circumstances.
- Physical education must include the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- Adequate, approved, equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe and evaluated annually for safety precautions.
- The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Information will be provided to families to help them incorporate physical activity into their children's lives.
- Schools are encouraged to provide information to parents on after school programs in their community (i.e., gymnastics, dance, karate, football and cheerleading), pending approval of the school principal.
- Schools encourage families and community members to institute programs that support physical activity.
- Local wellness policy goals are considered in planning all school-based activities (such as school day events, field trips, and assemblies).

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3. Local Wellness Policy Guidelines Other School Based Activities

- After-school programs will encourage physical activity and healthy habit formation.
- Local wellness policy goals are considered in planning all school-based activities (such as school day events, field trips, and assemblies).
- Support for the health of all students is demonstrated by hosting health clinics, health screenings and helping to enroll eligible children in other state children's health insurance programs.
- Schools organize local wellness committees comprised of families, teachers, administrators, and students to plan, implement and improve nutrition and physical activity in the school environment.

4. Local Wellness Policy Guidelines Nutrition Guidelines for All Foods on Campus

- Students' lifelong eating habits are greatly influenced by the types of food and beverages available to them. Schools must establish standards to address all foods and beverages sold or served to students, including those available outside of school meal programs. Our school district is committed to serving healthy meals to students, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, have zero grams of trans fat per serving and to meeting the nutrition needs of students within their calorie requirements. From the date this wellness policy is enacted, students will have access to foods that comply with the USDA Dietary Guidelines, Alabama Department of Education Nutrition Policies, Alabama's Action for Healthy Kids Guidelines and USDA Smart Snacks in School Nutrition Standards.
- The sale of competitive foods is not allowed during meal service for breakfast or lunch or one hour before or after breakfast or lunch.
- **Vending, vending contract, and school stores**
 - The nutritional value of individual foods and beverages made available to students during the school day via these venues shall meet the USDA Smart Snacks in School Nutrition Standards and Alabama's Action for Healthy Kids Guidelines for Snack Foods.
 - Foods of minimal nutritional value are prohibited from selling in school, as found in the USDA policy 7CFR210#16.

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A La Carte

- Foods sold a la carte in the cafeteria will be consistent with the USDA School Meal Initiative which ensures items are healthful in that they provide nutrients (such as protein, calcium, iron, vitamins A and C and fiber) that they have limited amounts of total fat, saturated fat, sodium and cholesterol.

Parties and Celebrations

- Parents will receive a list of party options that can be purchased from the child nutrition program. All items on this list will be in compliance with the healthy food standards. This provision for handling party snacks will help in several ways. It will lower the overall cost of a party and be more convenient for the parent. It will also guarantee the quality, safety and nutritional integrity of the food that the students are being served. (Starting August 2006, food for parties will no longer be allowed to be brought from outside the school.)
- Parents will be provided information to help reinforce the importance of nutrition in health.

Food Rewards

- Teachers and staff will not use food, as a reward, for student accomplishment in classrooms (excluding special education students with a food related benchmark in their IEP). Types of rewards that may be used include: stickers, stars, pencils, reading time, walking time, etc.
- Foods can never be withheld as a form of punishment.

Fund-Raising

- All fund-raising activities that involve the selling of food during school hours or as students gather on the school campus before school begins or as students wait on transportation should meet or exceed the USDA Smart Snacks in School Nutrition Standards.
- These items must follow the same nutritional standards as those described above in school stores and school vending machines
- Alabama Action for Healthy Kids Guide to Healthy School Fundraising will be distributed to school fund-raising groups prior to the 2006-2007 school year. This Guide gives many ideas on non-food fund-raising events. Fund-raising activities that are conducted off school campus are not bound by this policy.

School Filed Trips

- Meals will be purchased from the child nutrition program when possible for field trips off school campus.
- When this is not possible, teachers and staff will attempt to find restaurants that offer healthy foods and students will be encouraged purchase healthy choices.

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5. Local Wellness Policy Guidelines **Governance, Implementation and Evaluation**

- A wellness committee that represents various demographics will be responsible for writing and monitoring the implementation of the wellness policy at the school levels. The wellness committee will consist of parents, students, administrators, school health professionals, physical education teachers, child nutrition professionals, board members and the superintendent.
- The principal at each school will assess policy compliance and will report the findings to the child nutrition program director and the superintendent.
- Findings will be reported in an annual report at the end of each school year to the public.
- The wellness policy will be evaluated and updated at a minimum of once every three years.
- Information on the wellness policy will be shared online on the system website and in the student handbook.
- Revisions will also be conducted or the policy modified with the update of federal or state guidance or regulations.

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**Members of the
Fort Payne City Schools' Student Nutrition/ Wellness Plan Committee**

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Shane Byrd, Principal
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