

# Thomasville City Board Of Education

## Wellness Procedure on Physical Activity and Nutrition

### Preamble:

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

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

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Thomasville City School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

Therefore, it is the policy of the Thomasville City School District that:

1. The school district shall engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district wide nutrition and physical activity policies.
2. All students in grades K-12 shall have opportunities, support, and encouragement to be physically active on a regular basis.
3. Foods and beverages sold or served at school shall meet the nutritional recommendations of the *U.S. Dietary Guidelines for Americans*.
4. Qualified child nutrition professionals shall provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students that will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and shall provide clean, safe, and pleasant settings and adequate time for students to eat.
5. To the maximum extent practicable, all schools in our district shall participate in available federal school meal programs, including the School Breakfast Program and National School Lunch Program.

6. Schools shall provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and shall establish linkages between health education and school meal programs, and with related community services.

## **I. School Health Councils**

The Thomasville City Board Of Education shall provide a district wellness policy and procedures that shall serve as building blocks for individual schools within the school district to add to, strengthen, or work within the district policy to create a wellness statement unique to the individual needs of each school. Schools shall organize a school health council to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also shall serve as resources to school sites for implementing those policies. (A school health council shall consist of a group of individuals representing the school and community, and shall include parents, students, and employees of the child nutrition program, school board members, school administrators, teachers, local health professionals, and the general public.)

## **II. Nutritional Quality of Foods and Beverages Sold and Served on Campus.**

The school campus shall reflect a healthy nutrition environment. Adequate time to eat shall be allowed to have a pleasant dining experience. Schools shall ensure that all students have daily access to meals served. Schools may not establish policies, class schedules, bus schedules, or other barriers that directly or indirectly restrict access to or the completion of meals.

### School Meals

Meals served through the National School Lunch and Breakfast Programs shall:

1. be appealing and attractive to children and be served in clean and pleasant settings;
2. Schools shall focus on improving meal quality and increasing the variety of fruits and vegetables, especially raw fruits and vegetables.
3. serve only low-fat (1%) and fat-free milk<sup>3</sup> and nutritionally-equivalent non-dairy alternatives (to be defined by USDA);
4. Serving sizes shall comply with the meal pattern requirements as described by the United States Department of Agriculture (USDA) regulations. Foods served and/or sold through the cafeteria shall adhere to the guidelines established by the USDA and published in the School Meals Initiative (SMI) for Healthy Children, 1995 guidance. Serving size of fresh fruits and vegetables or canned fruits and non-starchy vegetables shall not be limited.
5. School meals shall average, for a weekly period, meeting the standards of the "*Dietary Guidelines for Americans 2005*", which recommends no more than 30% of an individual's calories be furnished from fat and 10% or less from saturated fat. School lunches shall meet the standard of providing one-third and school breakfasts the standard of providing one-fourth of the Recommended Dietary Allowance for protein, Vitamin A, Vitamin C, iron, calcium, and calories;
6. Emphasis is to be placed on increasing the quantity of whole grains served with the ultimate goal of half of all the grains served to be whole grain. Products shall be considered Whole Grain if a *whole grain product* is listed as the primary grain ingredient in the ingredient statement. Examples include whole wheat flour, cracked wheat, brown rice, yellow corn meal and oatmeal;
7. Schools shall review the items offered as ala carte sales and evaluate the nutritional contributions of each item. Foods not meeting the criteria listed below shall be eliminated or portion sizes reduced in order to be in compliance with the requirements;
8. All deep fried products shall to be limited in the amount and number of times served. Fried vegetable products (potatoes, okra, etc.) shall be limited as to the number of times served and shall not exceed three ounces per serving. Preparation techniques shall be modified to reduce the number of fried foods and increase baking, steaming, and roasting preparation methods.

Schools shall engage students and parents: through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools shall share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

#### Breakfast:

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

1. Thomasville City schools shall operate a system-wide School Breakfast Program.
2. Schools administrators shall arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
3. Schools shall notify parents and students of the availability of the School Breakfast Program.
4. School Administrators shall encourage parents to provide a healthy breakfast for their children that do not eat breakfast at school. This can be accomplished through newsletter articles, take-home materials, or other means.

#### Free and Reduced-priced Meals:

Federal Law requires that schools make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who shall eligible for free and reduced-price school meals.

1. Schools in Thomasville City shall utilize electronic identification and payment systems that do not identify the student's eligibility.
2. In the event of computer failure, school cafeterias shall have procedures in place to account for meals without exposing individual student's eligibility status.
3. School Administrators shall promote the availability of school meals to all students and encourage participation in the lunch and breakfast program.

#### Meal Times and Scheduling; School Administrators shall:

1. provide students with at least 10 minutes to eat after sitting down for breakfast and adequate time to eat after sitting down for lunch;
2. ensure school staff shall assign to monitoring duties in the lunchroom to provide supervision in the serving and dining areas;
3. schedule meal periods at appropriate times;
4. shall not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
5. elementary schools shall schedule lunch periods to follow recess periods when possible;
6. provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
7. shall take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or tooth decay risk).

#### Sharing of Foods and Beverages:

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. This can be accomplished, to some degree, by individual schools furnishing staff supervision in the school cafeteria during serving times at both the serving line and dining area.

#### Qualifications for Child Nutrition Director:

Any person employed as a CNP Director shall meet the standards of the Code of Alabama (1975) 290-080-030-05 and 06 as amended June 6, 1994. A CNP Director who does not meet the educational requirements shall complete those requirements within a three year period from the date of employment. If educational requirements shall not met within the three year period the person cannot continue being employed as a CNP Director.

#### Qualifications of School Food Service Staff:

Qualified nutrition professionals shall administer the school meal programs. As part of the school district's responsibility to operate a food service program, we shall provide continuing professional development for all nutrition professionals in schools. Staff development programs shall include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility. School nutrition staff development programs are available through the USDA, School Nutrition Association and the National Food Service Management Institute. School food service staff shall be encouraged to participate and maintain certification through the School Nutrition Association.

**Sale of Food and Beverages: Foods and Beverages Sold Individually** (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.) as a minimum, shall follow the Alabama State Department of Education guidelines.

1. **Elementary Schools:** The school administrator shall approve, monitor and provide all food and beverage sales to students in elementary schools following the guidelines established by the State Department of Education. Given young children's limited nutrition skills, food in elementary schools shall be sold as balanced meals. If available, foods and beverages sold individually shall be limited to low-fat and non-fat milk, frozen dairy desserts, low fat ice cream, fruits, and non-fried vegetables.
2. **Middle/Junior High and High Schools:** The school administrator shall approve, monitor and provide all food and beverage sales to students in middle/junior high and high schools following the guidelines established by the State Department of Education. All foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, shall meet the following nutrition and portion size standards:

#### State Guidelines on Foods and Beverages

1. **Elementary Schools:** (Defined as a school where the majority of students are in grades Pre-K through 5.) No carbonated soft drinks shall be available for sale to students at any time during the school day. No vending machine display front may display a product that is not water or 100% fruit juice with no added sweeteners. Items that may be sold include non-carbonated flavored and unflavored water, 100% fruit juices and milk (1% fat or less). No other competing food/beverage sales are to be available to students during the meal service time. Sales may not occur immediately before or after the meal service time in an effort to circumvent this procedure.

**Note:** Schools participating in the HealthierUS School Challenge are prohibited from selling non-carbonated flavored water.

2. **Middle Schools:** (Defined as a school where the majority of the students shall be in grades 6 through 8.) No carbonated soft drinks shall be available for sale to students at any time during the school day. Items that may be sold include non-carbonated flavored and unflavored water, 100% fruit juices and milk (1% fat or less). No other competing food/beverage sales are to be available to students during the meal service time. Sales may not occur immediately before or after a meal service in an effort to circumvent this procedure. No vending machine display front may display any product that is not water or 100% fruit juice with no added sweeteners. Juice may not exceed 15 calories per ounce. Juice size should not exceed 10 ounces.

3. High Schools: (a High School is defined as a school where the majority of the students shall in grades 9 through 12). The selections available in vending machines or for sale in school stores are to be non-carbonated flavored or unflavored water, 100% fruit juices, milk (1% fat or less), tea, or sports drinks. 100% juice should not exceed 12 ounces and contain no more than 180 calories. Sports drinks, or teas, may not exceed 12 ounces and contain no more than 99 calories.

Carbonated beverages must be no/low calorie beverages not to exceed 20 ounces and contain no more than 25 calories.

Bottled water, flavored or unflavored with 0 calories may be sold in any size. No beverages of any kind or other competing food/beverages sales are to be available to students during meal service times or immediately before or after meal service times.

No vending machine display front may display any product that is not water or 100% fruit juice with no added sweeteners,

4. Foods and drinks not allowed in the cafeteria: Foods or beverages that cannot be served in the cafeteria shall not be purchased elsewhere and brought into the cafeteria for consumption.
5. Foods and beverages not allowed on campus: Foods or beverages that cannot be sold or served on campus shall not be purchased elsewhere and brought on campus for consumption or for sale to other students.
6. Sack Lunches: Parents that prepare sack lunches for consumption on school premises shall be encouraged to follow these same nutritional guidelines.

#### Foods of Minimal Nutritional Value:

In addition to the restriction regarding the sale of carbonated beverages listed, no one shall, on the school campus provide access to "for sale" or "free" foods and beverages of minimal nutritional value as identified under USDA regulations 7 CFR 210, Appendix B, "Categories of Foods of Minimal Nutritional Value" until after the end of the last scheduled class. These classifications shall as follows:

1. Water ices, including frozen sicles, ices and slushes, except those ices containing fruit juices.
2. Chewing gum, flavored or unflavored from natural or synthetic sources.
3. Certain candies, processed primarily from sugar, corn syrup sweeteners or artificial sweeteners combined with a variety of ingredients including but not limited to:
  - Hard candies, sour balls, fruit balls, candy sticks, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies and breath mints. Jellies and gums, such as gum drops, jelly beans, jellied or flavored fruit slices.
  - Marshmallow candies or other aerated sugar, corn syrup or invert sugar confections.
  - Fondants, such as candy corn or soft mints
  - Licorice
  - Spun candy or cotton candy
  - Candy coated popcorn

#### Allowable snack and a'la carte items:

All snack or a'la carte items sold or provided shall meet the following guidelines per one ounce serving:

1. Less than 30 grams of carbohydrates.
2. Less than 360 milligrams of sodium
3. Less than 10% of the daily value of fat
4. Containing at least 5% (and preferably 10%) of the daily value of Vitamin A, Vitamin C, iron or calcium
5. Contain Fiber (5% of the daily value)

## Portion Sizes:

Serve the portion sizes listed below. If products meet the standards for snacks and desserts, they may be served in single-serving portion sizes or in a package that does not exceed the serving size limits specified below.

Baked Chips, popcorn, rice cakes, puff snacks	1.25 ounces
Crackers, hard pretzels, pita chips, snack mix	1.25 ounces
Peanut butter-filled crackers and cheese-filled crackers	1.25 ounces
Trail mix, nuts, seeds, soy nuts	1.25 ounces
Cereals	1.25 ounces
Low-fat cookies, animal crackers, graham crackers, cereal bars, granola bars	1.33 ounces
Bakery items, e.g. pastries, toaster pastries, muffins, bagels, soft pretzels	2 ounces
Low-fat frozen desserts, low-fat ice cream, and pudding, fruit bowls	4 ounces
Low-Fat yogurt	8 ounces
Smoothies (made with low fat yogurt or other low-fat alternative and/or Fruit/juice	12 ounces

## Fund Raising Activities:

All fundraising activities (except for contracts issued before August 8, 2005) that involve the selling of food during school hours or as students gather on school campus before school begins or as students wait on transportation or otherwise exit the school campus following school dismissal shall reinforce food choices that promote good health. Sales during school hours shall not include those foods listed as Foods of Minimal Nutritional Value or exceed those portion sizes identified as allowable. This also means events outside of the school day shall not be affected by this requirement and that booster clubs, etc., are free to select items for sale for specific fundraising and concessions sales as long as the activity does not conflict with this position. Fund raising activities that take place during school hours shall be designed to support children's health and school nutrition-education efforts, school fundraising activities shall not involve food or shall use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools shall encourage fundraising activities that promote physical activity.

## Snacks:

Snacks served during the school day or in after-school care or enrichment programs shall follow the After-School Snack Program guidelines set forth by the United States Department of Agriculture. Thomasville City schools shall promote the use of healthy snack options. The district shall disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

Rewards: Schools shall not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and shall not withhold food or beverages (including food served through school meals) as a punishment.

## III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion: The Thomasville City School District aims to teach, encourage, and support healthy eating by students. Schools shall provide nutrition education and engage in nutrition promotion that:

1. is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
2. is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
3. includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
4. promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;

5. emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
6. links with school meal programs, other school foods, and nutrition-related community services;
7. teaches media literacy with an emphasis on food marketing; and
8. includes training for teachers and other staff.

#### Integrating Physical Activity into the Classroom Setting:

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. Toward that end:

1. classroom health education shall complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and
2. to reduce time spent on sedentary activities, such as watching television;
3. opportunities for physical activity shall be incorporated into other subject lessons;
4. classroom teachers shall provide short physical activity breaks between lessons or classes, as appropriate.

#### Communications with Parents:

The district/school shall support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school shall send home nutrition information, post nutrition tips on school websites and the local newspaper, and provide nutrient analyses of school menus upon request. Schools shall encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school shall provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/school shall provide opportunities for parents to share their healthy food practices with others in the school community.

The district/school shall provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports shall include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

#### Food Marketing in Schools:

School-based marketing shall be consistent with nutrition education and health promotion. As such, schools shall limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above). School-based marketing of brands promoting predominantly low-nutrition foods and beverages shall be prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products shall be encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and shall therefore allowable) include: vending machine covers 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.

#### Staff Wellness:

The Thomasville City School District highly values the health and well-being of every staff member and shall plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each district/school shall establish and maintain a staff wellness committee composed of at least one staff member, school health council member, local hospital representative, dietitian or other health professional, recreation program representative, union representative, and employee benefits specialist. (The staff wellness committee may be a subcommittee of the school health council.) The committee shall develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan shall be based on input solicited from school staff and shall outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee shall distribute its plan to the school health council annually.

#### IV. Physical Activity Opportunities and Physical Education

**Daily Physical Education (P.E.) K-12.:** All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, shall 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. All physical education shall be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) shall not be substituted for meeting the physical education requirement. Students shall spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

**Physical Activity Opportunities Before and After School:** All elementary, middle, and high schools shall offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, shall offer interscholastic sports programs. Schools shall 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.

After-school child care and enrichment programs shall provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

**Physical Activity and Punishment:** Teachers and other school and community personnel shall not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

**Safe Routes to School:** The school district shall assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district shall work together with local public works, public safety, and/or police departments in those efforts. The school district shall explore the availability of federal "safe routes to school" funds, administered by the state department of transportation, to finance such improvements. The school district shall encourage students to use public transportation when available and appropriate for travel to school, and shall work with the local transit agency to provide transit passes for students.

**Use of School Facilities Outside of School Hours:** School spaces and facilities shall be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also shall be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety shall apply at all times. Administrators shall refer to the Board policy on "Use of Facilities".

## V. Monitoring and Policy Review:

**Monitoring:** The superintendent or designee shall ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee shall ensure compliance with those policies in his/her school and shall report on the school's compliance to the school district superintendent or designee.

**School food service staff:** At the school or district level, shall ensure compliance with nutrition policies within school food service areas and shall report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the school district shall report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district shall request from the state agency that a SMI review be scheduled as soon as possible.

**Monitoring:**

The superintendent or designee shall 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 shall 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 initial development of the district's wellness policies, each school in the district shall conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments shall be compiled at the district level to identify and prioritize needs.

**Assessments:** Shall be repeated every three years by the school administrator to help review policy compliance, assess progress, and determine shall as in need of improvement. As part of that review, the school district shall review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, shall, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Source: Thomasville City Board of Education, Thomasville, AL

LEGAL REF: [Alabama Department of Education Nutrition Policies](#)

Thomasville City School Board Policy 8.62 ADOPTED: September 20, 2007