

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 United States Department of Agriculture Choose My Plate Guide;

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, physical education professionals, school 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. Department of Agriculture* as well as the *State of Alabama Department of Education* requirements for the *Child Nutrition Program*.
4. Allows marketing and advertising of food and beverage items that meets⁷ United State Department of Agriculture Smart Snacks in Schools standards. (No outside food in restaurant bags allowed in the cafeteria during meal service.)
5. 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

6. 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.
7. 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.
8. 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 and nutritionally-equivalent non-dairy alternatives (to be defined by USDA);
4. School meals will meet the Child Nutrition Program requirements and nutritional standards found in federal regulations and the Alabama State Board of Education requirements.
5. All foods made available on campus during the school day and in the extended day programs will comply with current federal, state, and local requirements as established by the USDA and the Alabama State Board of Education requirements.
6. Nutrition information will be readily available for menu and a la carte items served in the school cafeteria.
7. Schools shall review the items offered as a la 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. Schools are prohibited from preparing foods by deep or pan frying foods to be served or sold during National School Lunch or Breakfast operations.
9. Schools shall reduce the number of pre-pared (processed) food items that are planned and served each week. Food flashed-fried by manufactures may be served but should be prepared by a food preparation method other than frying.
10. All potentially hazardous or temperature control foods made available on campus during the school day will comply with the state and local food safety and sanitation regulations. A HACCP (Hazard Analysis Critical Control Point) Plan will be followed in the Child Nutrition Program to help provide assurance of proper food safety and sanitation practices.

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, place cards, 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).

School Cafeteria Access:

To ensure the safety and security of the food, access to the food service operation will be limited to the Child Nutrition Program staff and authorized personnel. Organizations that use the Child Nutrition Program kitchen facilities will be required to hire a Child Nutrition Program employee to be present during the times that the kitchen is in use by the group.

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. Additionally, any person hired as a CNP Director shall also meet requirements set forth by Healthy, Hunger-Free Kids Act of 2010 Professional Standards for All School Nutrition Program Employee Standards. (Refer to State of Alabama Department of Education Child Nutrition Program Director Employment Standards guidance dated February 7, 2017.)

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 in accordance to the Healthy, Hunger-Free Kids Act of 2010 Professional Standards for All School Nutrition Program Employee Standards. 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.

Student Access to School Stores and Vending Machines:

Schools are required to restrict student access to concessions, extra sales, vending and fund raising in direct competition with the child nutrition program breakfast and lunch program. If such sale occurs the revenue from the sales is required to be deposited into the Child Nutrition Program.

Sale of Beverages:

Every school shall ensure that all food and beverages sold individually (i.e., foods sold outside of reimbursable meals, such as through vending machines, school stores, fundraisers, cafeteria a la carte sales, and etc. during the school day are in compliance with the Alabama State Department of Education and the USDA Smart Snack in School Standards for Local Education Agencies participating in the National School Lunch and Breakfast Programs. Healthy products must be priced at a level that encourages student to purchase them.

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 and federal guidelines. 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, whole grain products 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 and federal guidelines. 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** following the nutrition and portion size standards guidelines set forth the UDSA Smart Snack in Schools and Fundraising Activity Policy for Local Education Agencies participating in the National School Lunch and Breakfast Programs:

Nutrition Standards for Foods

Any foods sold in schools must:

- Be "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
- Every school shall ensure that all foods sold in vending machines, school stores and cafeterias are in compliance with USDA Smart Snack in Schools and Fundraising Activity Policy for Local Education Agencies participating in the National School Lunch and Breakfast Programs.

Food must also meet several nutrient requirements:

- Calorie Limit
 - Snack items: ≤200 calories
 - Entrée items: ≤350 calories
- Sodium Limits
 - Snack items: ≤200 mg
 - Entrée items: ≤480 mg* (Exempt from standard if part of reimbursable meal)
- Fat Limits
 - Total fat: 35% calories or less
 - Saturated fat: 10% of calories
 - Trans Fat: zero grams
- Sugar Limits
 - Less than 35% of weight from total sugars in food

State and Federal Guidelines on Foods and Beverages

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice
- 100% fruit or vegetable juice diluted with water (with or without carbonation,), and no added sweeteners.

Portion size limitation by school categories:

- Elementary schools may sell up to 8-ounce portions of milk or juice
- Middle school and high schools may sell up to 12-ounce portion of milk and juice.
- There is no portion size limit for plain water.

Additional “no calorie” and “lower calorie” beverage options for high school students:

- No more than 20-ounce portions of calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that are labeled to contain less than 5 calories per 8 fluid ounces or 10 calories or less per 20 fluid ounces.
- No more than 12 ounce portions of beverages with 40 calories or less per fluid ounces, or 60 calories or less per 12 fluid ounces.

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, and “Categories of Foods of Minimal Nutritional Value” until after the end of the last scheduled class. These classifications shall be as follows:

1. Water ices, including frozen popsicles, 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:

Each school principal is responsible for ensuring that all of the items sold on campus meet the United States Department of Agriculture Smart Snack guidelines. Nutritional and ingredient information for items to be sold to students on a regular basis in the school store, vending machine or cafeteria a la carte sales must be submitted to the child nutrition director prior to the sale of the item. The child nutrition director or his/her designee shall ensure the requested items meet USDA Smart Snack in School guidelines. The child nutrition director shall compile a listing of approved items to be sold on a regular basis on the school campus. The approved product list of school stores will be distributed to each school principal.

If principals wish to exercise their right to request a fundraiser exemption, it is his/her responsibility to complete the Exempt Fundraiser form and submit the completed form to the child nutrition director. The semi-annual due date for form submissions are: July 1 and January 1 of each school year. The completed Alabama’s Implementation of USDA Smart Snack in School and Exempt Fundraiser Form is required to be signed and on file before exempt food fundraiser commence.

Fund Raising and School Store Activities:

All fundraising activities 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.

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
- Food 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
- Foods fundraisers which meet exempt fundraising definition.

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.

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 and the Fresh Fruit and Vegetable Programs 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 via the Thomasville City Schools' website.

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 served through school food service program as a punishment.

III. Nutrition and Physical Activity Promotion

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. promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
4. emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
5. links with school meal programs, other school foods, and nutrition-related community services;
6. teaches media literacy with an emphasis on food marketing; and
7. 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.

IV. Physical Activity Opportunities and Physical Education

Thomasville City Schools shall adhere to the Alabama Physical Education Instructional Guide standards for a quality physical education program.

Daily Physical Education (P.E.) K-8: All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, shall receive 30 minutes of daily physical education elementary school students and 50 minutes of daily physical education middle school students. 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.

Daily Physical Education (P.E.) 9-12.: One credit of physical education is required as a course prior to graduation for all high students; this includes students with disabilities, special health-care needs, and in alternative educational settings. All physical education shall be taught by a certified physical education teacher. The elective course shall consist of minimum 425 minutes per week for half year. Students have option to continue participate in physical education as an elective after completing required course. 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.

V. Food Marketing

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, 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.

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).

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 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.

Revised: September 12, 2017