

Jasper City Board of Education

Dr. Ann Jackson, Superintendent of Education

Wellness Policy On Nutrition and Physical Activity

Revised May 2019



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Jasper City Board Of Education
Wellness Policy 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, with physical inactivity and excessive calorie intake being 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 recommendations of My Plate;

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 Jasper City School District is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

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

1. The school district shall engage students, parents, teachers, teachers of physical education, 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 ***Healthy Hunger-Free Kids Act of 2010***.
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 and shall provide clean, safe, pleasant settings and adequate time for students to eat.

5. 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.
6. Signage in the school environment will promote good nutrition. Only those foods/beverages that meet the Smart Snacks in School nutrition standards shall be marketed or advertised.

Responsibility of School Food Service

It shall be the responsibility of the administration of the Child Nutrition Program to administer the food service program. All meals served should be in compliance with Nutrition Standards in the National School Lunch and Breakfast Program (77 FR 4088).

Responsibility of Cafeteria Managers

Elementary Schools - The Elementary School Cafeteria Manager shall be responsible for adherence to all state guidelines on foods and beverages served in the cafeteria. In addition, Managers shall adhere to compliance with foods of minimal nutritional value as identified under USDA regulations 7CFR210, Appendix B, Categories of Foods of Minimal Nutritional Value.

Middle Schools - The Middle School Cafeteria Manager shall be responsible for adherence to all state guidelines on foods and beverages served in the cafeteria. In addition, Managers shall adhere to compliance with foods of minimal nutritional value as identified under USDA regulations 7CFR210, Appendix B, Categories of Foods of Minimal Nutritional Value.

High Schools - The High School Cafeteria Manager shall be responsible for adherence to all state guidelines on foods and beverages served in the cafeteria. In addition, Managers shall adhere to compliance with foods of minimal nutritional value as identified under USDA regulations 7CFR210, Appendix B, Categories of Foods of Minimal Nutritional Value.

Principal or Designee Responsibilities

Responsibility for sales of Foods and Beverages outside of reimbursable school meals or a la carte items in the cafeteria - The principal of each school, or a designee, shall be solely responsible for compliance with USDA regulations 7CFR210, Appendix B, Categories of Foods of Minimal Nutritional Value, sold in vending machines, school stores or concession stands during school hours. A *snack* or an *a la carte* item must be in compliance with the USDA Smart Snacks in School standards. *The Smart Snack Calculator may be found at:*
<https://foodplanner.healthiergeneration.org/calculator/>

The Principal of each school will complete the Wellness Policy Review Form outlined on Pages 18-19 and, if applicable, the Exempt Food Fundraiser Procedure outlined on page 9-11.

School Action Plan

The Jasper City Board of Education will provide a district wellness policy that will serve as building blocks for individual schools to write an action plan for improving student health that is unique to the individual needs of their school. The assessment and planning steps shall involve teachers, child nutrition staff or other school staff as appropriate, parents, students, and the community.

Nutritional Quality of Foods and Beverages Sold and Served on Campus

Adequate time to eat shall be allowed in order 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 shall:

1. Be appealing and attractive to children and be served in clean and pleasant settings using HACCP food safety principles to ensure the best quality of food;
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 milk and unflavored milk, 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 The Healthy, Hunger-Free Kids Act of 2010.
5. School meals must average, for a weekly period, meeting the standards of the "Healthy Hunger -Free Kids Act of 2010. School lunches shall meet the standard of providing 600 – 650 calories for grades K-8 and 750-850 calories for grades 9-12.
6. Emphasis is to be placed on increasing the quantity of whole grains served with the ultimate goal of all the grains served to be whole grain. Products are 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. Free water will be provided to students at breakfast and lunch.

Breakfast:

All children shall be encouraged to have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

1. All Jasper City schools shall operate a School Breakfast Program.
2. School 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 who do not eat breakfast at school. This can be accomplished through newsletter articles, take-home materials, or the Jasper City School website.

Free and Reduced-price Meals:

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

1. Schools in Jasper 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 are to promote the availability of school meals to all students and encourage participation in the lunch and breakfast program.

Meal Times and Scheduling by school administrators:

1. Provide adequate time for students to eat and enjoy school meals (a minimum of 15-20 minutes for breakfast and 18-25 minutes for lunch).
2. Ensure school staff is assigned 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, organizational meetings or activities during mealtimes, unless students may eat during such activities.
 5. Provide students access to hand washing or sanitizing before they eat meals or snacks.

Sharing of Foods and Beverages- Food allergies:

Schools shall discourage students from sharing their foods or beverages with one another during meals or snack time, given concerns about allergies and other restrictions on some children's diets. Students with food allergies needing a special diet must have a diet prescription on file completed by a physician. Jasper City is considered to be a "Peanut Aware Zone" meaning we strive to avoid all peanuts and peanut products (see letter from Margaret Guthrie to Dr. Jason Adkins pg.17).

Qualifications for Child Nutrition Director:

Any person employed as a CNP Director must 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 must complete those requirements within a three year period from the date of employment. If educational requirements are 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 Institute of Child Nutrition.

The Competitive Food Rule

The United States Department of Agriculture and the State Department of Education prohibit the sale of competitive foods during the time that meals subsidized by the National School Lunch and Breakfast Programs are being served to children. Competitive foods are any foods sold in competition with the National School Lunch and Breakfast Programs. During the time the school lunch program is in operation, students are not to eat lunch in or from commercial establishments. Lunches brought from home should be in a plain bag or a lunch box (No Logo or Commercial Restaurants). Students violating this policy may be subject to disciplinary action by school officials.

Policy: It is the policy of the Jasper City Board of Education to use the Offer versus Serve (OVS) option in providing reimbursable meals to students in compliance with USDA regulations and the Healthy Hungry Free Kids Act of 2010.

Purpose: OVS allows schools to minimize food waste and encourage more food choices.

Procedure: Meals are priced as a unit. This means that paying students will pay the full meal price and students eligible for reduced price will pay the current reduced price charge whether they take the minimum number of menu items or the complete planned meal.

National School Lunch Program (NSLP) In the NSLP, schools must offer five food components. Students may decline two of the five components, but must select at least ½ cup of fruit or ½ cup of vegetables. Students must select the other food components in the planned quantities.

The five food components are: Meat/Meat Alternative, Vegetable, Grain, Fruit and Milk. National School Breakfast Program (SBP) In the SBP, schools must offer three food components that consist of a minimum of four food items. Students may decline one food item. Students must select the other food components in the planned quantities. A large grain may count as two items. The three food components are: Grain (with optional meat/meat alternate allowed), Fruit/Vegetable and Milk.

No food of any type may be sold at any place on the school campus during meal service or one hour before or one hour after meal service, to include breakfast and lunch times.

USDA and Alabama Smart Snacks Standards in Schools and Fundraising

Beginning school Year 2015-2016, schools shall provide a consistent environment that is conducive to healthful eating behaviors during school hours. The school campus shall reflect healthy nutrition environments. Schools must not establish policies, class schedules, bus schedules or other barriers that directly or indirectly restrict access to and compete with meal schedules.

Healthy and appealing foods shall be available through cafeteria meals and a la carte items. Foods served and/or sold through the cafeteria shall adhere to the Smart Snacks in School standards established by USDA and the Healthy Hunger-Free Kids Act of 2010. Portion sizes, calories, sodium, fat, and sugar limits must comply with the requirements as described by the USDA Smart Snacks in School Standards.

Schools must review the items offered as a la carte sales and evaluate the nutritional contribution of each item. Single items and additional portions of foods that constitute the reimbursable meal may be sold as a la carte so long as these items are also in compliance with the USDA Smart Snacks in School standards. Foods sold as the “entrée” of any single meal are exempt from the USDA Smart Snacks in School standards, and may be sold a la carte on the day of, and the day after, the item is on the menu. Except in the case of entrees, as outlined above, all foods sold a la carte during the school day must meet the USDA Smart Snacks in School standards as outlined below. Food items that do not meet these standards should be eliminated from a la carte sales, or be sold in reduced portion sizes in order to comply with the USDA requirements.

Schools should focus on improving food quality in the school meal programs by offering whole grain-rich breakfast and lunch items, having one percent or less fat milk as the standard beverage, and increasing fruit and vegetables preferably using freshly grown, Alabama produced. Preparation of foods in the cafeteria must use cooking techniques to reduce fat, sugar, sodium in school meals. School districts must not prepare foods by deep or pan frying and should reduce the number of pre-prepared (i.e. processed) food items that are planned and served each week. Food flash-fried by the manufacturer may be served but should be prepared by a food preparation method other than frying.

Every school shall ensure that all foods sold in vending machines, school stores, and

cafeterias are in compliance with the USDA Smart Snacks in Schools standards. The School Food Authority (SFA) may wish to utilize focus group(s), survey, and other methods to evaluate and approve items that are in compliance with USDA Smart Snacks in Schools standards. Healthy products must be priced at a level to encourage students to purchase items.

Amendments made by Section 208 of the Healthy Hunger-Free Kids Act of 2010 required the Secretary of Agriculture to establish nutrition standards for all foods sold in schools, other than food sold under the school lunch and breakfast programs. Food sold will follow the Smart Snacks in School Standard, or “Nutrition Standards for All Foods Sold in School FNS-2011-0019.” Food items in competition with the CNP scheduled meal times may not be sold or provided free of charge to students. This includes, but is not limited to food items purchased through school organizations and those donated from outside sources. To encourage students to eat healthy meals, schools are required to restrict student access to concessions, extra sales, vending, and fundraisers one hour before or after meal periods. Therefore, schools may not schedule sales of such items immediately before or after meals that would compete with the meal service. If sales should occur that are in completion with the meal, then all income generated from such sales will be required to be given to Child Nutrition for depositing in the school cafeteria account. The policy is not intended to restrict access to healthy snacks during recess, or at times other than the meal service.

**Nutrition Standards for Foods Sold Individually (exempts reimbursable meals)
Smart Snacks in Schools guidelines will adhere to all USDA and State Regulations.**

Any food sold in school must:

- *Be a “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*

Foods must also meet several nutrient requirements:

- *Calorie Limits*
 - *Snacks items: 200 calories or less*
 - *Entrée items: 350 calories or less**
- *Sodium Limits*
 - *Snack items: 200 mg or less*
 - *Entrée items: 480 mg or less**
- *Fat Limits*
 - *Total Fat: 35% of calories or less*

- o *Saturated Fat: Less than 10% of calories*
- o *Trans fat: zero grams*
- *Sugar Limits*
 - o *35% or less of weight from total sugar*

**Exempt from standard if part of reimbursable meal, day of and day after*

Accompaniments

- Must be included in the nutrient profile as part of the food item sold to help control the amount of calories, fat, sugar, and sodium added to foods.
- Examples include: cream cheese, salad dressing, catsup, mustard, pickles, pickle relish, dips, sauces, and butter.

School Definitions:

- Elementary Schools Pre K – Grade 5
- Middle Schools Grades 6 – 8
- High Schools Grades 9 – 12

Beverage Smart Snack Standards:

Elementary Schools- up to 8 ounces

- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice with no added sweeteners
- 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners
- Plain water (no limit on portion size)
- Elementary and Middle School students may not have flavored water.

Middle Schools- up to 12 ounces

- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice with no added sweeteners
- 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners
- Plain water (no limit on portion size)
- Elementary and Middle School students may not have flavored water.

High Schools- up to 12 ounces

- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice with no added sweeteners
- 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners
- Plain water (no limit on portion size)
- 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 8 fluid ounces, or 60 calories or less per 12 fluid ounces

Portion size limitation by school categories:

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

Fundraising Activity Guidelines

School Day

School Day means, for the purpose of competitive food standards implementation, the period from midnight, to 30 minutes after the end of the official school day.

Fundraising Activities

Fundraising activities that involve the selling of food should 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
- Foods that do not meet the USDA Smart Snacks in School standards, but are not consumed at school. Example: Cookie Dough Sales
- Non-food item. Example: School Supplies
- Food fundraisers which meet exempt fundraising definition.

Exempt Fundraiser Definition

An exempt food fundraiser is defined as the sale of food items that do not meet the USDA Smart Snacks in School standards and are sold during the school day. A school may sponsor up to and not to exceed **30 exempt fundraisers per year**, for no more than one (1) day each in length. Exempt fundraiser food is prohibited from being sold as a la carte item, in vending machines or in school stores, or before school on school campus.

Food sold as part of exempt fundraisers may not be sold one (1) hour before or after meal periods. Example: If lunch ends at 12:30 p.m. then the fundraiser could not start until 1:30 p.m.

Exempt Food Fundraiser Procedure:

- School Principal
 - Alabama's Implementation of USDA Smart Snacks in School and Exempt Fundraisers Form.
 - Complete, approve and sign form (see attachment)
 - Provide a copy to CNP Director.
 - Provide documentation of approval upon request by Alabama State Department of Education (ALSDE) for audit review.
- Superintendent

- o Attestation of Compliance with Alabama Implementation of USDA Smart Snacks in School and Fundraising Activities.
 - o Complete and sign the attestation document (see attachment)
 - o Provide to CNP Directors to support the annual online application renewal.
- Child Nutrition Director
 - o Place a copy of the Alabama's Implementation of USDA Smart Snacks in School and Exempt Fundraiser Form (signed by the school principal) in the wellness plan file.
 - o Provide documentation of approval upon request by ALSDE.

Semi-annual due dates are: July 1 and January 1 of each school year. *The completed Alabama's Implementation of USDA Smart Snacks in School and Exempt Fundraisers Form is required to be signed and on file as described above before exempt food fundraisers commence. The Smart Snack Calculator may be found at: <https://foodplanner.healthiergeneration.org/calculator/>*

**Alabama's Implementation of USDA Smart Snacks in School and Exempt Fundraisers
Form**

School Food Authority (SFA) Jasper City Schools

School Name _____

Please check one: July 1 January 1

Form should be completed and signed by the principal before the fundraisers commence.

	Sponsoring Organization	Item Sold	Date of Sale
1			
2			
3			
4			
5			
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27			
28			
29			
30			

Principal Signature *Date*

Original: Principal File At School Copy: SFA CNP Wellness File

NOT TO EXCEED 30 FUNDRAISERS PER SCHOOL YEAR.

Foods and drinks not allowed in the cafeteria: Foods or beverages that cannot be served in the cafeteria cannot be purchased by students elsewhere and brought into the cafeteria for consumption. Teachers and other staff should understand the importance of fully implementing the nutrition and health education curriculum and become familiar with its underlying theory and concepts. The State Task Force recommendation is that teachers and other staff members assess and improve their own eating practices and make them aware of the behavioral messages they give as role models.

Sack Lunches: See Competitive Food Rule (page 6).

Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion: The Jasper 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.
9. Donated food, school parties and food rewards will promote a healthy environment.

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 and post nutrition tips on school websites. 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.

Food Safety:

In accordance with the USDA Child Nutrition Reauthorization Act of 2010, each cafeteria manager and principal shall initiate and implement a Food Safety Plan based on Hazard Analysis Critical Control Point principles. The Board Of Education shall provide each school with Standard Operating Procedures that shall be used to establish a Food Safety Plan and monitoring procedures at each school cafeteria and all school campus areas. Monitoring procedures for each manager, designated employee, and school principal shall include:

1. Enforcing all Standard Operating Procedures

2. Establish control measures for each menu item being prepared
3. Maintain Employee Training
4. Maintain all record keeping forms as outlined in the HACCP plan
5. Review the School Food Safety Program at the beginning of each school year and when sufficient changes occur in the operation

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).

Policy Review: The district wellness committee shall review this policy a minimum of every 3 years.

- a. Richard B. Russell National School Lunch Act (70 P.L. 396, 60 Stat. 230)
- b. Healthy Hunger Free Kids Act of 2010
- c. Federal Register, Vol. 78, No. 125, Friday, June 28, 2013, Rules and Regulations
- d. U. S. Department of Agriculture, Food and Nutrition Service, FNS-466, December 2013
- e. U. S. Department of Agriculture Memo SP 36-2014, Smart Snacks Nutrition Standards and Exempt Fundraiser

Physical Education & Physical Activity Opportunities

Children and adolescents are encouraged to participate in 60 minutes of physical activity during the school day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities and the district is committed to providing these opportunities. Schools will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). All schools in the district will be encouraged to participate in the Active Schools initiative (<https://schools.healthiergeneration.org>) in order to successfully address all CSPAP areas.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) should not be withheld as a consequence. This does not include participation on sports teams that have specific academic requirements.

Through formal joint or shared use agreements indoor and outdoor physical activity facilities (at the discretion of the principal) will be open to students, their families, and the community outside of school hours.

Physical Education

The district will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the "Essential Physical Activity Topics in Health Education" subsection).

All Students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All District elementary students (K-5) in each will receive physical education for at least 150 minutes per week throughout the school year. This is equivalent to 30 minutes per day.

All District middle school students (6-8) in each grade will receive physical education for at least 250 minutes per week throughout the school year. This is equivalent to 50 minutes per day.

All District high school students (9-12) are required to take the equivalent of one academic year of physical education.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments via the Alabama Fitness Test and will use criterion-based reporting for each student.

All physical education teachers in the District will be required to participate in at least once a year professional development in education.

All physical education classes in Jasper City are taught by licensed teachers who are certified or endorsed to teach physical education.

Essential Physical Activity Topics in Health Education

The District will aim to include in the health education curriculum the following essential topics on physical activity: when health education is taught OR semesters when student is enrolled in health or physical education.

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise, and fitness
- Phases of an exercise session, which is: warm up, workout, and cool down.
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example: avoiding heat stroke, hypothermia, and sunburn while being physically active
- How much physical activity is enough, that is: determining frequency, intensity, time, and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers, and culture

- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages

Recess (Elementary)

All elementary schools should offer at least 20 minutes of recess on all or most days during the school year. This may be waived on early dismissal or late arrival days. If a student is losing recess as a result of a consequence, then it cannot mean being inactive. Consider assigning alternate recess movements like walking the track, or doing a routine (jumping jacks, jog-on-the-spot). Recess will complement, not substitute physical education class.

Outdoor recess should be offered if possible, and when the weather is feasible for outdoor play.

In the event that the school or district must conduct indoor recess, teachers and staff will follow the recess guidelines that promote physical activity for students to the extent practicable. Each school will maintain and enforce its own indoor recess guidelines.

Physical Activity Breaks (Elementary and Secondary)

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physical active or stretch. Thus, students should be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (3-5 minute) physical activity breaks (“Brain Boosters”) to students during and between classroom times. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods. Resources and links to resources are available through USDA and the Alliance for a Healthier Generation and at www.gonoodle.com.

Active Academics

Teacher will be encouraged to incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day.

The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Before and After School Activities

The District encourages schools to offer opportunities for students to participate in physical activity either before and/or after the school day through a variety of methods such as clubs, physical activity, intramurals, or varsity sports.

Other School-Based Activities Designed to Promote Student Wellness

The District will integrate wellness activities across the entire school setting. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other components so all efforts are complementary and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District's curriculum experts.

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments should be coordinated with and complementary of the wellness policy.

Community Partnerships

The District will develop, enhance, or continue relationships with community partners (i.e. hospitals, universities/colleges, local businesses, etc.) in support of this wellness policy's implementation.

Staff Wellness and Health Promotion

The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

Schools in the District will be encouraged to implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies schools will use, as well as specific actions staff members can take, include:

- Participating in ScaleBack Alabama
- Pedometer Challenges/ Health Challenges
- Blue Cross Blue Shield of Alabama, "Be Healthy" website
- Participating in the PEEHIP "Team up for Wellness" Health Screens and Wellness Program
- Promoting Healthy Eating options in the Employee Breakroom/Teachers Lounge

Professional Learning

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class).

**Jasper City Board of Education
Wellness Policy Review Form
pg. 1 of 2**

School Reviewed: _____

Date Reviewed: _____

Principal Signature: _____

A. Child Nutrition Program

Y____ N____ National School Lunch Program (NSLP) is available to all students and adheres to guidelines established by the USDA.

Y____ N____ School Breakfast is available to students and adheres to guidelines established by the USDA.

Y____ N____ Meal serving sizes comply with the meal pattern requirement as described by the USDA.

Y____ N____ All students are allowed ample time and space for eating meals and no food is used or withheld as a reward or punishment.

Y____ N____ All a la carte products sold in the cafeteria adhere to the USDA Smart Snacks in School revised on August 2015.

B. School Based Activities

Y____ N____ Fundraiser exemption form has been turned into the CNP Director.

Y____ N____ No fundraising activities and/or sales are in competition with the breakfast and lunch programs. These time frames are an hour before or after meal periods.

C. Nutrition Education

Y____ N____ Nutrition Education is integrated into students' curriculum at each grade level to educate students on the life-long benefits of healthy eating.

D. Physical Activities

Y____ N____ Students are provided the opportunity to develop the knowledge and skills for specific physical activities and taught the short and long term benefits of a physically active and healthful lifestyle.

Y____ N____ Students regularly participate in daily physical activity and are not withheld from a physical education class for reward or punishment.

**Jasper City Board of Education
Wellness Policy Review Form
pg. 2 of 2**

A. Food and Beverages Provided to Students

Y___ N___ Food sold during school hours in the school does not include foods of minimal nutritional value and do not exceed the allowable portion size limit based on the USDA Smart Snacks in School guidelines revised on August 2015

Beverages sold meet the following grade appropriate guidelines:

Y___ N___ **Elementary (PreK-4th)/Middle School (5-8):** No carbonated soft drinks shall be sold to these students during the school day. Items sold must be non-carbonated, 100% fruit juice, or milk not to exceed 8 oz. (PreK-4th) or 12 oz. (5-8). Plain water of any size may be sold.

Y___ N___ **High School (9-12):** No more than 20 oz. 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 oz. or 10 calories or less per 20 fluid oz. No more than 12 oz. portions of beverages with 40 calories or less per 8 fluid oz., or 60 calories or less per 12 fluid oz.

Y___ N___ Foods or beverages that have high fructose corn syrup or sugar listed as the first ingredient are not made available to students during the school day.

Y___ N___ Is local school compliant with no student having access to vending or snack items during meal service time?

Y___ N___ Are fast food/competitive foods or carbonated drinks brought to the cafeteria with competitive wrapping?

B. Observation

Based on the observation of the Wellness Policy Review, the following criterion was found to be unacceptable and must be corrected immediately:

Principal Signature

Date

Results of this assessment will be posted on the district website.

Developed December 2016

Annual Attestation Statement

DATE:

FROM: [School Food Authority Superintendent]

TO: [State Agency Official and Title]

SUBJECT: Attestation of Compliance with Alabama Implementation of USDA Smart Snacks in School and Fundraising Activities

Instruction: The following statement must be signed by the school food authority (SFA) superintendent operating exempt food fundraisers in schools with National School Lunch and/or School Breakfast Programs, and filed as outlined in the Alabama Implementation of USDA Smart Snacks in School and Fundraising Activities.

I _____, as the superintendent of _____ [SFA Name], do hereby attest that the aforementioned SFA and all schools under its jurisdiction operating the National School Lunch Program authorized under the Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et seq), and/or the School Breakfast Program authorized under the Child Nutrition Act of 1966 (42 U.S.C. 1773), are in compliance with Alabama Implementation of USDA Smart Snacks in School and Fundraising Activities for School Year _____.

I certify that this attestation is true and correct, and therefore, I believe

_____ [SFA Name] is in compliance with Alabama Implementation of USDA Smart Snacks in School and Fundraising Activities.

In addition, I understand that Alabama Implementation of USDA Smart Snacks in School and Fundraising Activities Form must be completed semi-annually and filed by the following dates: July 1 and January 1 of each School Year.

Superintendent Signature

Date

Original: CNP Director

Non Discrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

References:

Section 204 of Public Law 108-265, June 30, 2004; Alabama State Board of Education Policy adopted July 12, 2005. Richard B. Russell National School Lunch Act (70 P.L. 396, 60 Stat. 230) Healthy Hunger Free Kids Act of 2010; Federal Register, Vol. 78, No. 125, Friday, June 28, 2013, Rules and Regulations; U. S. Department of Agriculture, Food and Nutrition Service, FNS-466, December 2013; U. S. Department of Agriculture Memo SP 36-2014, Smart Snacks Nutrition Standards and Exempt Fundraiser