

## **7.12 *School Wellness***

The Florence City Board of Education is committed to providing a school environment that enhances learning and the development of lifelong wellness practices. To accomplish these goals, the following shall occur within Florence City Schools:

- a. Child Nutrition Programs in the schools shall comply with all federal, state and local requirements and shall be accessible to all children.
- b. Sequential and interdisciplinary nutrition education shall be provided and promoted.
- c. Patterns of meaningful physical activity shall connect to students' lives within and outside of physical education.
- d. All school-based activities shall be consistent with local School Wellness goals.
- e. All foods and beverages made available on school campuses (including vending, concessions, *a la carte*, student stores, parties, and fundraising) during the school day shall be consistent with the current Dietary Guidelines for Americans.
- f. The school environment shall be safe, comfortable and pleasing, allowing ample time and space for eating meals.
- g. Non-nutritious food and/or physical activity shall not be used as a reward or punishment.

## **7.13 *Selection of Instructional Materials and Materials for the School Libraries***

The Superintendent is authorized to develop criteria for approval by the Board for selection of materials (other than textbooks) that are used in conjunction with student instruction and for circulation in school libraries. The Superintendent is further authorized to develop a procedure for review of objections to instructional and library materials.

## **7.14 *Parent/Family Involvement – Meeting the Requirements of No Child Left Behind Act of 2001***

**7.14.1 Parental Involvement, Partnerships Encouraged** – Training and appropriate resources will be provided for teachers, administrators, and parents to strengthen the ability of strong parent-school partnerships to enhance student achievement. Parents will be involved in jointly developing appropriate parental involvement policies and in reviewing school improvement through meetings with the school system's Parent Advisory Committee. Policies developed through this process will be distributed to parents of students attending Title I schools. Additionally, the Board will provide coordination, technical assistance, and other support necessary to assist Title I schools in planning and implementing effective parental involvement activities to improve student achievement and school improvement.

# Wellness Policy Procedures

## Preamble:

The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

This procedure outlines the district's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this procedure establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the district in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in the district.

## **I. School Wellness Committee**

### **A. Committee Role and Membership**

1. The District will convene a representative district wellness committee to work within an existing school that meets periodically to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy.
2. The membership will represent all school levels and may include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program; physical education teachers; health education teachers; school health professionals teachers, school health and mental health and social services staff, school administrators school board members; health professionals and the general public. To the extent possible, the policy will include representatives from each school building and reflect the diversity of the community. Names, title, and contact information for all committee members attached.

### **B. Leadership**

The Superintendent or designee(s) will convene the wellness committee and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy. The name, title, and contact information for the designated official for oversight is attached.

## II. Implementation, Monitoring, Accountability and Community Engagement

### A. Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. Nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness, will be addressed. This wellness policy can be found on the district website.

### B. Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy.

### C. Progress Reports

1. **Annual Notification of Policy** - The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment.
2. **Triennial Progress Assessment**- Periodically, the District will evaluate compliance with the wellness policy to assess the implementation of the policy. The district's wellness policy will be compared to the Alliance for a Healthier Generation's model wellness policy, to ensure compliance. The position/person responsible for managing the triennial assessment and contact information is attached.

### D. Revisions and Updating the Policy

**The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment, if needed.**

1. **Community Involvement, Outreach and Communications** - The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents. The District will actively notify the public about the content of or any updates to the wellness policy annually.

## III. Nutrition

- A. **School Meals** - Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs. All schools within the district are committed to offering

school meals through the NSLP, SBP programs and other applicable Federal child nutrition program that meet USDA and State standards.

- B. Staff Qualifications and Professional Development** - All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements.
  
- C. Water**- To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The District will make drinking water available where school meals are served during mealtimes.
  
- D. Competitive Foods and Beverages**- The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold outside of the school meal programs will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits.
  
- E. Fundraising** – Fundraisers outside the school are exempt from the nutrition guidelines, but cannot be done at a time that would interfere with the SBP or NSLP programs.
  
- F. Nutrition Promotion** - Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. The district will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.
  
- G. Nutrition Education** - The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion.
  
- H. Food and Beverage Marketing in Schools** - The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy. Any foods and beverages marketed or promoted to students on the school campus\* during the school day\* will meet or exceed the USDA Smart Snacks in School nutrition standards.

#### **IV. Physical Activity**

All students will be provided the opportunity to participate regularly in supervised physical activities that are intended to maintain physical fitness and to impart the benefits of maintaining a physically active and healthy lifestyle. The district offers opportunities for students to participate in physical activity, either before and/or after the school day through a variety of methods. To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

- A. **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.

#### **V. Other Activities that Promote Student Wellness**

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards promoting student well-being, optimal development and strong educational outcomes.

- A. **Community Partnerships** - The District will continue relationships with community partners in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.
- B. **Community Health Promotion and Family Engagement** - The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year.

#### **Attachments:**

- **Wellness Committee Member Names, Title, and Contact Information**
- **Designated Official for Oversight, Title, and Contact Information**
- **The Position/Person Responsible for Managing the Triennial Assessment, Title, and Contact Information**
- **Sign in Sheet and Meeting Agenda**
- **Triennial Assessment**
- **Documentation of Nutrition Education and Community Outreach**

## WELLNESS COMMITTEE MEMBERS

### Principals

Rod Sheppard, FHS 256-768-2200

Darrin Lett, FFC 256-768-2400

Kevin Wieseman, FMS 256-768-3100

Cindy Jackson, HMS 256-768-2800

Michael South, FHES 256-768-2500

Janice Jackson, HES 256-768-2700

Aimee Rainey, WES 256-768-2900

### Central Office Staff

Jimmy Shaw, Superintendent 256-768-3015

Sherry Chase, Director of Data and Accountability 256-768-3048

Christopher Westbrook, Director of Technology 256-768-3066

Nicole Wall, Lead Nurse 256-768-3031

Jamie Austin, CNP Coordinator 256-768-3061

### Parents

Amanda Campbell

Janina Trzmiel

Lisa Guzman

DESIGNATED OFFICIAL FOR OVERSIGHT OF WELLNESS POLICY AND PROCEDURES

JAMIE AUSTIN  
FLORENCE CITY SCHOOLS  
CNP COORDINATOR  
256-768-3061  
[jaustin@florencek12.org](mailto:jaustin@florencek12.org)

SCHOOL REVIEWED:

DATE REVIEWED:

CHILD NUTRITION PROGRAMS

Y\_\_\_ N\_\_\_ National School Lunch Program is available to all students and adheres to USDA guidelines.

Y\_\_\_ N\_\_\_ School Breakfast is available to students and adheres to USDA guidelines.

Y\_\_\_ N\_\_\_ A la Carte items sold in the cafeteria adhere to USDA Smart Snack Standards.

Y\_\_\_ N\_\_\_ Students are allowed ample time and space for eating meals.

Y\_\_\_ N\_\_\_ Food is not used or withheld as a reward or punishment.

Y\_\_\_ N\_\_\_ Unflavored drinking water is available throughout the school day.

SCHOOL BASED ACTIVITIES

Y\_\_\_ N\_\_\_ Fundraiser exemption form has been turned into CNP Coordinator.

Y\_\_\_ N\_\_\_ No fundraising activities and/or sales in competition with the breakfast and lunch programs will be allowed. Times include an hour before and an hour after meal periods.

NUTRITION PROMOTION/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.

Y\_\_\_ N\_\_\_ Foods and beverages marketed or promoted during the school day, will meet or exceed USDA Smart Snacks standards.

PHYSICAL ACTIVITY

Y\_\_\_ N\_\_\_ Students are provided physical education, using age-appropriate, sequential physical education curriculum consistent with national and state standards.

Y\_\_\_ N\_\_\_ Students regularly participate in daily physical activity and are not withheld from a physical education class for reward or punishment.



**FOOD & BEVERAGES PROVIDED TO STUDENTS**

Y\_\_\_ N\_\_\_ Foods sold during the school hours in the school day are consistent with the current Dietary Guidelines for Americans.

Y\_\_\_ N\_\_\_ Is school compliant with no student having access to vending or snack items during meal service times?

Y\_\_\_ N\_\_\_ Are fast food/Competitive foods brought to the cafeteria with competitive wrapping?

**OBSERVATION**

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

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PRINCIPAL SIGNATURE

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DATE