

## CHAPTER 8.00 - AUXILIARY SERVICES

<b>WELLNESS POLICY ON NUTRITION AND PHYSICAL ACTIVITY</b>	<b>8.62</b>
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### *MISSION STATEMENT*

The mission of the Satsuma City School System Board of Education's Wellness Policy is to provide each student with the opportunities and skills necessary to make nutritious food and physical activity choices for a life time. All staff is encouraged to serve as role models for healthy eating and physical activity.

### *POLICY OUTLINE*

- I. Nutrition Education
- II. Physical Activity
- III. Nutrition Guidelines for Food on Campus
- IV. Other School Based Activities
- V. Monitoring, Assessment and Policy Review

I. Nutrition Education will involve sharing information with school staff, students and families to positively impact students and their health.

- a) Nutrition education will include age appropriate objectives required in the Alabama Course of Study for Health Education.
- b) Local school faculties shall be adequately prepared and participate annually in professional development activities provided by the local school to deliver the nutrition education program as planned.
- c) Nutrition Education will be integrated into other areas of the curriculum such as math, science, language arts, social studies, health, physical education, and Family and Consumer Science.
- d) Students are encouraged to participate in the child nutrition program.

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- e) Parent-Teacher organizations will be encouraged to promote and provide nutrition education for parents.
- II. Physical Activity will be integrated across the curricula and throughout the school day. Students will be encouraged to balance food intake and physical activity.
- a) Physical Education will be provided for all students in accordance with the Code of Alabama.
  - b) Physical Education includes the instruction of individual activities, as well as competitive and non-competitive team sports to encourage life-long physical activity.
  - c) Time allotted for physical education activity will be consistent with state standards.
  - d) The Board encourages Physical Education course to be conducted in an environment where students can learn, practice and be assessed on developmentally appropriate skills and also recommends Student/Teacher ratios reflect SDE guidelines as closely as possible.
  - e) Parent teacher organizations will be encouraged to promote and provide information to families in order to help them incorporate physical activity into their children's lives.
- III. Nutrition Guidelines for all Foods on Campus will comply with current USDA Dietary Guidelines and Alabama Department of Education Nutrition Policies.
- a) Foods sold through the vending machines, cafeteria, fund raisers, and school canteens will follow the Alabama's Action for Healthy Kids Guidelines for Snack Foods and Alabama Department of Education Nutrition Polices.
  - b) Fund raisers during the school day must comply with the Alabama Action for Healthy Kids Guidelines and the SDE policy on sale of competitive foods.
  - c) Student reward initiatives will be regulated by the school principal. This process must comply with the SDE policy on sale of competitive foods and must follow the Alabama Action for Healthy Kids Guidelines.
  - d) Food shall not be used as a reward or withheld from students as punishment.
  - e) Physical Activity cannot be used as a punishment.

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- f) Advertising of foods or beverages in the areas accessible to students during the school day must reinforce the objectives of the educational and nutrition environment goals of the school and be consistent with established nutrition environment standards.
- g) Students may bring their lunch from home to consume in the cafeteria but with the following restrictions for each school:
  - (1) **Robert E. Lee Elementary:** No carbonated drinks may be brought from home for lunch or snack. All food brought in lunch containers must be in plain bags, disposable containers, plain cups, etc. Fast foods in the original brand bag or container may not be brought into the school and consumed in the cafeteria. Parents may bring their child a lunch to eat with them in the cafeteria, but the lunch must meet these requirements. If a parent brings lunch to their child in commercial or improper packaging, the school will provide plain bags, disposable bags/containers, plain cups, etc. Parents will be afforded the opportunity to properly package their child's lunch. The school may charge a nominal fee for such supplies. Parents are not permitted to provide or give any food to any other students. Parents must ensure that proper health standards are followed when sending lunches with their students to school. For example, food that may spoil or that require refrigeration or heating may not be brought by students.
  - (2) **Satsuma High School:** All food brought in lunch containers must be in plain bags, disposable containers, plain cups, etc. Fast foods in the original brand bag or container may not be brought into the school and consumed in the cafeteria. Parents may bring their child a lunch to eat with them in the cafeteria, but the lunch must meet these requirements. If a parent brings lunch to their child in commercial or improper packaging, the school will provide plain bags, disposable bags/containers, plain cups, etc. Parents will be afforded the opportunity to properly package their child's lunch. The school may charge a nominal fee for such supplies. Parents are not permitted to provide or give food to any other student other than providing a lunch for their student. No energy drinks are permitted. Parents must ensure that proper health standards are followed when sending lunches with their student(s) to school. For example, foods that may spoil or that require refrigeration or heating may not be brought by students.

IV. Other School-Based Activities. The system recognizes the importance of creating a school environment that sends consistent wellness messages.

- a) Concession stands, open for extra-curricular activities after the school day ends, will not be required to comply with snack bar guidelines.

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- b) Fund raisers after the school day ends will not be required to comply with these guidelines according to the Alabama Department of Education Nutrition Policies dated July 2005.
- c) All food and snack items will be exempt on Field Day – this is a day of physical activity but still must follow the SDE policy on sale of competitive foods.
- d) Guidelines for class parties/special snacks will be at the discretion of the school principal. Healthy snacks are encouraged and should be recommended. All class parties must be after meal time.
- e) Schools are encouraged to comply with USDA standards for meals when taking off campus field trips, but are not required to comply.
- f) Health and nutrition efforts will be coordinated through combined efforts of system administrators, teachers, nurses, and child nutrition workers.
- g) The system promotes coordinated efforts with local agencies such as the Mobile County Health Department and insurance providers to offer wellness checkups for faculty and staff within the school setting. Additional staff wellness activities may be implemented at the local level.
- h) System leaders, teachers, parents, and community members are encouraged to take advantage of additional resources to support good nutrition and physical activity.

### V. Monitoring, Assessment and Policy Review

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

**School Food Service Staff:** School food service staff at the local and district level, will ensure compliance with nutrition policies within school food service areas and will report findings to the local school principal. In addition, the local school principal will report findings to the superintendent or designee.

**Policy Review:** A revision may be made as a result of continued monitoring of the Wellness Policy.

**Assessment:** Assessments will be conducted as required by the State Department of Education to review compliance, assess progress and determine areas in need of improvement.

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**STATUTORY AUTHORITY:** **CODE OF ALABAMA**  
**16-1-30**

**LAW(S) IMPLEMENTED:** **CODE OF ALABAMA**  
**16-11-9**

**ALABAMA ADMINISTRATIVE PROCEDURE ACT:** **—**

**HISTORY:** **ADOPTED: April 9, 2013**

**REVISED: March 28, 2017**