

Dothan City Schools Wellness Policy

The Dothan City Board of Education believes a good education prepares students for all facets of life, including healthy living. In accord with the state Board of Education's Implementation Guidelines for Exercise and Nutrition, the school board supports activities to encourage wellness, including:

- ◆ providing child nutrition programs that are accessible to all children and that comply with federal, state and local requirements
- ◆ integrating nutrition education across the curriculum
- ◆ providing students opportunities for physical activity such as physical education courses and intramural athletics
- ◆ supporting professional development for staff and informational programs for students on nutrition and physical education

The superintendent will designate an administrator to oversee the board's efforts to promote student wellness and collaborate with parents, students, administrators and food authority representatives when developing student wellness policies and programs.

Resource: State Board of Education Resolution (as amended) July 12, 2005

Statewide Committee to Review the State of health of America's Youth with Particular Emphasis on Alabama's Youth: Implementation Guidelines for Exercise and Nutrition

Dothan City Schools Student Wellness Key Goal Areas

DCS Student Wellness Key Goal Areas

PHILOSOPHY

Students of today may be the first generation to have a shorter life expectancy than their parents, and children suffering from malnutrition resemble the face of children adversely affected by over-nutrition. Academic success has become more and more difficult for students to attain as lifestyle choices diminish a child's ability to learn.

The Dothan City Schools Board of Education believes that a healthy school environment goes beyond school meals in the cafeteria. All children need access to healthful food and opportunities to be physically active in order to grow, learn and thrive and ultimately achieve long-term success. The Board also believes that healthy staff can model appropriate wellness behaviors for students and more effectively perform their assigned duties.

KEY GOALS AREAS

The Dothan City Schools Board of Education (hereinafter referred to as Dothan City Schools) is committed to providing a school environment that enhances learning and development of lifelong wellness practices. The following goals have been created in support of the district's wellness policy. Each goal area is supportive of the other goal areas, thus ensuring that outcomes for each will increase outcomes for the policy as a whole. Each goal area is supported by one or more critical elements which will serve as the basis for specific strategies to be formed for action and outcomes.

Goal Area #1: NUTRITION EDUCATION

- 1-1. Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts and social studies.
- 1-2. the curriculum leads students to apply critical thinking skills and independent decision-making that enhances personal responsibility

Goal Area #2: PHYSICAL ACTIVITY

- 2-1. all physical education classes are taught by state-certified physical education instructors
- 2-2. provide physical education classes where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge
- 2-3. provide a planned daily recess period which is not used as a punishment or reward

Goal Area #3: OTHER SCHOOL BASED ACTIVITIES

- 3-1. schools organize local wellness committees comprised of students, teachers, administrators, and parents to plan, implement and improve nutrition and physical activity in the school

Goal Area #4: NUTRITION GUIDELINES FOR ALL FOODS SERVED ON CAMPUS

- 4-1. all foods made available on campus (vending machines, a la carte, fundraisers, concession stands, student stores, school parties) will comply with the current USDA Dietary Guidelines for Americans

- 4-2. ensure that student access to foods and beverages meet federal, state, and local laws and guidelines
- 4-3. classroom snacks feature healthy choices
- 4-4. advertising of foods and beverages in areas accessible to students during meal times must be consistent with established nutrition environment standards

Goal Area #5: EATING ENVIRONMENT

- 5-1. provide adequate time for students to eat – at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated
- 5-2. lunch periods are scheduled as near the middle of the school day as possible
- 5-3. dining areas are attractive and have enough seating for all students
- 5-4. food is not used as a reward or a punishment for student behavior, unless detailed in a student's Individualized Education Plan (IEP)

Goal Area #6: CHILD NUTRITION OPERATION

- 6-1. the child nutrition program will aim to be financially self-supporting. However, the program is an essential educational support activity and profit generation will not take precedence over the nutritional needs of the students. If subsidy of child nutrition funds is needed, it will not be from the sale of foods of minimal nutritional value and/or compete nutritionally with program meals
- 6-2. the child nutrition program shall employ a properly qualified director, certified and/or credentialed according to current standards, to administer the food service program and satisfy reporting requirements
- 6-3. all food service personnel shall have adequate pre-service and ongoing training in food service operations
- 6-4. students will be encouraged to start each day with a healthy breakfast

Goal Area #7: FOOD SAFETY / FOOD SECURITY

- 7-1. all foods made available on campus comply with the state and local safety and sanitation regulations
- 7-2. for safety and security of food and facilities, access to food service operations shall be limited to child nutrition staff and authorized personnel

Goal Area #8: STAFF WELLNESS

- 8-1. each school and district site shall be in compliance with drug, alcohol and tobacco free policies
- 8-2. employees shall be encouraged to engage in daily physical activity during the workday as part of work breaks and/or lunch periods, before and after work hours in site sponsored programs or as part of discounted membership in local fitness facilities

DISSEMINATION and EVALUATION

The wellness policy and supporting key goal areas shall be posted to DCS website. Principals are encouraged to place policy link on websites of their respective schools and to ensure that students and staff are aware of and supportive of this policy. Staff development at the administrative level will be provided so that all offices and services throughout the district are aware of the elements of this policy.

The district shall conduct an annual evaluation of the effectiveness of this policy. Sources of data may include, but are not limited to health services department, school records, parent / student / faculty surveys, etc. Both qualitative and quantitative data will be reviewed. The evaluation findings will be used to improve wellness efforts and outcomes.