

Lee County Wellness Policy
Under the Healthy, Hunger-Free Kids Act of 2010
Revised November, 2017

Vision Statement

We envision a school system that promotes a passion for student learning; supports teachers, parents, and the community; and produces engaged and lifelong learners.

Mission Statement

The mission of the Lee County School System is to challenge every student to pursue dreams, succeed with integrity, and contribute meaningfully to a diverse society.

Lee County Schools Will:

- Graduate college and career ready students
- Recruit, employ, develop and retain professionals who are effective in achieving our mission
- Use emerging technologies to support teaching, learning, and work
- Provide safe, supportive, and equitable environments
- Manage financial resources responsibly and transparently
- Communicate with employees and the community to inform, engage, and ensure accountability

The Lee County School System is committed to providing a school environment that enhances learning and develops lifelong wellness practices. Through the Wellness Policy, schools will encourage students to develop healthy habits of eating and physical activity.

Wellness Committee:

A district wellness committee will meet a minimum of twice annually to review compliance with the Lee County Wellness Policy. This committee will be comprised of a representative from each school, the district wellness coordinator, lead nurse, child nutrition director and assistant superintendent for prevention and support services.

Each school will have a wellness committee that could include, but not be limited to: administrators, teachers, school nurse, food service directors/staff, parents/family members, students, local health department representatives, business and/community members, school board members, custodians, health care professionals, physical education teachers, recreation departments and transportation staff. This committee will meet at least twice annually to provide annual plan training, review compliance and set or monitor goals.

Meeting dates, times and locations will be publicized on the district and school websites to promote public involvement.

Wellness Policy Guidelines:

- The Child Nutrition Program will comply with federal, state, and local requirements. The Child Nutrition Program will be accessible to all children.
- Nutrition education will be promoted and provided to all students.
- Patterns of meaningful physical activity will connect to students' lives outside of physical education.
- School-based activities will be consistent with local wellness policy goals.
- All foods and beverages made available on campus during the school day, including vending, a la carte, celebrations, snacks, and fundraising, will be consistent with the Alabama State Board of Education requirements and the USDA Smart Snack Guidelines.
- All potentially hazardous or temperature controlled foods made available on campus during the school day will adhere to food safety and security guidelines.
- The school environment will be safe, comfortable, pleasing, allow ample time based on the minimum guidelines and space for eating meals.
- Food should not be used as a reward, and physical activity will not be withheld as a punishment.
- Fundraisers held during the school day will meet the state and USDA Smart Snacks in School and Fundraising Nutrition Implementation Guidelines-exception will be made for pre-approved Fundraiser Exemptions.
- Each school wellness committee will evaluate and maintain records of all food sold on campus during the school day to validate Smart Snack Compliance.
- Teachers and staff will be encouraged to model good nutritional behavior.
- School administrators will submit the wellness policy review/training of all faculty and staff members to the district wellness committee and conduct compliance reviews twice a year.

Wellness Policy Components:

- A. School specific goals:** Each school will have specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness
- B. Nutrition Standards:** All foods made available on campus during the school day and in the extended day programs (EDP) will comply with the current federal, state, and local requirements as established by the USDA and the Alabama State Board of Education requirements.
 - USDA Foods of Minimal Nutritional Value

Foods and beverages that are restricted from sale to students during the lunch period are classified in the following four categories:

1. Soda Water- Any carbonated beverage. No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals, or proteins.

No carbonated drinks are permitted during the lunch period.

2. Water ices: Any frozen, sweetened water such as "...suckles" and flavored ice with the exception of products that contain fruit or juice.

3. Chewing gum- Any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.

4. Certain candies- Any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types:

a) Hard candy- A product made predominantly from sugar (sucrose) and corn syrup that may be flavored and colored, and is characterized by a hard, brittle texture. Includes items such as sour balls, lollipops, fruit

balls, candy sticks, starlight mints, after dinner mints, jaw breakers, sugar wafers, rock candy, cinnamon candies, breath mints, and cough drops.

b) Jellies and gums- A mixture of carbohydrates that are combined to form a stable gelatinous system of jelly like character and are generally flavored and colored, and include gum drops, jelly beans, jellied and fruit flavored slices. c) Marshmallow Candies- An aerated confection composed of sugar, corn syrup, invert sugar, 20% water and gelatin or egg white to which flavors and colors may be added. d) Fondant- A product consisting of microscopic sized sugar crystals that are separated by a thin film of sugar and/or invert sugar in solution such as candy corn and soft mints. e) Licorice- A product made predominantly from sugar and corn syrup that is flavored with an extract made from the licorice root. f) Spun Candy- A product made from sugar that has been boiled at high temperature and spun at a high speed in a special machine. g) Candy-coated popcorn- Popcorn that is coated with a mixture made predominantly from sugar and corn syrup.

- School meals will meet the Child Nutrition Program requirements and nutrition standards found in federal regulations and the Alabama State Board of Education requirements.
- Nutrition information will be readily available for menu and a la carte items served in the school lunch program.
- Foods of Minimal Nutritional Value (FMNV) will not be available to students one hour before, during meal service times, or one hour after meal service.
- Child Nutrition Program employees will be adequately trained in food service operations including food safety and sanitation.
- All potentially hazardous or temperature controlled 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.
- To ensure the safety and security of the food, access to the food service operations 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 used by the group.
- Guidelines for celebrations, snacks, vending, and fundraisers, during the school day will follow Alabama State Board of Education requirements. The school principal or his/her designee will be responsible for communicating guideline information to parents, students, and employees, and for compliance of the guidelines.

C. Nutrition Education

- Nutrition education will be integrated into other areas of the curriculum such as math, physical education, science, language arts, and social studies. School staff will ensure that the nutrition strands from the Alabama Health Course of Study are taught at the appropriate grade levels.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver the nutrition education program. System and/or school-wide professional development in nutrition education will be offered yearly.
- The school cafeteria will serve as a learning laboratory to allow students to apply the skills taught in the classroom.
- Nutrition information will be provided for foods served in the cafeteria.
- The Child Nutrition Program will serve as a resource to provide teachers, students, and parents the information needed to make healthy meal choices.
- Cafeteria displays will remind students of healthy, nutritional food choices.
- Nutrition education will involve sharing information with families and students.

- Monthly menus of the planned school lunches will be published and made available for students, parents and employees.
- School personnel will provide nutrition information to print in school publications (such as backs of menus, school newsletters, and/or student newspapers) and/or on school websites.
- Students will be encouraged by school personnel to begin each day with a healthy breakfast and continue with healthy food choices throughout the day.

D. Student Health and Wellness

Prevention

- The CNP director will oversee the development of a guide for faculty, staff, and students, to include nutritional values of food items available in the schools, safe health practices, and other information that will promote long term health benefits.
- Nurses will provide resources and materials in the school and classroom to practice sanitary habits to prevent illness.
- Administrators will monitor schools on a regular basis to insure a safe and healthy environment.
- Faculty and staff will be provided annual training on specific student accommodations and safety precautions.
- Picture symbols will be provided and posted to provide safety information and instruction.

Implementation of Nutrition and Health Activities

- Nurses will be available to students, parents, teachers, and other caregivers during the school day.
- The individual Health Plan or the Individual Education Program will reflect information on students who require support services.
- Schools will provide and support preventive measures such as Body Trek, Fun Run, Vision Screenings, Scoliosis Screenings, Dental Health Month, Heart Month, and National Nutrition Month.
- In order to provide referral services, a parent and/or guardian permission will be required and appropriate assessments will be conducted.
- Schools will comply with all federal, state, and local immunization guidelines.
- Written resources and guidelines will be available for referrals at each school.
- School attendance will be promoted by having school nurses available for phone and personal consultation.

Coordination of Resources

- Certified school counselors and nurses will be available in each school building and/or attendance area. Many other social services are available upon request through our system social worker.
- Information will be available in Guidance and health areas regarding student wellness.
- All counselors/health professionals will have an updated community resource list available for referral purposes.
- Professional development will be provided connecting staff with community resources where appropriate.
- The school nurse will be the identifier of diet-related chronic disease and allergens and the indications of prevention and treatment.

E. Physical Activity

- Physical activity will be integrated across curricula and throughout the school day. Suggested activities may include a walking program within the time allotment for students within the school day, track/field activities among elementary students, and intramural programs.
- Time allotted for physical activity will be consistent with state standards. National research will be considered in planning school activities and parent education.

- All students in grades K-8 should participate in a quality physical education class every day for at least 30 minutes.
- Students cannot be withheld from physical education by classroom teachers for any reason unless medically necessary or approved by school administrators.
- Elementary school students will be assessed using the physical fitness/health fitness testing options and Health fitness assessment results are to be documented as required by the SDE. Secondary school students will be assessed using physical fitness/health fitness testing options and health fitness assessment results will be documented as required by the SDE.
- All high school students will be required to complete at least one physical education credit which shall be the Lifetime Individual Fitness Education (LIFE) class or one JROTC credit.
- Technology in the physical education setting will be increased to enhance learning and to promote fitness.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity. Activities that increase awareness of the need for physical activity, prevention of disease, and wellness will be promoted.
- Schools are encouraged to implement a walking program for students, faculty, and staff. This service will be used to promote lifelong wellness.
- Adequate equipment will be available for all students to participate in physical education. Physical activity facilities on school grounds will be safe. The physical education facilities will be checked on a yearly basis for safety.
- Schools will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Information will be provided to families to help them incorporate physical activity into their student's lives.
- Schools will encourage families and community members to institute programs that support physical activity, such as a walk to school program. City leaders will be encouraged to develop long range plans to create a pedestrian friendly Lee County.

F. Other School Based Activities

- Physical activity and the formation of healthy habits will be promoted in after-school programs.
- All school-based activities will follow local wellness guidelines.
- Support for the health of all students will be demonstrated by hosting health screenings, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.
- Guidelines for celebrations, snacks, and fundraisers will follow Alabama State Board of Education requirements. The school principal or his/her designee will be responsible for communicating guideline information to parents, students, and employees, and for compliance of the guidelines.

Documentation:

Lee County Schools will retain records to document compliance with the requirements of the wellness policy, located at the LCBOE Office with the Wellness District Coordinator. Documentation maintained in this location will include, but will not be limited to:

- The written district wellness policy
- Documentation demonstrating compliance with community involvement requirements to demonstrate the active inclusion of stakeholder groups in the development, implementation, periodic review, and updates of the wellness policy
- Documentation of annual policy progress reports for each school
- Documentation demonstrating compliance with public notification (i.e., district website, school website, grade report announcements, etc.) to actively notify families about the availability of the wellness policy

Lee County Schools will compile, in digital form, an annual report to share basic information about the wellness policy and report on the progress of each school. This annual report will be published around the same time each year, and will include:

- The website address for the wellness policy and/or how the public can receive/access a copy of the plan
- A description of each school's progress in meeting the wellness policy goals
- A summary of each school's events or activities related to wellness policy implementation
- The name, position title, and contact information of the designated district policy leader

Triennial Assessments:

The LEA will conduct an assessment of the wellness policy every 3 years, at a minimum. This assessment will determine:

- Compliance with the wellness policy
- How the wellness policy compares to model wellness policies
- Progress made in attaining the goals of the wellness policy
- Documentation of efforts to review and update the policy, including who was involved in the process and how stakeholders were made aware of their ability to participate

Current Assessment: November, 2017

Triennial Assessment: No later than November, 2020

Updates will occur at any point needed prior to this date.

Updates will be posted for the public, at a minimum, on a yearly basis.

