

**Smiths Station Freshman Center**  
**Wellness Plan**

SSFC is committed to providing a school environment that enhances learning and develops lifelong wellness practices.

To accomplish these goals:

- 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.
- 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.
- The school environment will be safe, comfortable, pleasing, allow ample time based on the minimum guidelines and space for eating meals.
- Food will 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 for 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 review the school's compliance with and submit the wellness policy review/training of all faculty and staff member to the district wellness committee and conduct compliance reviews three times a year.
- In response to the growing concern over childhood obesity and the onset of diabetes t the state, national, and international levels, the following Wellness Plan has been developed. The Lee County School System desires to team with families and the community as they seek to provide a safe and nutritionally sound environment. The Lee Count Schoo System's Wellness Plan meets the mandates Federal public Law (PL 108.265 Section 204)

## **Nutrition Standards**

All foods made available on campus during the school day will comply with the current federal, state, and local requirements as established by the USDA and the Alabama State Board of Education requirements.

- 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.
- Food of minimal Nutritional Value (FMNV) will not be available to students one hour before, during meal service times, or one hour after meal service.
- 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.

## **Nutritional 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.
  - i. Nutrition information will be provided for foods served in the cafeteria.
  - ii. The Child Nutrition Program will serve as a resource to provide teachers, students, and parents the information needed to make healthy meal choices.
  - iii. Cafeteria displays will remind students of healthy, nutritional food choices.

- The school cafeteria will serve as a learning laboratory to allow students to apply the skills taught in the classroom.
  - i. Monthly menus of the planned school lunches will be published and made available for students, parents, and employees.
  - ii. School personnel will provide nutrition information to print in school publications (such as backs of menus, school newsletters, and/or student newspapers)
  - iii. Students will be encouraged by school personnel to begin each day with a healthy breakfast and continue with healthy food choices throughout the day.

## **Student Health and Wellness**

### **Prevention**

- The Director of Student Services 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.
- Resources and materials will be provided in the school and classroom to practice sanitary habits to prevent illness.
- Schools will be monitored 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 care givers 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.
- Appropriate services will be coordinated with team members.

### **Coordination of Resources**

- Certified school counselors and nurses will be available in each school building. Many other social services are available upon request.
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- 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.

School nurse will be the identifier of diet-related chronic disease and allergens and the indications of prevention and treatment.

### **Physical Activity**

- Physical activity will be integrated across the 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.
- Beginning with the 2006-2007 school year, 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.
- 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.
- Food and/or physical activity will not be used as a reward or punishment.

### **Other School-Based Activities**

- 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.
- Local school wellness committees will be organized comprised of families, teachers, administrators, and students, to plan, to implement, and to improve nutrition and physical activity in the school environment.
- 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.

### **Addendum: USAD 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:

- 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.
- Water Ices – Any frozen, sweetened water such as "sickles" and flavored ice, with the exception of products that contain fruit or juice.
- Chewing Gum – Any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
- Certain Candies – Any processed foods made predominately from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types:

Hard Candy – A product made predominately 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 ball, lollipops, fruit balls, candy sticks, starlight mints, after dinner mints, jaw breakers, sugar wafers, rock candy, cinnamon candies, breath mints, and cough drops.

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, i.e., gum drops, jelly beans, jellied and fruit flavored slices.

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.

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.

Licorice – A product made predominately from sugar and corn syrup that is flavored with an extract made from the licorice root.

Spun Candy – A product made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.

Candy-Coated Popcorn – Popcorn that is coated with a mixture made predominately from sugar and corn syrup.