

Lowndes County Board of Education



08/10/2023
Approved by
Lowndes County
Board of
Education

Wellness Plan On Nutrition and Physical Activity

**The Calhoun School
Central High School
Lowndes Middle School
Hayneville Middle School
Central Elementary School
Fort Deposit Elementary School
Jackson-Steele Elementary School**

Committee Members

Dr. Kenneth Fair, Child Nutrition Director

Mr. Nicholas Townsend, The Calhoun School, Principal

Mr. Archie Curtis, Central High School, Principal

Mr. Keith Scissum, Hayneville Middle School, Principal

Mr. Jason Seaborn, Lowndes County Middle School, Principal

Ms. Traci English, Central Elementary School, Principal

Ms. Shana Ervin, JSES, Principal

Mr. Nickles Rankins, District Athletic Director

Nurse Argentina Pasley, RN, Lowndes County Schools, School Nurse

Ms. Edna Goldsmith, School Food Service, HMS

Mrs. Theresa Baity, CNP Supervisor

Mr. Gary White, Parent

Ms. Tanya Simmons, Community

_____ **Student Representative, Calhoun**

_____ **Student Representative, CHS**

Lowndes County Board of Education
Wellness Policy on Physical Activity and Nutrition

Preamble:

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and quadrupled in adolescents over the last three decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with My Plate;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Lowndes County Board of Education is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

Therefore, it is the policy of the Lowndes County Board of Education that:

1. The school district shall engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district wide nutrition and physical activity policies.
2. All students in grades K-12 shall have opportunities, support, and encouragement to be physically active on a regular basis.
3. Foods and beverages sold or served at school shall meet the nutritional recommendations of the *U.S. Dietary Guidelines for Americans*.
4. Qualified child nutrition professionals shall provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; shall accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and shall provide clean, safe, and pleasant settings and adequate time for students to eat.
5. To the maximum extent practicable, all schools in our district shall participate in available federal school meal programs, including the School Breakfast Program and National School Lunch Program.
6. Schools shall provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and shall establish linkages between health education and school meal programs, and with related community services.

I. Wellness Policy

The Lowndes County Board of Education shall provide and enforce a district wellness policy that shall serve as building blocks for individual schools within the school district to foster culture conducive to creating a healthy environment.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus.

The school campus shall reflect a healthy nutrition environment. Adequate time to eat shall be allowed to have a pleasant dining experience. Schools shall ensure that all students have daily access to meals served. Schools may not establish policies, class schedules, bus schedules, or other barriers that directly or indirectly restrict access to or the completion of meals.

School Meals

Meals served through the National School Lunch and Breakfast Programs shall:

1. Be appealing and attractive by adding garnish to the meals to children and be served in clean and pleasant settings; Add garnish to the foods
2. Schools shall focus on improving meal quality and increasing the variety of fruits and vegetables, especially raw fruits and vegetables.
3. Serve only fat free flavored and low fat (1%) unflavored milk.
4. Serve a minimum of 2.5 cups of fruit in grades K-8 and five cups of fruit in grades 9-12 per week for lunch. Only $\frac{1}{2}$ of these servings can be juice.
5. Serve only 100% fruit juice for lunch.
6. Elementary and Middle Schools shall serve a minimum of $\frac{1}{2}$ cup of dark green vegetables, $\frac{3}{4}$ cup of red/orange vegetables, $\frac{1}{2}$ cup beans/peas, $\frac{1}{2}$ starchy vegetables, and $\frac{1}{2}$ cup of other vegetables during lunch each week.
7. High Schools shall serve a minimum of $\frac{1}{2}$ cup of dark green vegetables, $1\frac{1}{4}$ cup of red/orange vegetables, $\frac{1}{2}$ cup beans/peas, $\frac{1}{2}$ starchy vegetables, and $\frac{3}{4}$ cup of other vegetables during lunch each week.
8. Offer at least 2 milk choices for lunch. The milk choices must be nonfat flavored or low fat non-flavored.
9. Serve only whole grain rich breads.
10. The saturated fat must be less than 10 percent.
11. The calorie ranges for lunch will be 550-650 for elementary schools, 600-700 for middle schools, and 750-850 for high schools.
12. Sodium restrictions for lunch will be less than or equal to 1230 mg (elementary schools), 1360 mg (middle schools), and 1420 mg (high schools).
13. Serving sizes shall comply with the meal pattern requirements as described by the United States Department of Agriculture (USDA) regulations. Foods served and/or sold through the cafeteria shall adhere to the guidelines established by the USDA.
14. Schools must review the items offered as ala Carte sales and evaluate the nutritional contributions of each item. Foods not meeting the criteria shall be eliminated or portion sizes reduced in order to be in compliance with the requirements.
15. Students will be allowed to take one fruit, vegetable, or grain item for later consumption. The food item must be from the child's own meal or left on a "share table".
16. Adult meals have the same portion sizes as high school students.

Schools shall engage students and parents:

1. Conduct taste test of new entrees.
2. Post menus and nutritional analysis on the website.

Breakfast:

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

1. All Lowndes County schools shall operate a School Breakfast Program.
2. The Transportation Supervisor and Schools Administrators shall arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
3. Schools shall notify parents and students of the availability of the School Breakfast Program.
4. Offer at least 4 breakfast items to the students each day from the three components (grain, fruit/vegetables, and milk).
5. Ensure that students take at least 3 of 4 items with offer verses serve (breakfast).
6. Ensure that students take at least ½ cup of fruit daily during breakfast. At least 1 cup must be offered.
7. Offer at least 2 milk choices for breakfast. The milk choices must be nonfat flavored or low fat non-flavored.
8. The saturated fat must be less than 10 percent.
9. The calorie ranges for breakfast will be 350-500 for elementary schools, 400-550 for middle schools, and 450-600 for high schools.
10. Sodium restrictions for breakfast will be less than or equal to 540 mg (elementary schools), 600 mg (middle schools), and 640 mg (high schools).
11. Serve at least 10 oz. of whole grains per week during breakfast. All grains will be whole grain rich.
12. The Child Nutrition Director and School Administrators shall encourage parents to provide a healthy breakfast for their children that do not eat breakfast at school. This can be accomplished through newsletter articles, take-home materials, or other means.

Community Eligibility Option:

The **Lowndes County Public Schools** participates in the Community Eligibility Program. All enrolled students of the **Lowndes County Public Schools** receive healthy reimbursable breakfasts and lunches at school at no charge.

Meal Times and Scheduling by school administrators:

1. Provide students with at least 15 minutes to eat after sitting down for breakfast and 25 minutes after sitting down for lunch;
2. Ensure school staff is assigned to monitoring duties in the lunchroom to provide supervision in the serving and dining areas.
3. Schedule meal periods at appropriate times, e.g., lunch shall be scheduled between 10 a.m. and 1 p.m.;
4. Shall not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;

5. Provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
6. Shall take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or tooth decay risk).

Qualifications for Child Nutrition Director:

Any person employed as a CNP Director must meet the standards of the Code of Alabama (1975) 290-080-030-05 and 06 as amended June 6, 1994. A CNP Director who does not meet the educational requirements must complete those requirements within a three-year period from the date of employment. If educational requirements are not met within the three-year period the person cannot continue being employed as a CNP Director.

Qualifications of School Food Service Staff:

Qualified nutrition professionals shall administer the school meal programs. At least one person in each cafeteria must be Serve Safe certified. As part of the school district's responsibility to operate a food service program, we shall provide continuing professional development for all nutrition professionals in schools. Staff development programs shall include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility. School nutrition staff development programs are available through the USDA, School Nutrition Association and the National Food Service Management Institute. School food service staff shall be encouraged to participate and maintain certification through the School Nutrition Association.

State Guidelines on Foods and Beverages

Smart Snacks in Schools:

Any food sold in schools must:

1. Be sold after the last lunch period in **all** schools
2. Be sold one hour before or one hour after a meal period in all schools
3. Be a "whole grain-rich" grain product; or
4. Have as a first ingredient a fruit, a vegetable, a dairy product, or a protein food;
5. Or Be a combination food that contains at least ¼ cup of fruit and/or vegetable;
or
6. Any food that is authorized by the snack calculator.
https://www.healthiergeneration.org/take_action/schools/snacks_and_beverage/s/smart_snacks/alliance_product_calculator/

Food must also meet several nutrient requirements:

1. Calorie Limits
 - a. Snack items: less than or equal to 200 calories
 - b. Entrée items: less than or equal to 350 calories
2. Sodium Limits
 - a. Snack items: less than or equal to 230 mg
 - b. Entrée items: less than or equal to 480 mg
3. Fat Limits
 - a. Total fat: less than or equal to 35% of calories
 - b. Saturated fat: less than 10% of calories
 - c. Trans fat: 0 grams
4. Sugar Limits
 - a. Less than or equal to 35% of weight from total sugars in foods

Acceptable beverages include:

1. Milk- non-fat flavored or low fat unflavored
 - a. Elementary Schools- 8 oz. limit
 - b. Middle and High Schools- 12 oz. limit
2. Plain water (with or without carbonation)- No size limit (Free, safe, unflavored drinking water is available to all students during mealtimes in the cafeteria.)

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3. 100% Fruit Juice or 100% Vegetable Juice
 - a. Elementary Schools- 8 oz. limit
 - b. Middle and High Schools- 12 oz. limit
4. 100% Fruit or Vegetable diluted with water and no added sweeteners
 - a. Elementary Schools- 8 oz. limit
 - b. Middle and High Schools- 12 oz. limit
5. High Schools may offer “no calorie” and “lower calorie” beverages
 - a. Up to 20 oz. portions of calorie free, flavored water
 - b. No more than 12 oz. portions of beverages with less than or equal to 40 calories per 8 oz., or less than or equal to 60 calories per 12 oz.

1. Foods and drinks not allowed in the cafeteria:

Foods or beverages that cannot be served in the cafeteria cannot be purchased elsewhere and brought into the cafeteria for consumption or for sale to other students.

2. Foods and beverages not allowed on campus:

Foods or beverages that cannot be sold or served on campus cannot be purchased elsewhere and brought on campus for consumption or for sale to other students without an approved Exempt Fundraiser form.

3. **Sack Lunches:**

Parents that prepare sack lunches for consumption on school premises shall be encouraged to follow these same guidelines.

Fund Raising Activities:

1. The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards. However, these fundraising activities can only occur after the last lunch period.
2. The standards do not apply during non-school hours, on weekends, and at off-campus fundraising events.
3. The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. The State Department of Education will determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.
4. Outside organizations shall not be allowed to solicit, advertise, or sell goods or services in the schools or school district without written approval from the Superintendent.

Rewards:

Schools shall not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and shall not withhold food or beverages (including food served through school meals) as a punishment.

Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion:

The Lowndes County Board of Education aims to teach, encourage, and support healthy eating by students. Schools shall provide nutrition education and engage in nutrition promotion that:

1. Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
 - K Identify the characteristics of foods on My Plate. Examples: taste, smell color, texture
 - 1 Describe the relationship between My Plate and good health.
 - 2 Identify the number of daily required servings from My Plate.
 - 3 Identify the nutrients in the specific foods. Examples: proteins and fats in meats, carbohydrates and vitamins in vegetables. Apply information

- from foods labels to healthy eating practices. Examples: selecting a low-fat snack, planning a healthy meal.
- 4 Explain the relationship between proper nutrition and good health. Examples: health benefits of following national dietary guidelines, impact of saturated and unsaturated dietary fats on the body, health impact of minimizing intake of sweets.
 - 5 Identify the percentage of fat, protein, and carbohydrates needed in daily caloric intake. Examples: determining personal intake of calories, analyzing food labels or menus.
 - 6 Distinguish between healthy and unhealthy dietary patterns. Example: over-or under-eating versus eating a balanced diet
 - 7 Select healthy meals from sample menus in school and community settings.
 - 8 Assess the consequences of poor nutrition. Examples: increased risk for heart disease, obesity, cancer; delayed development and disability; fatigue; poor academic performance; osteoporosis
 - 9-12 Predict the impact of a positive nutrition-related change in behavior. Example: eating versus skipping breakfast
2. Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, elective subjects, and in the school dining room.
 3. Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
 4. Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
 5. Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
 6. Links with school meal programs, other school foods, and nutrition-related community services;
 7. Teaches media literacy with an emphasis on food marketing;
 8. Includes training for teachers and other staff.
 9. Provide "Health Day" for doctor to assess students' health and provide tips on how to maintain quality health;
 10. Ensure that students receive consistent messages throughout schools, classrooms, cafeteria, home, and community; and
 11. Offer health education in extended day programs.

Integrating Physical Activity into the Classroom Setting:

For students to receive the nationally recommended amount of daily physical activity (*i.e.*, at least 30 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

1. Classroom health education shall complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
2. Opportunities for physical activity shall be incorporated into other subject lessons;
3. Classroom teachers shall provide short physical activity breaks between lessons or classes, as appropriate.
4. Provide physical education in extended day programs for at least 15 minutes per day.
5. Establish a recess time after uninterrupted reading for 10 minutes in the elementary schools.
6. Provide a "Walk to School Day" to emphasize the importance of exercise.

Communications with Parents:

The district/school shall support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school shall provide training to parents on the wellness policy, offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, send home newsletters and school menus, and provide nutrient analyses of school menus. Schools shall encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school shall provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/school shall provide opportunities for parents to share their healthy food practices with others in the school community.

The district/school shall provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports shall include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Food Marketing in Schools:

School-based marketing shall be consistent with nutrition education and health promotion. As such, schools shall limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above).¹¹ School-based marketing of brands promoting predominantly low-nutrition foods and beverages¹² is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-

nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

Staff Wellness:

The Lowndes County Board of Education highly values the health and well-being of every staff member and shall plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each district/school shall establish and maintain a staff wellness committee composed of at least one staff member, school health council member, local hospital representative, dietitian or other health professional, recreation program representative, union representative, and employee benefits specialist. (The staff wellness committee could be a subcommittee of the school health council.) The committee shall develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan shall be based on input solicited from school staff and shall outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee shall distribute its plan to the school health council annually.

Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-12:

All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, shall receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle and high school students) for the entire school year. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) shall not be substituted for meeting the physical education requirement. Students shall spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess:

All elementary school students shall have at least 15 minutes a day of supervised recess, preferably outdoors, during which schools shall encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. Schools shall discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools shall give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School:

All elementary, middle, and high schools shall offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high and middle

schools as shall offer interscholastic sports programs. Schools shall offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs. After-school child care and enrichment programs shall provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment:

Teachers and other school and community personnel shall not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Safe Routes to School:

The school district shall assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district shall work together with local public works, public safety, and/or police departments in those efforts. The school district shall explore the availability of federal "safe routes to school" funds, administered by the state department of transportation, to finance such improvements. The school district shall encourage students to use public transportation when available and appropriate for travel to school, and shall work with the local transit agency to provide transit passes for students.

Use of School Facilities Outside of School Hours:

School spaces and facilities shall be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also shall be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning "school use" and safety shall apply at all times.

Monitoring and Policy Review

Monitoring:

For the purpose of accountability, the CNP director and a school designee will conduct monitoring. The Child Nutrition director will ensure compliance with federal and state guidelines and established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee shall ensure compliance with those policies in his/her school and shall report on the school's compliance to CNP director.

Policy Review:

To help with the initial development of the district's wellness policies, each school in the district shall conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school

assessments shall be compiled at the district level to identify and prioritize needs. These results will be available for the public on the district's website.

Assessments:

Shall be repeated at least every three years by the school administrator to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district shall review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, shall, as necessary, revise the wellness policies and develop work plans to facilitate their implementation. This shall also be a part of the state's consolidated monitoring process.

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1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
Program.Intake@usda.gov

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