

School Wellness

In furtherance of its commitment to fostering healthy nutritional and physical activities that support student achievement and that promote the development of lifelong wellness practices, the Board endorses the following programs, practices, and activities:

7.9.1 Nutrition Education – Nutrition education that teaches the knowledge, skills, and values needed to develop healthy eating behaviors will be integrated into the curriculum and offered throughout school campuses, including school dining areas and classrooms, by appropriately trained personnel. To further this message, anytime a picture of food is used (example: exterior of vending machines), the food pictured must meet Smart Snack Standards.

7.9.2 Nutrition Standards – The Board will ensure that reimbursable school meals meet the program requirements and nutritional standards established by applicable state and federal regulations. The Board will encourage students to make nutritious food choices and will monitor all food and beverages sold or served to students, including those available outside federally regulated child nutrition programs. The Board will consider nutrient density and portion size before permitting food and beverages to be sold or served to students. Food that is offered, but not sold, to students (i.e. classroom parties, classroom snacks brought by parents, student incentives) is not required to meet Smart Snack Standards. However, Alabama Implementation of USDA Smart Snacks in School guidelines Require that food items provided in competition with the Child Nutrition Program may not be sold or offered free of charge to students one hour before and one hour after any CNP scheduled meal service.

7.9.3 Physical Education and Physical Activity Opportunities – The Board will offer physical education opportunities that include the components of a sound physical

education program. Physical education will equip students with the knowledge, skills, and values necessary to maintain healthful lifelong physical activity. Physical education instruction will be aligned with the curriculum. All students will be provided the opportunity to participate in supervised physical activities that are intended to maintain physical fitness and to impart the benefits of maintaining a physically active and healthy lifestyle.

7.9.4 Other School-Based Activities Designed to Promote Student Wellness – The Board may implement other programs that help create a school environment that conveys consistent wellness messages and that is conducive to healthy eating and physical activity.

7.9.5 Administrative Implementation – The District will convene a representative district wellness committee that meets a minimum of two times a year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy. The wellness committee will represent all school levels (elementary and secondary schools) and will include teachers (including specialists in health and physical education), school nurses, parents and guardians, students, representatives of the school food service program, school board members, school administrators, and the public. The Superintendent will report to the Board, yearly, on programs and efforts that are designed to meet the purpose and intent of this policy.

7.9.6 Madison County Schools will actively inform families and the public each year of basic information about this policy, including content, any updates to the policy, and implementation status. The District will make this information available via the district website and/or district-wide communications such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of these items. The District will provide as much information as possible

about the school nutrition environment. This will include a summary of the District's events or activities related to wellness policy implementation.

7.9.7 At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools in the District are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The District wellness committee, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

The District will actively notify households/families of the availability of the triennial progress report.

Annually, the District will also publicize the name and contact information of District/school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

The District wellness committee will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or State guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.