

# Wellness Plan 2018-2019

## **HUNTSVILLE CITY SCHOOLS** **200 White Street SE** **Huntsville, AL 35801**

Student Nutrition/Wellness Plan  
**FY 2018-2019**

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**SUPERINTENDENT**  
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### **The Six Components of a Healthy School Nutrition Environment**

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have a responsibility to help students and faculties establish and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits.

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, faculty and support staff will model healthy eating and physical activity as a valuable part of daily life. Schools have prepared, adopted and implemented a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students, faculty and support staff taking into consideration differences in cultural norms.

**Mission**

Our schools are committed to the improvement of health and quality of life for our students by reducing the incidence and severity of chronic disease and obesity through physical activity and nutrition education.

**Goals**

School faculty and staff will strive:

1. To promote and enable students to eat smarter.
2. To promote and enable active lifestyles in our students.

Our schools are committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of each school that:

- The school will 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.
- All students in grades PK-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans* and the restrictions as implemented by the Alabama State Board of Education.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will reasonably accommodate the religious, ethnic, cultural and dietary restrictions of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- At various school locations, the School Breakfast Program, National School Lunch Program, and Summer Food Service Program/Seamless Summer Option will participate, if available, in the federal school meals programs.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, with related community services.

### **Component 1: A Commitment to Nutrition and Physical Activity**

A. Each school will have a Nutrition Committee. Our mission is to address nutrition and physical activity issues and to develop, implement, and evaluate guidelines that support a healthy school nutrition environment. This committee shall offer revisions to these guidelines annually or more often if necessary.

B. The principal may address concerns such as kinds of foods available on campus, sufficient mealtime, nutrition education, and physical activity.

C. Nutrition education shall be integrated across the curriculum and all students will be involved in 30 minutes of physical activity daily as mandated by the State Board of Education.

D. The school food service staff will participate in making decisions and guidelines that will affect the school nutrition environment.

### **Component 2: Quality School Meals**

A. Schools will offer breakfast and lunch. Students, faculty, and support staff are highly encouraged to promote and participate in the school meal program.

B. School foodservice staff are properly qualified according to current professional standards and regularly participate in professional development activities that promote the Child Nutrition Program.

C. Food safety will be a key part of the school foodservice operation.

D. Menus will meet the nutrition standards established by the U.S. Department of Agriculture and the Alabama Department of Agriculture, conforming to good menu planning principles and featuring a variety of healthy choices that are tasty, attractive, of excellent quality and are served at the proper temperature.

E. Students will be given the opportunity to provide input on local, cultural and ethnic favorites.

F. School personnel, along with parents, will encourage students to choose and consume full meals. Positive nutrition statements will be provided to students daily.

### **Component 3: Other Healthy Food Options**

A. The Nutrition Committees will develop and recommend to the administration guidelines on nutrition standards for food and beverages offered through parties, celebrations, social events and any school event taking place during the regular school day (including concession stands at sporting and academic events).

B. No foods or beverages other than those provided through the school food service department or

concessions may be made available to elementary school students at School. However, some items such as birthday cakes and/or cupcakes may be allowed on an infrequent basis, if the items are pre-packaged at a store. Schools have the discretion to prohibit any specific items according to standards established by the school or school district.

C. School staff shall not use food as a reward for student accomplishment. The withholding of food as punishment for students is prohibited. For example, a teacher may not restrict a child's selection of flavored milk at mealtime due to misbehavior in the classroom.

D. The school district will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children.

E. Organizations shall only use non-food items or foods designed for delivery and consumption after school hours as fund-raisers. For example, barbecue plate sales after school hours would be acceptable. The sale of individually wrapped candy (i.e. candy bars) as a fundraiser is prohibited; however, packaged candy gift items are allowed provided they are only part of a fund-raising project that includes other gift items (i.e. nuts, candles, jewelry). Donuts, honey buns, and snow Cones are also forbidden.

#### **Component 4: Pleasant Eating Experiences**

A. Facility design will be given priority in renovations and new construction.

B. Drinking fountains or some other way to provide free water during meal service is required.

C. School personnel will assist all students in developing the healthy practice of washing hands before eating.

D. School personnel will schedule enough time so students do not have to spend too much time waiting in line.

E. Schools should not schedule tutoring, pep rallies, assemblies, club/organization meetings and other activities during meal times.

F. Adequate time to eat in a pleasant dining environment should be provided. The minimum eating time for each child after being served will be 10 minutes for breakfast and 20 minutes for lunch.

G. Schools will encourage socializing among students and between students and adults. Adults will properly supervise dining rooms and serve as role models to students by demonstrating proper conduct and voice level. Parents are highly encouraged to dine with students in the cafeteria.

#### **Component 5: Nutrition Education**

A. Schools will follow health education curriculum standards and guidelines as stated by the Alabama Department of Education. The school will link nutrition education activities with the

coordinated school health program.

B. Students in grades PK to 12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors. Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable.

C. Nutrition education will be offered in the school dining room and in the classroom, with coordination between school foodservice staff and teachers. Teachers can display posters, videos, websites, etc. on nutrition topics.

D. Schools will participate in USDA nutrition programs such as "Team Nutrition" and conduct nutrition education activities and promotions that involve students, parents and the community. The school nutrition committee will coordinate for these activities in the classroom and through the physical education program.

### **Component 6: Marketing**

A. Students will receive positive, motivating messages, both verbal and non-verbal, about healthy eating and physical activity throughout the school setting. All school personnel will help reinforce these positive messages.

B. Schools will consider student need in planning for a healthy school nutrition environment. Students will be asked for input and feedback through the use of student surveys and attention will be given to their comments.

C. Schools will promote healthy food choices and will not allow advertising that promotes less nutritious food choices.

D. Healthy eating and physical activity will be actively promoted to students, parents, teachers, administrators and the community at registration, parent meetings, Open House, and teacher in-services, etc.

E. Schools will work with a variety of media to spread the word to the community about a healthy school nutrition environment, such as local newspaper and television stations.

### **Component 7: Implementation**

A. The nutrition committee shall be composed of parents, faculty and school support staff.

B. The committee members will conduct a review of the campus during the first semester of each year to identify areas for improvement. These groups will report their findings to the campus principal and develop with him/her a plan of action for improvement.

C. The committee members will review surveys from across the campus. Before the end of each



**Fat limits:**            **Total fat:**  $\leq 35\%$  of calories    **Saturated Fat:**  $\leq 10\%$  of calories  
**Trans fat:** Zero Grams

**Sugar limits:**         $\leq 35\%$  of weight from total sugars in foods

**\*\*\*Beginning July 1, 2016, snack items must contain  $\leq 200$  mg sodium per item**

### **Nutrition Standards for Beverages**

All schools may sell:

- **Plain water (with or without carbonation)**
- **Unflavored low fat milk**
- **Unflavored or flavored fat free milk**
- **100% fruit or vegetable juice and**
- **100% fruit or vegetable juice diluted with water with no added sweeteners**  
**(with or without carbonation)**

**Elementary Schools may sell up to 8 ounce portions of milk and juice while Middle Schools and High Schools may sell up to 12 ounce portions of milk and juice. There is no portion limit on plain water.**

**Only High Schools may sell 20 ounce portions of calorie-free flavored water**

**High Schools may also sell caffeine beverages if they meet these specifications:**

- **8 ounce portions must be  $\leq 40$  calories**
- **12 ounce portions must be  $\leq 60$  calories**

### **Student Nutrition/Wellness Plan** **Foods of Minimal Nutritional Value**

#### **Foods of Minimal Nutritional Value (FMNV)**

FMNV may not be sold in schools. The definition of FMNV is found in 7CFR 210, Appendix B. The summary is as follows:

- Water ices, including frozen sicles, ices and slushes, except those ices containing fruit juice.
- Chewing gum, flavored or unflavored from natural or synthetic sources

- Certain candies, processed predominately from sugar or corn syrup sweeteners combined with a variety of ingredients including but not limited to:
  - Hard candies, sour balls, fruit balls, candy sticks, starlight mints, after dinner mints, sugar wafers,
  - rock candy, cinnamon candies, breath mints, and cough drops
  - Jellies and gums, such as gum drops, jelly beans, jellied and flavored fruit slices
  - Marshmallow candies or other aerated sugar, corn syrup, or invert sugar confections
  - Fondants, such as candy corn, and soft mints
  - Licorice
  - Spun candy, cotton candy
  - Candy coated popcorn

### **LONG RANGE GOALS**

#### A. Foods provided:

1. Frying as a method of on-site preparation for foods served as part of school meals, ala carte, snack lines, and school stores should be limited with the intention of elimination. Alternative methods of cooking (baking, broiling, and steaming) should be implemented instead of frying. (Deep fat frying equipment may not be purchased with CNP funds **after July 1, 2006.**) Braising pans may not be purchased with the purpose of circumventing this policy.
2. Schools should pay special attention to portion sizes and assist students in selecting the appropriate amount of food.
3. Except when medically contraindicated, no one on the school campus will provide access to “for sale” or “free” foods and beverages that do not meet the guidelines described above. With respect to school parties, food or beverage items served should meet the criteria for “Smart Snacks In School”. Items falling under the definition of foods of minimal nutritional value (FMNV) as described above should not be provided. However, some items such as birthday cakes and/or cupcakes may be allowed on an infrequent basis. (items must be pre-packaged) Schools have the discretion to prohibit any specific items according to standards established by the school or school district. Persons responsible for this compliance include school administrators or staff (principals, coaches, teachers, etc.), students or student groups, parents or parent groups, or any other person, company or organization.

- #### B. Schools are encouraged to participate in programs such as school gardens, farm to school programs, farmer’s markets, and similar programs to increase the availability and consumption of Alabama-grown fruits and vegetables whenever possible.

### **Fundraising Activities**

- Food items that meet nutrition requirements are not limited



- The standards do not apply during non-school hours, on weekends or at off-campus fundraising events.
- The standards provide a special exemption for infrequent fundraisers that do not meet the normal nutrition standards. The ALSDE will determine the number of exempt fundraisers that may be held in schools each year.

### **Training**

Teachers and other staff should understand the importance of fully implementing the nutrition and health education curriculum and become familiar with its underlying theory and concepts. One initial in-service activity shall occur for personnel in each school system on the importance of nutrition and physical education with respect to prenatal, infant adolescent and adult lifestyles and lifespan, with new personnel being assigned to in-service activities during their first full year of employment. The length or duration of this in-service will be determined by the school district, but in no case, should be less than 3 hours. This shall begin with the 2006-2007 school year. This in-service will also provide teachers the skills needed to use non-lecture active learning methods, assess and improve their own eating practices, and make staff aware of the behavioral messages they give as role models.

All CNP directors must meet qualifications:

- New staff must complete the educational requirements as specified in the standard in the [Code of Alabama \(1975\), 290-080-030-06](#) within a three-year period from the date of employment.
  - Current staff not meeting the qualifications must complete the educational requirements as specified by the beginning of the 2008-09 school year.
  - Costs incurred for meeting these requirements cannot be funded with child nutrition funds.
- Food service workers should be trained by a qualified Child Nutrition Program (CNP) director as published in the Code of Alabama (1975), 290-080-030-06.

## **HUNTSVILLE CITY SCHOOL WELLNESS EVALUATION PROCEDURES**

In Compliance with Alabama State Board of Education requirements and Public Law 108-265, the Huntsville City Schools will annually evaluate compliance with school wellness mandates at each local school conducted by the principal in the following areas:

1. Restrictions on the sale of carbonated drinks
2. Sales of foods of minimal nutritional value
3. Food sold/served in the cafeteria
4. Food items sold through vending machines and school stores
5. Equipment used in the cafeteria
6. School fundraisers
7. CNP training and development
8. Physical Educational Waivers

## 1. Sales of Carbonated Drinks

- a. **Elementary School:** No carbonated soft drinks shall be available for sale to students at any time during the school day. No item considered to be in the category of carbonated soft drinks may be provided free of charge to students. No food or beverage item that has high fructose corn syrup or sugar listed as the first ingredient may be made available during the school day. No vending machine front may display any product that is not water or 100% fruit juices, milk, tea, and sports drinks. No sale of any items may occur during meal service times. The school day is defined as the period of time that children arrive at school until after the end of the last scheduled class.

## 2. Foods of Minimal Nutritional Value

No one on the school campus may provide access to “for sale” or “free” foods and beverages of minimal nutritional value as identified under USDA regulations & CFR210 Appendix B, Categories of Foods of Minimal Nutritional Value until after the end of the last scheduled class. The classifications are as follows:

- Water ices, including frozen sicles, ices, and slushes, except those containing fruit juice.
- Chewing gum flavored or unflavored from natural or synthetic sources.
- Certain candies, processed predominantly from sugar or corn syrup sweeteners or artificial sweeteners combined with a variety of ingredients including but not limited to:
  - ❖ Hard candies, sour balls, fruit balls, candy sticks, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, and cough drops
  - ❖ Jellies and gums, such as gum drops, jelly beans, jellied and flavored fruit slices
  - ❖ Marshmallow candies or other aerated sugar, corn syrup, or invert sugar confections
  - ❖ Fondants, such as candy corn and soft mints
  - ❖ Licorice
  - ❖ Spun candy, cotton candy
  - ❖ Candy coated popcorn

## 3. Food Sold/Served in the Cafeteria

All schools will ensure that all students have daily access to the meals offered. Schools may not establish policies, class schedules, bus schedules, or other barriers that directly or indirectly restrict access to or the completion of meals.

Serving sizes will 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 USDA and published in the School Meals Initiative (SMI) for Healthy Children, 1995 guidance.

No more than 30% of an individual’s calories can be furnished from fat and 10% or less from saturated fat. School lunches should meet the standard of providing one-third and school breakfasts the standard of furnishing one-fourth of the Recommended Dietary Allowances for protein, Vitamin A, Vitamin C, iron, calcium, and calories. Schools must review the items offered as ala carte sales and evaluate the nutritional contribution of each item.

Schools should focus on improving meal quality and increasing the options of whole grain products and increasing the availability of fruits and vegetables. The standard milk beverage shall be 1% or less fat, flavored or unflavored.

- ❖ **All foods sold in the cafeteria will meet the “Smart Snacks In School Standards”.**

#### **4. Food Items Sold Through Vending Machines and School Stores**

Foods and beverages approved by the local committee shall not be in conflict with the Smart Snacks In School Standards. The guidelines for foods sold in vending machines and school stores are the same as those listed above for foods sold in the cafeteria.

#### **5. Equipment Used in the Cafeteria**

Schools may not use CNP funds to purchase new fryers for the school lunch/breakfast program. Frying as a method of preparation for foods served in school meals, ala carte lines, snack lines, and school stores should be limited with the goal of eliminating fried items. Schools should pay special attention to portion sizes and assist students in selecting the appropriate amount of food. The serving methods should be modified to move away from self-serve for all menu items in order to provide the portion sizes identified by the USDA meal pattern for the National School Lunch Program, School Breakfast Program and After School Snack Program.

#### **6. School Fundraisers**

All fundraising activities that involve the selling of food before, during, and immediately after school, should reinforce food choices that promote food health. Sales during school hours shall not include those foods listed as Foods of Minimal Nutritional Value. Events outside the school day are not affected by this requirement, and P.T.O's, booster clubs, etc. are free to select items for sale for specific fundraising and concession sales as long as the activity does not conflict with this position.

#### **7. CNP Training and Development**

All persons employed as CNP directors shall meet the standards of the Code of Alabama (1975) 290-080-030-05 and -06 as amended June 6, 1994, in that a qualified CNP director shall be employed.

#### **8. Physical Education Waivers**

Effective with the beginning of 2005-06 school years, all physical education waivers for students in Grade K-8 must have a current justification submitted to the State Department of Education by August 15, 2005. Blanket waivers for large groups of students will be subject to close scrutiny. The 2005-06 school year will serve as the pilot year to get to full implementation of the "no exceptions/no substitutions" policy of the State Board of Education except on a student-by-student basis, which will require full justification to State Superintendent of Education in any year in which a waiver is requested.

All high school waivers for physical education will be withdrawn as of May 31, 2006. The State Superintendent of Education will notify all superintendents and high school principals of changes in the waive policy prior to the end of the 2005-06 school year.

The new policy on waivers and L.I.F.E. guidelines are scheduled to begin with the 2006-07 school year. The 2005-06 school year is a time to further explore all aspects of the L.I.F.E. guidelines in order to assure that the transition is smooth.

## **Huntsville City Schools Policy**

### **3.10 Wellness Policy**

The Huntsville City School District 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 Huntsville City School District that:

- The Huntsville City School District will enforce the "Smart Snacks In Schools" standards as dictated by the ALSDE and USDA.
- All students in grades PK-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Food and beverages sold or served at school will meet the nutrition recommendations of the *U. S. Dietary Guidelines for Americans* and the restrictions as implemented by the Alabama State Board of Education.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- All schools in our district, the School Breakfast Program, National School Lunch Program, after-school snacks, and Summer Food Service Program/Seamless Summer Option will participate, if available, in the federal school meals programs.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, with related community services.