

# **Morgan County Wellness Policy Guidelines**

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# Morgan County Wellness Policy Guidelines

## **Table of Contents**

<a href="#"><u>Preamble</u></a> .....	2
<a href="#"><u>School Wellness Committee</u></a> .....	3
<a href="#"><u>Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement</u></a> .....	4
<a href="#"><u>Nutrition</u></a> .....	6
<a href="#"><u>Physical Education</u></a> .....	7
<a href="#"><u>Other Activities that Promote Student Wellness</u></a> .....	7

# Morgan County Wellness Policy Guidelines

## Preamble

Morgan County Schools (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.<sup>1,2,3,4,5,6,7</sup> Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.<sup>8,9,10</sup> In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.<sup>11,12,13,14</sup> Finally, there is evidence that adequate hydration is associated with better cognitive performance.<sup>15,16,17</sup>

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- The community is encouraged to support the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in the District.

## I. School Wellness Committee

### ***Committee Role and Membership***

The District will convene a representative district wellness committee (hereto referred to as the DWC or work within an existing school health committee) that meets at least **four** times per 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 (heretofore referred as “wellness policy”).

The DWC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g., superintendent, principal, vice principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-EDEDSNAP-Ed). To the extent possible, the DWC will include representatives from each school feeder pattern and reflect the diversity of the community.

### ***Leadership***

The Superintendent or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy.

**The name(s), title(s), and contact information (email address is sufficient) of this/these individual(s) is(are):**

<b>Name</b>	<b>Title / Relationship to the School or District</b>	<b>Email address</b>	<b>Role on Committee</b>
Julie Bone	CNP Director	<a href="mailto:jabone@morgank12.org">jabone@morgank12.org</a>	Chair
Brenda Caudle	Health Services Director  Parent of Special Needs Students in Morgan County School System	<a href="mailto:bjcaudle@morgank12.org">bjcaudle@morgank12.org</a>	Assists in the evaluation of the wellness policy implementation
Ashley Smith	Family and Consumer Science Teacher -  Brewer High School	<a href="mailto:ansmith@morgank12.org">ansmith@morgank12.org</a>	Assists in the evaluation of the wellness policy implementation

Becky Dabbs	CNP Manager – Falkville High School	<a href="mailto:blidabbs@morgank12.org">blidabbs@morgank12.org</a>	Assists in the evaluation of the wellness policy in relation to school meal nutrition
MaryBeth Henry	Community Stakeholder – Priceville Jr. High Grandparent	<a href="mailto:henryalabama@aol.com">henryalabama@aol.com</a>	Assists in the evaluation of the wellness policy implementation
Brittany King	Elementary School Parent	<a href="mailto:alyancey@morgank12.org">alyancey@morgank12.org</a>	Assists in the evaluation of the wellness policy implementation
Shannon Anderson	Middle School Parent	<a href="mailto:snanderson@morgank12.org">snanderson@morgank12.org</a>	Assists in the evaluation of the wellness policy implementation

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy.

## **II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

### ***Implementation Plan***

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles and responsibilities; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

### ***Recordkeeping***

The District will retain records to document compliance with the requirements of the wellness policy at the Child Nutrition Program Office at the Morgan County Board of Education. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy.

### ***Annual Notification of Policy***

The District will actively inform families and the public each year of basic information about this policy, including its 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. The District will provide as much information as possible about the school nutrition environment. Annually, the District will also publicize the name and contact information of the District/school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

### ***Triennial Progress Assessments***

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 under the jurisdiction of 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 position/person responsible for managing the triennial assessment and contact information is Julie Bone, CNP Director.

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

The District/Schools will publically post the results of the triennial progress report.

### ***Revisions and Updating the Policy***

The DWC 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.**

### ***Community Involvement, Outreach and Communications***

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum.

### ***Goals of Wellness Policy***

1. Morgan County Schools (MCS) is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving (nutrition label

- or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements.
2. MCS school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.
  3. MCS will promote hydration and strive to make free, safe, unflavored drinking water available to all students throughout the school day\* and throughout every school campus\* ("school campus" and "school day" are defined in the glossary).
  4. MCS will strive to ensure that all foods and beverages available to students on the school campus\* during the school day\* support healthy eating.
  5. MCS will encourage and support the idea that nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.
  6. MCS will provide students with physical education as dictated through district grade level curriculum requirements.

### **III. Nutrition**

#### ***School Meals***

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP). The District also operates additional nutrition-related programs and activities including *Breakfast in the Classroom* and *Mobile Breakfast carts*. All schools within the District are committed to offering school meals through the NSLP and SBP programs.

#### ***Staff Qualifications and Professional Development***

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

#### ***Water***

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day\* and throughout every school campus\* ("school campus" and "school day" are defined in the glossary). The District will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water throughout the day.

#### ***Competitive Foods and Beverages***

The District is committed to ensuring that all foods and beverages available to students on the school campus\* during the school day\* support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum, as well as meeting State Snack and Beverage Guidelines or the local schools will have a Smart Snack Exemption Form on file with the CNP dept.

1. Celebrations and parties. A list of healthy party ideas to parents and teachers, including non-food celebration ideas may be obtained from the [Alliance for a Healthier Generation](#) and from the [USDA](#). The Smart Snack Calculator will also be made available to all teachers, administrators and parents on the local CNP website.
2. Foods and beverages will not be withheld as punishment for any reason, such as for performance or behavior.

### ***Fundraising***

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus\* during the school day\*. If food or beverage items are sold that are not in compliance, an Exemption form will be on file with the local CNP office for each event planned.

### ***Nutrition Promotion***

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

### ***Nutrition Education***

Schools will provide nutrition education and engage in nutrition promotion that:

## **IV. Physical Education**

### ***Physical Education***

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education.

## **V. Other Activities that Promote Student Wellness**

Schools in the District are encouraged to coordinate content across curricular areas that promote student health.

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- <sup>12</sup> Singh A, Uijtdewilligne L, Twisk J, van Mechelen W, Chinapaw M. *Physical activity and performance at school: A systematic review of the literature including a methodological quality assessment*. *Arch Pediatr Adolesc Med*, 2012; 166(1):49-55.
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