

Talladega City Schools
501 South Street East
Talladega, Alabama 35160

WELLNESS POLICY

Submitted

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(Revised – April 2014)

WELLNESS COMMITTEE

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Talladega City Schools Wellness Program

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NUTRITION EDUCATION

The primary goal of nutrition education is to influence students' eating behaviors while building nutrition knowledge and skills. Nutrition education helps students make healthy eating and physical activity choices.

Nutrition education should be appropriate for students' age and reflect their culture. Nutrition education should be integrated into other subjects such as science, health, reading, and physical education. Providing students the opportunity to practice wise nutrition choices will assist in allowing students to learn how to make good choices and have fun at the same time.

****Nutrition education will provide instructions including, but not limited to the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements, and safe food preparation, handling, and storage.**

****Nutrition education will introduce related skills, including, but not limited to planning a healthy meal, understanding and using the food pyramid, understanding and using food labels, and how to evaluate nutrition information, misinformation, and commercial food advertising.**

****Nutrition education will consist of establishing effective instructional programs for teachers, students, and families to assess one's personal eating habits, how to set goals for improvement, how to achieve those goals, and provide information on eating disorders**

PHYSICAL ACTIVITY

****Physical activity will be integrated across the curriculum and throughout the school day.**

****Physical education courses will be the environment where students will learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.**

****Policies ensure that state-certified P.E. instructors teach all P.E. courses.**

- The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Information will be provided to families to help them incorporate physical activity into their student's lives.
- Schools encourage families and community members to institute programs that support physical activity, such as a walk to school program.
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OTHER SCHOOL BASED ACTIVITIES

SCHOOL NUTRITION

This policy supports the mission of Talladega City Schools: Child Nutrition Programs comply with federal, state and local requirements. Provide the environment that cultivates maximum student potential. Nutrition influences a child's development, health, well-being and potential for learning. To afford students the opportunity to fully participate in the educational process, students must attend school with minds and bodies ready to take advantage of their learning environment. This district-wide nutrition policy encourages all members of the school community to create an environment that supports lifelong healthy eating habits. Decisions made in all school programming need to reflect and encourage positive nutrition messages and healthy food choices.

- Provide a positive environment and appropriate knowledge regarding food.
- Ensure that all students have access to healthy food choices during school and at school functions.
- Provide a pleasant eating environment for students and staff.
- Allow a minimum of 20 minutes for students to eat lunch and socialize in the designated cafeteria area.
- Enable all students, through a comprehensive curriculum, to acquire the knowledge and skills necessary to make healthy food choices for a lifetime.
- When using food as a part of class or student incentive programs, staff and students are encouraged to utilize healthy, nutritious food choices.
- When curricular-based food experiences are planned, staff and students are encouraged to seek out good nutrition choices whenever appropriate.

- Reduce student access to foods of minimal nutritional value.
- In keeping with contractual obligations to the National School Lunch/Breakfast programs, ensure the integrity of the school lunch program by prohibiting food and beverage sales that are in direct conflict with the lunch/breakfast programs.
- Encourage the practice of good nutrition by reducing the sale or distribution of foods of minimal nutritional value through a four-year plan that focuses on:
 - Reducing access to non-nutritional foods
 - Educating students about healthy foods
 - Selective pricing that favors sales of healthy foods.

DINING ENVIRONMENT

- The school district provides a clean, safe, enjoyable meal environment for students.
- The school district provides enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- The school district makes drinking fountains available in all schools, so that students can get water at meals and throughout the day.
- The school district encourages all students participate in school meals program and protect the identity of students who eat free and reduced price meals.

TIME TO EAT

- The school district will allow a minimum of 20 minutes for students to eat lunch and socialize in the designated cafeteria area.
- The school district will schedule lunch time as near the middle of the school day as possible.

FOOD OR PHYSICAL ACTIVITY AS A REWARD OR AS A PUNISHMENT

- The school district will prohibit the use of food as a reward or punishment in schools.
- The school district will not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time.

CONSISTENT SCHOOL ACTIVITIES AND ENVIRONMENT

- The school district will ensure that all schools' fundraising efforts are supportive of healthy eating.
- The school district will provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education.
- The school district encourages parents, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and outside of school.

CHILD NUTRITION OPERATIONS

- The Child Nutrition Program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
- The school will strive to increase participation in the available federal Child Nutrition Program (e.g. school lunch and school breakfast).

FOOD SAFETY/FOOD SECURITY

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented.
- For the safety and security of the food and facility access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance see the US Department of Agriculture food security guidelines.

TALLADEGA CITY SCHOOLS LOCAL WELLNESS POLICY

The Talladega City School System is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

To accomplish these goals:

- Child Nutrition Programs comply with federal, state and local requirement. Child Nutrition Programs are accessible to all children. Sequential and interdisciplinary nutrition education is provided and promoted.
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- All school-based activities are consistent with local wellness policy goals. All foods and beverages made available on campus (including vending, concessions, a la carte, student stores, parties, and fundraising) during the school day are consistent with the Dietary Guidelines of Americans and State Guidelines.
- All foods made available on campus adhere to food safety and security guidelines.
- The School environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Food and/or physical activity are not used as a reward or punishment.

EVALUATION: Wellness Policy

Rate effectiveness on a scale from 1-4 (4 is highest rating)

1 2 3 4

Nutrition Education -

Physical Activity –

School Nutrition –

Dining Environment –

Time to Eat –

Food or Physical Activity

as Reward or Punishment

Consistent School Activities

and Environment

Child Nutrition Operations

Food Safety/Food Security