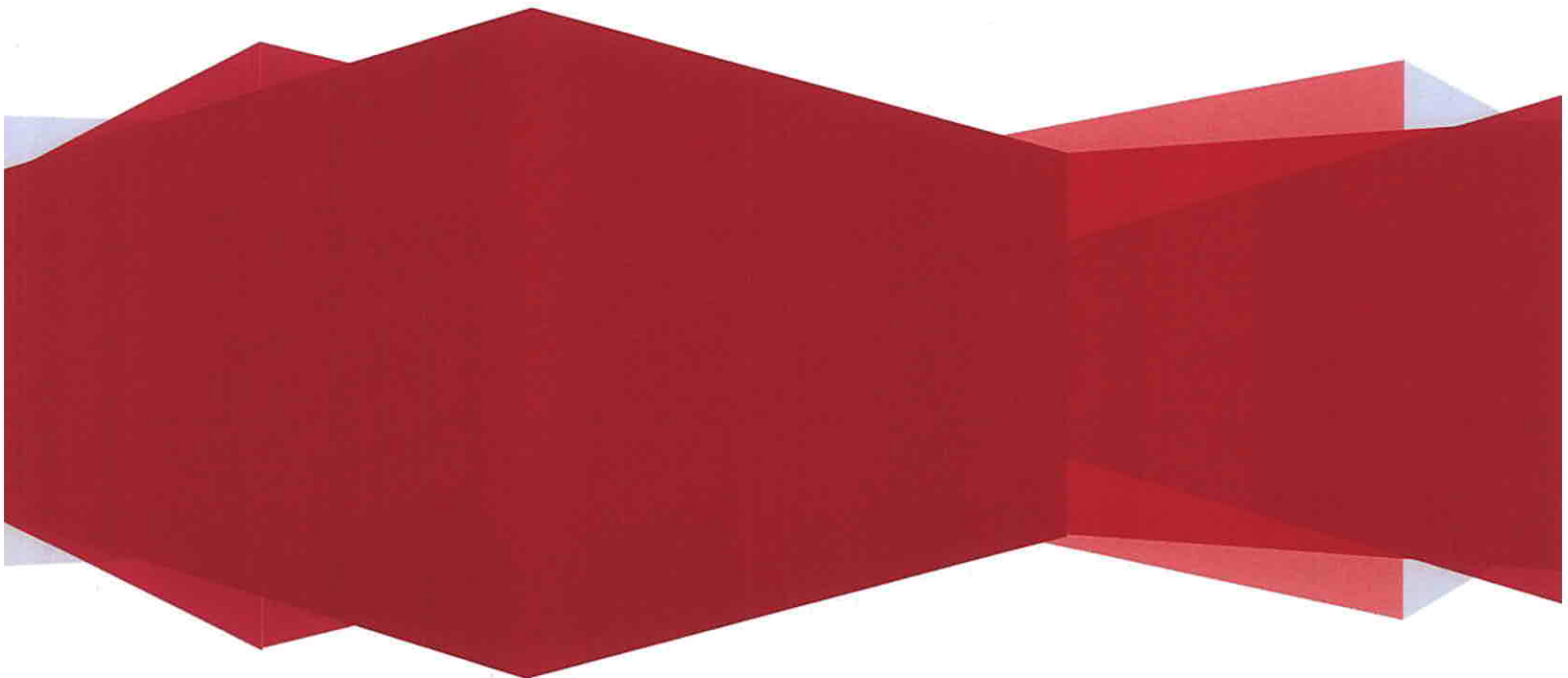


**Macon County Board of Education**



***"PARTNERS IN HEALTH & WELLNESS"***



# Macon County Board of Education

Melissa T. Williams, PhD  
Superintendent of Education

## *Local Wellness Policy*

### *Committee Members:*

*Lead Nurse*

*School Nutrition Director*

*Athletic Department*

*Dean of Students*

*Assistant Principal*

*Technology Director*

*Transportation Supervisor*

*Career & Technical Education*

*Media Specialist*

*Food Service Managers*

*District Resource Officer*

*Parents*

*High & Middle School Students*

*Counselor*

## **Macon County Public Schools Wellness Policy**

In compliance with The Healthy, Hunger-Free Kids Act of 2010 and directives from the Alabama Department of Education, Macon County Public Schools has updated this Wellness Policy to support a healthy school environment that promotes and protect students' health, well-being, and ability to learn by supporting healthy eating and physical activities.

The previous policy was reviewed and revised by a committee comprised of students, parents, teachers, food service professionals, health and physical education professionals, teachers of career and technology, school administrators, and school food authority.

The Health Coordinator, Director of School Nutrition Program and Athletic Director will ensure compliance with established district-wide nutrition and physical wellness policies. In each school, the principal or designee will ensure compliance with policies and report to the school district Superintendent or other designee.

School Food Service Staff at the school or district level, will ensure compliance with nutrition policies within school food service areas and shall report on this matter to the School Nutrition Director, Superintendent or designee (or if done at the school level, to the school principal)

The Superintendent or designee will develop a summary report annually of the implementation and achievement of goal based upon input from schools within the district. That report will be provided to the school board and distributed to all school health councils, parent/teacher organizations, school principals, school health service personnel in the district and the public. This can be done via school newsletters, school website, social media, or other local media.

Each school campus may develop its own Wellness Policy which can be stricter, but not more lenient, than the district policy.

### **Goals for Nutrition Education**

Macon County Schools shall ensure that the requirements of the State Department of Education curriculum guide are met in presenting nutrition education to students each

year at every grade level. Nutrition education is intended to influence students eating behavior.

#### On Going

- Schools are encouraged to adopt a nutrition education curriculum and establish grade level goals for nutrition education
- The curriculum shall address behavior outcomes that promote healthy eating, be consistent with current scientific evidence, promote the prevention of chronic diseases, and be based on national health standards.
- Nutrition education may be done in all school settings, including classroom, cafeteria, and physical education time.
- Teachers are encouraged to integrate nutrition education into core curriculum subjects.
- Teachings shall emphasize caloric balance between food intake and energy expenditure (physical activity/exercise).

#### Short Term Goals

- Professional development activities will be made available by the school district for all teachers and food service staff.
- Nutrition education links and tips will be added to district website.

#### Long Term Goals

- School gardens are encouraged for all grade levels
- Nutrition education facts will be included on digital signage

#### **Goals for Physical Activity and Education**

Macon County Schools shall ensure that the requirements of the State Department of Education curriculum guide are met in presenting physical education to students each year at every grade level, K-8, including students with disabilities, social health-care needs, and in alternative educational settings. The physical education program (PE) is intended to provide opportunity for every student to develop knowledge and skills for specific physical education activities, maintain physical fitness by regularly participating in physical activity, and inform students of the short and long term benefits of a physically active and healthy lifestyle.

### On Going

- Physical education courses will be provided for the duration of 150 minutes per week for elementary students and 225 minutes per week for middle
- There will be a mandatory one (1) credit of required physical education for grades 9-12. Other courses may be substituted for PE, as permitted through the Alabama Course of Study.
- All physical education teachers will be highly qualified and possess a valid teaching certificate.
- Professional development will be offered for all physical education teachers and teaching assistants
- Physical education classes will maintain the proper teacher to student ratio.
- Physical education programs will strive to meet national standards for quality physical education and conduct periodic analysis to determine the effectiveness of the curriculum
- All students will have access to extracurricular physical activity programs, such as physical activity clubs or intramural programs.
- Local public works, public safety, and police department will maintain safe routes to school for walking and biking to all students.

### Short Term Goals

- Physical activity will be incorporated into after school programs.
- Students will be given access to walking tracks on school campuses. School personnel will be discouraged from using physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

### Long Term Goals

- The district will solicit funds to extend physical activity sports beyond basketball and football
- All students will be provided the opportunity to participate in outdoor and indoor physical activities (e.g.,)
- Macon County Schools will offer interscholastic sports programs

### **Goals for School Meal Program**

Macon County Schools shall reflect a healthy nutrition environment in compliance with Alabama State Board of Education policies adopted *July 12, 2005 and updated by the Healthy Hunger-Free Kids Act of 2010, including the USDA Smart Snacks in School guidance*. The Child Nutrition Program (CNP) shall follow a food-based meal service

program when planning and serving meals. The CNP shall follow federal, state and local policies when operating the school lunch and breakfast programs.

#### On Going

- Macon County School administrators will promote the availability of meals to all students and ensure all students have access to meals served.
- School administrators, teachers and cafeteria staff will encourage all students to participate in meal programs offered at school.
- Scheduling will provide students with at least 15 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
- CNP professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet health and nutritional needs.
- Access to free drinking water will be available to all students during meal service.
- School cafeterias will update equipment and facilities to prepare healthier meals.
- Food service staff development programs will meet the required professional standard hours of training
- After school programs will operate using the same guidelines as school meal programs.

#### Short Term Goals

- Nutrition information for meal items will be posted in the cafeteria and made available on the district website
- Lunch meals will be served between 10:00 am and 1:00 pm daily, except on days of early dismissal.

#### Long Term Goals

- School Cafeterias will work to increase meal options for grab-n-go meals.
- Farm to School Programs will be encouraged.

#### **Goals for Nutrition Standards of Foods Available on Campus**

**Students' lifelong eating habits are greatly influenced by the types of foods and beverages made available in their daily environment. Macon County Schools System has established the following guidelines for all foods and beverages sold, given, or served to students during the school day** (The school day means, for the purpose of competitive food standards implementation, the period from midnight before, to 30 minutes after the end of the official school day.) Food items in

competition with the CNP scheduled meal time may not be sold or provided free of charge to students one hour before, during, or one hour after reimbursable school meal periods.

1. Beverages in All Schools (limits differ based on grade level)

Allowable beverages for all students are limited to plain water (carbonated or uncarbonated), flavored or unflavored low fat and nonfat milk, nutritionally equivalent milk alternatives (as permitted by school meal requirements), and full-strength fruit or vegetable juices and full-strength fruit and vegetable juice diluted with water or carbonated water.

*Milk and Juice Beverage Limits*

- 8 fluid ounces for elementary schools
- 12 fluid ounces for middle and high schools

*(There is no portion size limit for plain water.)*

**Beverages must be caffeine-free for elementary and middle schools with the exception of trace naturally occurring caffeine.**

**High Schools**

- *No more than 20-ounce portions of calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that are labeled to contain  $\leq 5$  calories per 8 fluid ounces or  $\leq 10$  calories per 30 fluid ounces.*
- *No more than 12-ounce portions of beverages with  $\leq 40$  calories per 8 fluid ounces, or  $\leq 60$  calories per 12 fluid ounces.*

**Caffeine is permitted in beverages**

2. Smart Snacks in School

In addition to the restrictions regarding the sale of carbonated beverages listed above, **no one on the school campus may provide access to “for sale” or “free” foods and beverages that do not meet the Smart Snacks in School guidelines set forth by the USDA until 30 minutes after the end of the school day. Foods that do meet the standards can only be sold or given away 30 minutes after the school day ends.**

The Smart Snacks in School standards stipulate that all snack foods sold in school must be “whole grain rich,” meaning they contain 50% whole grains or have whole grains as the first ingredient, or have as the first ingredient a fruit, a vegetable, a dairy product or a protein-rich food. Combination foods that contain at least ¼ cup fruit and/or vegetable or naturally contain 10% of the daily value (DV) of calcium, potassium, vitamin D or dietary fiber will also be accepted.

#### Calorie limits

- Snacks must contain less than or equal to 200 calories
- A la carte entrees must contain less than or equal to 350 calories

#### Sugar limits

- Snacks must contain less than or equal to 35% sugar by weight
- There are exemptions for dried fruit without added sugars and even those with added nutritive sweeteners that are required for processing and/or palatability purposes (such as cranberries, and blueberries). Products that consist of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat will also be exempt.

#### Sodium limits

- Snacks must contain less than or equal to 200 mg sodium
- A la carte entrees must contain equal or less than 480 mg.

#### Fat limits

- Total fat must be less than or equal to 35% of calories
- Saturated fat must be less than 10% of calories
- There must be no trans fat in the package as served
- There are exemptions for nuts & seeds, nuts & seed butters, seafood and part-skim mozzarella cheese

**School Nurses:** Thus policy does not apply to school nurses using FMNVs (Food of Minimal Nutritional Value) or candy during the course of providing health care to individual students.

**Celebrations:** All class celebrations shall take place after the end of the regularly scheduled lunch period. Class celebrations should follow the food guidelines.



These guidelines do not restrict what parents may provide for their own child's lunch or snack. However, no fast foods may be brought into the school cafeteria with competitive (restaurant) wrapping. A school may adopt a more restrictive rule than the system wellness policy, but not less restrictive.

### 3. Foods Sold / Served in Cafeteria

#### **\*\*Including a la carte\*\***

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 the Healthy Hunger-Free Kids Act of 2010.

### 4. Competitive Foods in All Schools

*Food items in competition with the CNP scheduled meal time may not be sold or provided free of charge to students. This includes, but is not limited to food items purchased through school organizations and those donated from outside sources. To encourage students to eat healthy meals, schools are required to restrict student access to concessions, extra sales, vending and fundraisers one hour before, during, and one hour after meal periods. In the event of such unauthorized sales, which include fundraisers and special school revenue events, the Superintendent shall direct all proceeds from such sales be deposited into the Child Nutrition Program account.*

**Principals must submit smart snack exemptions for infrequent school sponsored fundraisers.**

### Other School Based Activities that Promote Wellness

- Macon County Schools will be an environment that supports healthy eating and physical activity.
- School personnel will work to ensure that the school environment encourages healthy body images, shapes, and sizes among students and staff members, and will not tolerate weight-based teasing.
- Macon County Schools will work to provide students with health services including mental health and social services to address healthy eating, physical activity, and related chronic disease prevention.

- School personnel will be provided with wellness programs that encourage healthy eating and increased physical activity.
- All school personnel will commit to becoming models of healthy food choices during the school day.

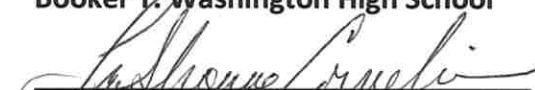
The Wellness Committee will meet on a twice-yearly basis to review implementation progress of goals and enforcement of policy. Members will be given leave time, where permissible, to attend wellness committee meetings. The school official appointed by the Superintendent to oversee the policy at the school level will attend this meeting or submit a written report to the committee prior to the semi-annual review. The Wellness Committee will request additional input from each school to inform them on how best to improve this Wellness Policy. The suggested tool for standard evaluation is the CDC School Health Index. The committee asks that each school form a committee to complete this index annually and provide results to the Wellness Committee by June 30 of each year.

The Wellness Committee will conduct a triennial assessment to evaluate the district's progress toward full implementation of the wellness policy. The assessment will be made available to the public by posting it on the district website and social media platforms. The results to the triennial assessment will be incorporated into updates to the Wellness Policy which will be submitted to the School Board for review and approval.

My signature acknowledges my agreement and implementation of the Macon County Board of Education Local Wellness Policy.



**Breinda Sullen, Principal  
Booker T. Washington High School**



**Trishonne Cornelius, Principal  
D. C. Wolfe Elementary School**



**Norman Williams, Principal  
George Washington Carver Elementary School**



**Lasisi Hooks, Principal  
Notasulga High School**



**Rosemary Wright, Principal  
Tuskegee Institute Middle School**



**Tiffany Williams, Principal  
Tuskegee Public Elementary School**

**References:**

<https://www.fns.usda.gov/tn/local-school-wellness-policy>

<https://www.healthiergeneration.org/>

<https://www.cdc.gov/healthyschools/npao/wellness.htm>

<https://www.aces.edu/blog/topics/in-schools/quest-for-healthy-schools-initiative-helps-support-alabama/>

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**Macon County Board of Education**

**Adopted: February 4, 2016**

**Adopted: November 2018**

**Revised: June 29, 2023**