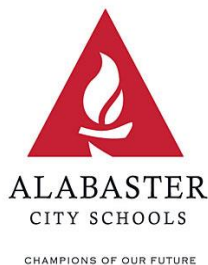


Board of Education:  
Mr. Adam Moseley, President  
Mr. Derek Henderson, Vice President  
Ms. Linda R. Church  
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## Alabaster City Schools Wellness Policy

### June 1, 2017

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:

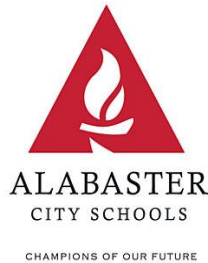
**Nutrition Education** – The Child Nutrition Program, in conjunction with the Curriculum Department, will provide nutrition education, and nutrition promotion to foster lifelong habits of healthy eating. All students will be encouraged to follow the United States Dietary Guidelines for Americans. Both departments will establish links between health education and meal programs within the school and community. The district website will keep the public updated on the policy content and implementation status. Alabaster City Schools will proactively comply with all federal and state nutrition regulations.

**Nutrition Standards** – Schools will participate in available school meal programs, including the National School Breakfast Program, National School Lunch Program, grants as received, and the Summer Food Service Program. Child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods; will accommodate the ethnic and cultural diversity of the student body in meal planning; and will provide a clean, safe, and pleasant dining experience. All foods and beverages sold or served at school during the instructional day will meet or exceed the nutrition recommendations identified by USDA and the State of Alabama Board of Education.

**Physical Education and Physical Activity Opportunities** – The Board will offer physical education opportunities that include the components of a quality physical education program. Physically educated students are equipped 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 regularly in supervised physical activities that are developmentally appropriate and intended to maintain physical fitness and to impart the benefits of maintaining a physically active and healthy lifestyle.

**Other School-Based Activities Designed to Promote Student Wellness** – Alabaster City Schools are 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. Alabaster City Schools Wellness Committee will engage students, parents, teachers, food service professionals, health professionals, school representatives, board members, school administrators and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies. Each school will have a School Wellness Committee. The school's local wellness team coordinator will conduct these monitoring activities on a yearly basis. All students will have opportunities to be physically active on a regular basis during the school day and beyond.

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**Administrative Implementation** – The Board, as the recognized food and nutrition services authority for the school district, shall annually approve a free and reduced price meal program. It is the Board's expectation that the teachers shall support the food service program in every respect and encourage children to eat a well-balanced meal each day. Teachers should use the cafeteria as a laboratory to teach good nutrition and etiquette to students. Principals, teachers, and other support staff are strongly encouraged to eat in the school cafeteria with their students which models good and healthy eating habits. Students will learn by the examples set by their leaders. Students need adequate time to eat their meals after sitting at the table. Each school will have a student council that will meet and discuss any concerns and suggestions with the School's Child Nutrition Manager. Any concerns regarding the local school breakfast or lunch program should be reported to the school principal.

The Superintendent and his designated representatives shall be responsible for operating an economically sound child nutrition program in accordance with state and federal laws and regulations. The Superintendent shall recommend for appointment the necessary personnel to initiate and maintain a quality child nutrition program. The accounting, financial planning, and reporting functions of the program shall be coordinated within the central office.

All sanitation standards required by law shall be strictly observed in each local school's child nutrition program. The CNP Director and School Principal will share responsibility for the operation and supervision of the school child nutrition program.

Ref: P.L. 108.265, Part 210 and 220, and Section 204 Child Nutrition and WIC Reauthorization Act.

