

**CULLMAN CITY SCHOOLS BOARD OF EDUCATION  
WELLNESS POLICY ON PHYSICAL ACTIVITY AND NUTRITION**

Cullman City Schools Board of Education is committed to providing school environments that promote and protect students' health, well being and ability to learn by supporting healthy eating and physical activity.

A committee representing parents, students, child nutrition, administrators, physical education, and health care was convened to construct a policy that would best meet the wellness needs of Cullman City School students.

**I. Nutrition**

Academic performance and quality of life issues are affected by the choice and availability of nutritious foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

To promote and safeguard healthy eating Cullman City Schools will:

- Provide nutrition education at Primary, Elementary, and Secondary levels.
- Follow State and Federal guidelines on snack and vending machine offerings.
- To the extent practicable include a school breakfast program.
- Abide by state and federal nutrition standards and guidelines for appealing, nutritious breakfast and lunch programs.
- Maintain high-quality health and safety standards and practices for Cullman City Schools' Child Nutrition Program facilities and employees.
- Encourage stakeholders to maintain a healthy lifestyle through wise food choices.
- Except when medically contraindicated or as part of an IEP, no one on the school campus will provide access to "for sale" or "free" foods and beverages of minimal nutritional value during the school day.

**Sale and Distribution of Food and Beverages**

Foods and beverages sold individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.) as a minimum, must follow the Alabama State Department of Education guidelines.

- **Elementary Schools:** The school administrator will approve, monitor and provide all food and beverage sales to students in elementary schools following the guidelines established by the State Department of Education. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to those outlined in the Alabama State Department of Education Nutrition Policies.

- **Middle/Junior High and High Schools:** The school administrator will approve, monitor and provide all food and beverage sales to students in middle/junior high and high schools following the guidelines established by the State Department of Education. All foods and beverages sold individually outside the reimbursable
- school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet required state and federal guidelines.

#### **State and Federal Guidelines on Foods and Beverages**

- **Elementary Schools:** Effective with the 2005-2006 school year, no carbonated soft drinks shall be available for sale to students at any time during the school day. No items considered to be in this category of carbonated drinks may be provided free of charge to students or brought on campus for consumption. No food or beverage that has high fructose corn syrup or sugar listed as the first ingredient may be made available during the school day. No vending display front may display any product that is not water or 100% fruit juice. Items that may be sold include non-carbonated flavored or unflavored water, 100% fruit juices, milk, tea, and fruit juices. No sale of food or beverage items of any kind or other competing food/beverage sales are to be available to students during meal service times.
- **Middle Schools:** (Defined as a school where the majority of the students are in grades 6 through 8.) Effective with the 2005-2006 school year, a minimum of 70% of the selections available in vending machines or for sale in school stores are to be non-carbonated soft drinks available for sale to students at any time during the school day. At a maximum, 30% of the selections may be carbonated beverages, but at least 50% of those drinks must be no or low calorie selections. No item considered to be in this category of carbonated drinks may be provided free of charge to students or brought on campus for consumption. No food or beverage that has high fructose corn syrup or sugar listed as the first ingredient may be made available during the school day. No vending display front may display any product that is not water or 100% fruit juice. Other items that may be sold include non-carbonated flavored or unflavored water, 100% fruit juices, milk, tea, and fruit juices. No sale of food or beverage items of any kind or other competing food/beverage sales are to be available to students during meal service times.
- **High Schools:** (a High School is defined as a school where the majority of students are in grades 9 through 12.) Effective with the 2005-2006 school year, a minimum of 50% of the selections available in vending machines or for sale in school stores are to be non-carbonated soft drinks available for sale to students at any time during the school day. At a maximum, 50% of the selections may be carbonated beverages, but at least 50% of those drinks must be no or low calorie selections. No item considered to be in this category of carbonated drinks may be provided free of charge to students or brought on campus for consumption. No food or beverage that has high fructose corn syrup or sugar

listed as the first ingredient may be made available during the school day. During the 2005-2006 school year the majority of vending display front should display water or 100% fruit juice. Beginning with the 2006-2007 school year all vending machine fronts, other than those located in athletic spectator settings will be only water and juice products. Other items that may be sold include non-carbonated flavored or unflavored water, 100% fruit juices, milk, tea, and fruit juices. No sale of food or beverage items of any kind or other competing food/beverage sales are to be available to students during meal service times.

**Sack Lunches:** Parents that prepare sack lunches for consumption on school premises should be encouraged to follow the Alabama State Department of Education nutrition guidelines. However this policy does not restrict what parents may provide for their own child's breakfast, lunch or snack. Parents may not provide the restricted items to other children at school during the school day.

**Foods of Minimal Nutritional Value:**

In addition to the restriction regarding the sale of carbonated beverages listed, 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 7 CFR 210, Appendix B, Categories Foods of Minimal Nutritional Value until after the end of the last scheduled class. These classifications are as follows:

1. Water ices, including frozen sicles, ices and slushes, except those ices containing fruit juices.
2. Chewing gum, flavored or unflavored from natural or synthetic sources.
3. Certain candies, processed predominately 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 or flavored fruit slices.
  - Marshmallow candies or other aerated sugar, corn syrup or invert sugar confections.
  - Fondants, such as candy corn or soft mints
  - Licorice
  - Spun candy or cotton candy
  - Candy coated popcorn

**Allowable snack and a'la carte items:**

All snack or a'la carte items sold or provided must meet the following guidelines per one ounce serving:

- Less than 30 grams of carbohydrates
- Less than 360 milligrams of sodium
- Less than 30% of daily value of fat
- Less than 10% of the daily value of saturated fat
- Containing at least 5% (and preferably 10%) of the daily value of Vitamin A, Vitamin C, iron or calcium
- Contain fiber (5% of the daily value)

**Additionally, the portion sizes shall follow these requirements:**

- Chips, one ounce maximum, baked or containing no more than 3 to 7.5 grams of fat per bag. This includes crackers, popcorn, Trail mix, nuts, seeds, dried fruit, and pretzels.
- Cookies/cereal bars, 1.3 ounce maximum
- Pastries and muffins, 2 ounce maximum
- Frozen dairy desserts, low fat ice cream, puddings, jellied fruit bowls, 4 ounce maximum.
- Yogurt, (low fat) less than 30 grams total carbohydrate, 8 ounce maximum.
- Mild, 1% milk fat or less, flavored and unflavored.
- Flavored milk to contain no more than 30 grams sugar. 8 ounce maximum serving size.
- CNP beverages other than water, to include sports drinks, 100% fruit juice, and low sugar fruit smoothies, 12 ounce maximum.
- A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables: 100% fruit or vegetable juice: fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners: cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

**Instructional Curriculum:**

Teachers may use foods for instructional purposes as long as the items are not considered FMNV, as defined by USDA. Students in those classes that use food as part of the instructional curriculum may consume those foods prepared as part of the class as long as they do not provide them to other students and/or classes. Foods provided as part of the class or school cultural heritage event are exempt from the policy, as long as the foods served are not served in competition to the school meal, during lunch or breakfast and regular meal service must continue to be available to all students.

**Field Trips:**

School approved field trips are exempt from the nutrition policy. A school official must approve the date and purpose of the field trip.

**Classroom Parties/Refreshments:**

This policy prohibits “any food or beverage that has sugar or high fructose corn syrup listed as the first ingredient on the school premises until after the end of the last scheduled class”. This would not preclude a parent from bringing a cake or other baked items. It does preclude any use of soft drinks or sweetened beverages for students during the school day.

**Fund Raising Activities:**

All fundraising activities (except for contracts issued before August 8, 2005) that involve the selling of food during school hours or as students gather on school campus before school begins or as students wait on transportation or otherwise exit the school campus following school dismissal should reinforce food choices that promote good health. Sales during school hours shall not include those foods listed as Foods of Minimal Nutritional Value or exceed those portion sizes identified as allowable. This also means events outside of the school day are not affected by this requirement and that booster clubs, etc. are free to select items for sale for specific fundraising and concessions sales as long as the activity does not conflict with this position. Fund raising activities that take place during school hours should be designed to support children’s health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity.

**Snacks:**

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children’s diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children’s nutritional needs, children’s ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

**Rewards:**

This policy recommends that foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above) not be used as a reward or punishment for academic performance or behavior.

**II. Physical Health and Wellness:**

Physical Education and physical activity shall be an essential element of each school’s instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity.

To promote physical fitness and encourage a healthy, active lifestyle Cullman City Schools will:

- Follow Alabama State physical education and health requirements (Code of Alabama, 1975, #16-40-1)
- Implement the Alabama Physical Education and Health Course of Study
- Provide for and encourage student participation in physical activity-based extra-curricular opportunities
- Provide appropriate certified personnel
- Provide a healthy and safe environment for participation in physical education classes and extra-curricular activities.
- Encourage stakeholders to engage in a lifelong commitment to good health and physical wellness. (To this end, the community of Cullman provides fitness trails and parks to promote physical well being.)
- Administer state directed physical fitness assessments
- Participate in state in-service training as directed by the State Department of Education
- Meet pupil/teacher ratio as directed by the State Department of Education

#### **Physical Activity Opportunities and Physical Education:**

**Daily Physical Education (P.E.) K-12:** All students in grades K-8 including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education for the entire school year. High school students must earn one unit of Physical Education credit. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted in elementary or middle school for meeting the physical education requirement. Students will spend at least 50 % of physical education class time participating in moderate to vigorous physical activity.

**Daily Activity:** Elementary schools are encouraged to include additional supervised activity time, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

#### **Physical Activity Opportunities Before and After School:**

Elementary, middle, and high schools will, as is practicable, offer extra-curricular physical activity programs. High school and middle school, as appropriate, will offer interscholastic sports programs.

Where applicable after-school child care and enrichment programs will provide and encourage-verbally and through the provision of space, equipment, and activities- daily periods of moderate to vigorous physical activity for all participants.

### **III. Monitoring and Policy Review:**

**Monitoring:** The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report annually on the school's compliance to the school district superintendent or designee.

**School Food Service Staff:** at the school or district level, the CNP coordinator will ensure compliance with nutrition policies within school food service areas and will report annually on this matter to the superintendent ( or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

**Assessment and Policy Review:** As a part of the state consolidated monitoring process the superintendent or designee will review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review all nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

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## ACKNOWLEDGEMENT

Appreciation is extended to the members of the Wellness Policy on Physical Activity and Nutrition committee for their valuable contribution to the development and revision of written school board policies for the School system. Many hours of work by the members of this committee are represented by the policies that follow. Members of the Wellness Policy on Physical Activity and Nutrition were as follows:

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