

Selma City Schools Wellness Policy

Purpose

Selma City Schools is committed to providing a healthy school environment such that students will have opportunities to enhance learning and promote lifelong wellness practices. Good health fosters students' attendance and learning because healthy students learn better. Therefore, it is essential that the District provide a safe and healthy environment for all students. To comply with this guidance, the school staff is encouraged to model healthy behavior supporting a healthy lifestyle. The Selma City School Board believes schools have the responsibility to help students develop skills, knowledge, and attitudes necessary to adopt and maintain a healthy lifestyle. The adoption and implementation of this policy is tangible evidence of the School Board's commitment to promote Alabama State Department of Education 2020 Strategic Plan of the Coordinated School Health Program (CSHP). The CSHP ensures that all students will be provided with healthy meals, physical and health education, health services, staff wellness, safe schools, which includes parental involvement.

Physical Education/Health Education

Selma City Schools will provide opportunities for students to develop the knowledge and skills for specific physical activities, to maintain physical fitness, to ensure students' regular participation in physical activity, and to teach short and long-term benefits of a physically active and healthy lifestyle.

1. Elementary students are provided physical education by certified physical education teachers thirty-minutes per day and sixty-minutes of health education per week for Grades K-5.
2. Physical education is taught daily in Grades K-8; no exceptions and no substitutions as required by the Code of Alabama 1975.
3. High school students are required to receive a minimum of ½ unit of health education and 1 unit of physical education toward graduation.
4. Physical education is included in the Master Schedule and is recorded on student cumulative folders and report cards.
5. Physical activity involves bodily movement that results in an expenditure of energy of at least a moderate intensity level and or duration sufficient to provide a significant health benefit for students.
6. A physical education course should be implemented consistent with the Physical Education Course of Study and consistent with national standards, with a focus on students' development of motor skills, movement forms, and health-related fitness.
7. Time allotted for physical activity will be consistent with the Alabama Department of Education guidelines and have a teacher/student ratio comparable with those of other classes.
8. A physical education period will be provided, and should never be denied as a punishment or reward, or used as class time to complete assignments from other classes.
9. Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.

10. Physical education courses will be the environment where students learn, practice, and are assessed on developmentally appropriate motor skills and knowledge to achieve a satisfactory designation on the Alabama Fitness Test.
11. Adequate equipment is available for all students to participate in physical education.
12. The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.

Nutrition

- The Selma City Board of Education's Child Nutrition Program complies with federal, state, and local requirements. The Selma City Board of Education Child Nutrition Program is accessible to all students. All Selma City school-based activities are consistent with the wellness policy goals.
- Selma City Schools will provide nutrition education that is appropriate for students. Nutrition education will be integrated into students' curriculum to teach and foster life-long healthy eating. Examples include:
 - Newsletters/flyers provided to students and parents
 - Development of strategies to bring in outside resources to provide nutritional education
 - Information provided during open house and parenting days
 - Information posted on school system website
- All foods and beverages provided to students during the school day will be consistent with the current Dietary Guidelines for America.

- Selma City Schools will provide a safe, comfortable, pleasing school environment that allows ample time and space for eating meals. Food and/or physical activity will not be used as a reward or punishment.
- Teachers will be strongly encouraged to set examples for students by adhering to the wellness policy and promoting habits for life-long, healthy eating.

Dietary Guidelines:

Students' life-long eating habits are greatly influenced by the types of foods and beverages made available in their daily environment. The Selma City School Board of Education has established the following guidelines for all foods and beverages sold or served to students during the school day. The school day is defined as the period of time that students board a bus or by other means arrive at school until after the end of the last scheduled class and students exit from the campus or a school bus.

1. Beverages in All Schools

All schools may sell:

- Plain Water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100%fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

Beyond this, the high school is allowed “no calories” and “lower calorie” beverage options.

- No more than 20-ounces portions of calories-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverage that are labeled to contain < 5 calories per 8 fluid ounces or \leq 10 calories per 20 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.

2. Foods of Minimal Nutritional Value in All Schools

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 of minimal nutritional value as identified under the USDA regulation 7CFR 210 Appendix B, Categories of Foods of Minimal Nutritional Value until after the end of the last scheduled class. These classifications are as follows:

- Water ices, including frozen popsicles, ices and slushes, except those ices containing fruit juice
- Chewing gum, flavored or unflavored from natural or synthetic sources
- 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 and flavored fruit slices
 - Marshmallow candies or other aerated sugar, corn syrup, or invert sugar confections
 - Fondants, such as candy corn and soft mints

- Licorice
 - Spun candy, cotton candy
 - Candy coated popcorn
2. Food Items and Beverages Sold Through Vending Machine, School Stores, Cafeterias and fundraising activities shall also reinforce food choices that promote good health of children.

Items should be

- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the daily Value (DV) of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).

Calories Limits

- Snack items: \leq 200 calories
- Entrée items: \leq 350 calories

Sodium Limits

- Snack Items: \leq 230 mg
- Entrée items: \leq 480 mg

Fats Limits

Total fat: \leq 35% of calories

- Saturated fat: \leq 10% of calories
- Trans fat: zero

Sugar Limits

- \leq 35% of weight from total sugars in foods

4. Sack Lunches/Foods Brought from Home

Sack lunches prepared at home, pre-packaged meals or purchased fast foods and the accompanying beverages consumed in the cafeteria at meal service times should be packaged in unlabeled, non-glass containers. These food items are not to be shared with other students at school. While requiring unlabeled containers does not keep students and parents from bringing unhealthy foods or beverages for school meals, it does restrict their appearance so that other students would not know what the product contained and want to copy them. This too will help to keep from compromising the nutritional guidelines and promote student health.

5. School Fundraisers in All Schools

- All fundraising activities that involve the selling of food during school hours or as students gather on the 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.
- School will have the option of “Exempt Fundraisers”. Fundraisers that do not meet the Smart Snack Standards.

- Exempt Fundraisers should not exceed 30 school days of no more than (1) one per school year. Therefore, the number of fundraisers may not exceed 30 days per year.
- Exempt fundraisers Do Not include food items sold in school stores, vending machines, before school on school campus, or as ala carte items in cafeterias.
- Food items that meet nutrition requirements are not limited.
- The standards do not apply during non-school hours, on weekends and off-campus fundraising events

6. Measurement and Evaluation

- It shall be the responsibility of the local school/parent committee to select and monitor all food and beverages sold to students during the school day.
- It shall be the responsibility of the local school administrator and the CNP Director to implement and evaluate the compliance of wellness policy standards approved by the Selma City School Board of Education
- Measurement and evaluation shall be based on policies adopted by the Selma City Schools Board of Education, those set by the State of Alabama Department of Education, and Federal and State laws.
- The Superintendent of Education for the Selma City School Board of Education will have the final authority over the measurement and implementation of all wellness policy standards.