

## **WELLNESS POLICY**

The Board recognizes that Oxford City Schools have an important role to play in the development of healthy children. The Board of Education is committed to providing a school environment that enhances learning development of lifelong wellness practices.

To accomplish this goal the Board authorizes the Superintendent to establish the guidelines of the wellness policy in accordance with State and Federal requirements.

### **Nutrition Education**

The objective of nutrition education is to encourage and promote lifelong nutritional awareness and healthy eating habits. Nutrition education will be used to ensure that all students PK-12 gain information to develop positive attitudes and behaviors to make healthy choices that are both age and developmentally appropriate with the ability to apply lifelong responsible skills. Parents and school faculty will be encouraged to be positive role models for good nutrition practices for students to follow. Students will be encouraged to start each day with a healthy breakfast. The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutritional program in a variety of instructional settings throughout the school system.

### **Nutrition Standards for School Meals**

#### *Meals*

All schools will provide breakfast and lunch for students who qualify for free and reduced meals in compliance with participation in the USDA National School Lunch Program and USDA School Breakfast Program. All meals will comply with the Federal guidelines for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served as specified in 7 CFR 210.10 or 220.8 as applicable. <https://www.fns.usda.gov/part-210%E2%80%94national-school-lunch-program> and <https://www.fns.usda.gov/part-220%E2%80%94school-breakfast-program>

The Child Nutrition Program staff will provide students with access to appealing and nutritious foods. Cafeterias include enough serving areas so that students do not have lengthy wait times. A positive and attractive climate will be maintained in all cafeterias. All students will have a minimum of 15-20 minutes to consume their meal once seated.

### *Privacy*

All students are issued a pin number upon enrollment regardless of meal eligibility status to be used in the cafeteria for meals and additional food purchases to prevent overt identification of student's participation in the free and reduced meal program.

### *Charged Meal Policy*

It is the intent of the Oxford City Board of Education to provide an opportunity for every student to eat a nutritious breakfast and lunch during the school day. It is also the policy of the Oxford City Board of Education to comply with all federal guidelines pertaining to the National School Breakfast and Lunch programs. Meal charges are not allowed. Students, employees, and guests must remit payment for meals at the time of service. Meal pre-payment is available for a small fee, and provided at no charge by sending cash or check to the student's school. The school office will make arrangements for students who have insufficient meal funds available for Pre-K through Grade 6. The school office will allow students in Grades 7-12 to call home to request meal funds. Written notification will be sent home with the student when insufficient meal funds are available. Any debt incurred from charged meals will be paid for from non-public funds.

### *Free and Reduced Applications*

Applications for Free and Reduced meals are available for all students at the beginning of each school year at orientation, and throughout the school year in the school offices, cafeterias, and on the district website.

### *Water*

Water is made available free of charge in all cafeterias during meal times. Water is also available throughout each school location during the day for students and personnel.

### *Child Nutrition Program Staff Qualifications*

All Child Nutrition Program personnel, to include director, managers, and employees, will meet or exceed the annual training and educational requirements in accordance with the USDA Professional Standards and requirements set forth by the Alabama State Department of Education - Child Nutrition Program division. A registered and licensed dietitian will be employed as the Child Nutrition Program Director, and maintain licensure as a Child Nutrition Program Director for the State of Alabama.

### *Nutritional Information*

School menus and nutritional information will be made available on the Oxford City Schools website under the Child Nutrition section.

### *Food Allergies and Medical Conditions*

A registered and licensed dietitian will make accommodations to menus for students with food allergies when a Diet Prescription for Meals at School form is received. The forms are updated annually. School nurse professionals will collaborate with the CNP staff for students with medical conditions that require diet changes, meal modifications, or specific nutritional information.

### **Nutrition Standards for Competitive and Other Food and Beverages**

#### *Competitive Food Sales*

All food and beverages sold in vending machines, school stores, and cafeterias will be reviewed and approved annually according to the USDA Smart Snacks in School Standards <https://www.gpo.gov/fdsys/pkg/FR-2016-07-29/pdf/2016-17227.pdf> and State of Alabama guidelines <https://www.alsde.edu/sites/memos/Memoranda/FY15-3041.pdf>. Food items that compete with the Child Nutrition Program will not be sold during scheduled meal times or given free of charge to students during the school day. Food items also may not be sold one hour before or one hour after scheduled meal times.

Exempt fundraisers are the sale of food items that do not meet the USDA Smart Snacks in School Standards and are sold during the school day. Alabama policy mandates that no more than thirty (30) exempt fundraisers are allowed a year for no more than one day in a length each. These fundraisers are not allowed to be sold in competition with scheduled meal times, or one hour before or after scheduled meal times. Exempt fundraiser forms must be completed, approved, signed, and turned in to the Child Nutrition Program office by the semi-annual dates of July 1 and January 1. The completed form is required to be signed by a school official and on file.

#### *Food and Beverage Marketing*

Advertisements for competitive food and beverage containers/bags such as fast food, or food items that do not meet the Smart Snacks in School standards are not allowed in school cafeterias. Signage in the cafeterias will display healthy food options and encourage students to make healthy food choices.

#### *Other School Activities*

School administrators will determine ways to highlight seasonal events and birthdays. The activities will be designed to create a school environment that provides consistent wellness messages that promote healthy eating and physical activity.

All food and beverages provided by the after school care program will meet the USDA Smart Snacks in School Standards and State of Alabama guidelines. No food and beverages are allowed to be purchased during after school care hours.

### **Physical Education**

By encouraging physical education, lifelong physical wellness will be promoted. Professional development will be provided for physical education teachers in the practice of integrating meaningful physical activities into the lives of students outside of physical education classes. The physical education curriculum for all students will be aligned with the state and/or national physical standards, based on skill development, and revised as needed. All elementary, middle, and high school students shall receive the required physical education minutes throughout the school year. Physical education opportunities are offered daily for elementary students. All students will have opportunities, support, and encouragement to be physically active on a regular basis. All staff responsible for physical education will be adequately qualified and participate regularly in professional development activities.

### **Policy Compliance**

The Superintendent or designee will ensure the compliance and implementation of this Wellness Policy throughout the district. School principals are responsible for communicating the contents of this policy as well as implementing this policy in their respective schools. Principals shall report on their compliance as directed by the Superintendent.

The Child Nutrition Program Director shall be responsible for the nutritional component of this policy, ensure compliance with the CNP staff, and oversee the daily operations of the Child Nutrition Program.

### **Wellness Assessment**

The system will convene a district Wellness Committee of school and community members that will meet at least every three years to update and review the district Wellness Policy.

A triennial assessment will be completed to monitor the compliance of the Wellness Policy, compare the policy to model policies, review the progression toward the goals of the Wellness Policy, and update accordingly.

### **Wellness Policy Availability and Updates**

The Wellness Policy will be available online under the Child Nutrition section of the Oxford City Schools website. This includes any assessments, updates, and meeting summaries.

Scheduled meetings will be announced in the News section of the Child Nutrition section of the Oxford City Schools website. Updates, revisions, and meeting summaries will be announced in the News section when made available to the public.

SOURCE: Oxford City Board of Education, Oxford, AL  
ADOPTED: July 22, 2008, Revised June 29, 2017  
LEGAL REF.: Child Nutrition and WIC

# Wellness Meeting Summary

- When: Friday, May 14<sup>th</sup>, 2021
- Where: Oxford City Board of Education – Human Resources Conference Room
- Time: 8:30am
- Summary: Reviewed the most recent version of the Oxford City Schools Wellness Policy and recommended changes to fall more into compliance with Well Sat 3.0. No further questions at this time.

## Local Wellness Policy: Triennial Assessment Summary

### General Information

LEA: Oxford City Schools

Month and year of current assessment: May 2021

Date of last Local Wellness Policy revision: May 2017

Website address and/or information on how the public can access a copy of the Local Wellness Policy and Triennial Assessment: www.oxfordcityschools.com

### Wellness Committee Information

How often does your district wellness committee meet? every 3 years

#### District Wellness Coordinator

Name	School	Job Title	Email Address
Jana Bryant		CNP	JBryant@oxboe.com

#### Designated Wellness Assessment Leader (can be the District Wellness Coordinator)

Name	School	Job Title	Email Address
Jana Bryant		CNP	JBryant@oxboe.com

#### District Wellness Committee Members

Name	School	Job Title	Email Address
Eric Burrage		Director of operations	
Joanna Blankenship		Secretary/Parent	
Melinda Budgett	OES	CNP Manager	
Michelle Argo	OMS	CNP Manager	
Monnette Williams	CES	CNP Manager	
Rebecca Prestridge	DES	CNP Manager	
Chanda Peaves	OHS	CNP Manager	
Colleen Howell	CEH	CNP Manager	

\*See page 13 for space to add Wellness Committee members.





Section 2. Progress towards Goals continued

\*NOTE: Required components are listed in blue.

<p><b>Guidelines for other foods and beverages available on the school campus, but not sold</b></p>	<p>Describe progress and next steps:</p>
<p><b>To be compliant with ALSDE:</b>                  All foods and beverages outside of the school meal program are not provided within the timeframe of 1 hour before or after school meals per Alabama Implementation of USDA Smart Snacks in School and Fundraising Activity <u>Smart Snack and Fundraiser Guidance and Implementation.pdf (alsde.edu)</u></p> <p>If applicable, list additional school goals below:</p>	<p>Principals complete form annually with times foods/beverages are sold. On file in CNP office.</p> <p>Continue this plan.</p>

<p><b>Marketing and advertising of only foods and beverages that meet Smart Snacks</b></p>	<p>Describe progress and next steps:</p>
<p><b>To be compliant with the USDA final rule:</b>                  Our school only markets or advertises foods and beverages that meet the <u>USDA Smart Snacks in School</u> nutrition standards on the school campus, during the school day.</p> <p>If applicable, list additional school goals below:</p>	<p>Competitive food posters posted in cafeterias.</p> <p>Continue this plan.</p>

Section 2. Progress towards Goals continued

\*NOTE: Required components are listed in blue.

Physical Activity Goal(s)	Describe progress and next steps:
<p><b>To be compliant with the USDA final rule:</b></p> <p>The district requires that a combination of physical activity opportunities be offered daily to all students, including students with disabilities, before during and after school.</p> <p><b>List physical activity opportunities that are offered at schools:</b></p> <p>elementary - all students            OMS - all students            OHS - available</p>	<p>Physical activity offered.</p> <p>Continue this plan.</p>

Nutrition Promotion and Education Goal(s)	Describe progress and next steps:
<p><b>To be compliant with the USDA final rule:</b></p> <p>The district will ensure that students and staff receive consistent nutrition messages throughout the school campus including in classrooms, gymnasiums, and cafeterias. The district and all schools will promote healthy food and beverage choices for all students across the school campus during the school day and will encourage participation in school meal programs.</p> <p><b>List how nutrition promotion and nutrition education are provided in schools:</b></p> <p>morning assembly            tip of the day            CNP TV</p>	<p>Continue current items and work on incorporating more. Less food based rewards.</p>

Section 2. Progress towards Goals continued

\*NOTE: Required components are listed in blue.

Other school-based activities to promote student wellness goal(s)	Describe progress and next steps:
<p><u>To be compliant with the USDA final rule:</u>                      The district integrates wellness activities across the entire school setting, including the cafeteria, other food and beverage venues, classrooms, and physical activity facilities.</p> <p>List other school-based activities that are offered by the district:</p> <p>Dance-a-thon                      Champastic                      PE teachers                      Health Teachers                      Jump Rope for Heart</p>	<p>Continue current and also work on incorporating more things, and less food based awards.</p>

**CHECKLIST:**

Triennial Assessment was made public:

Date: 6-15-21


Updated Wellness Policy received Board approval: (if applicable)

Date: 6-15-21

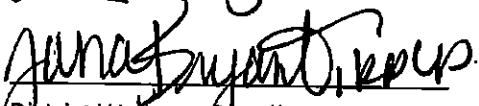
Wellness Policy was made public:

Date: 6-15-21

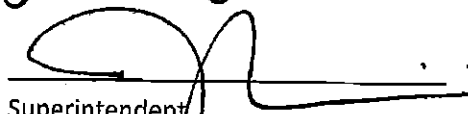
**SIGNATURES:**

  
 District Wellness Assessment Leader

PRINT NAME: Jana Bryant  
 DATE: \_\_\_\_\_

  
 District Wellness Coordinator

PRINT NAME: Jana Bryant  
 DATE: \_\_\_\_\_

  
 Superintendent

PRINT NAME: Jeff Goodwin  
 DATE: \_\_\_\_\_