

Developing Alabama Youth Foundation, Inc. DAY Program Wellness Policy

School Wellness

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 DAY Program Board of Directors endorses the following programs, practices, and activities:

Nutrition Education – The DAY Program in conjunction with the Child Nutrition Program (CNP) at Shelby County Schools will provide nutrition education, nutrition promotion, and physical education time to foster lifelong habits of healthy eating and physical activity. Nutrition lessons and topics are integrated into the curriculum. Students should have the appropriate skills necessary to make nutritious food choices. Both departments will establish links between high quality nutrition education within the school and community. The school environment should be aligned with healthy school goals to positively influence a student’s understanding and habits as they relate to good nutrition and regular physical activity. The district website will keep the public updated on the policy content and implementation status. The Shelby County Board of Education and DAY Program will proactively comply with all federal and state nutrition and physical activity regulations.

Nutrition Standards – The DAY Program will participate in available school meal programs, including the National School Lunch Program, and the Summer Food Service Program. Child nutrition professionals will receive training consistent with USDA standards to assist them in providing 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. School staff will ensure students have adequate time to eat and access to free drinking water during meals and during the school day. All foods and beverages sold at school during school day will meet or exceed the nutrition standards identified by USDA and the State of Alabama Board of Education. The applicable USDA meal standards can be found online at <https://www.gpo.gov/fdsys/pkg/FR-2012-01-26/pdf/2012-1010.pdf> and Smart Snack Standards can be found online at <https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>. Nutritional information for meals served is available on the district website. School cafeterias will promote and encourage students to eat healthy food items including fruits, vegetables, whole grains, and/or low-fat milk.

Physical Education and Physical Activity Opportunities – The DAY Program will offer physical education opportunities that include the components of a sound physical education program. Physical education will equip students with the knowledge, skills, and values necessary to maintain healthful lifelong physical activity. All students will be provided the opportunity to participate regularly in supervised physical activities that are 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 – The DAY Program is committed to providing a school environment that promotes and protects children’s health, well-being, and ability to learn by supporting healthy eating and physical activity. All foods and beverages utilized as fundraisers during the school day must be Smart Snack Compliant or have an exemption form completed. Schools are allowed thirty exemptions per school year. The completed “Alabama’s Implementation of USDA Smart Snacks in School and Exempt Fundraisers Form” must be kept on file at the school and with the Child Nutrition Program Coordinator. Class parties and celebrations which involve foods and/or beverages provided to students during the school day are encouraged to include Smart Snack compliant items. Schools should only market healthy foods and beverages during the school day that are Smart Snack complaint. The DAY Program 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. The school’s local wellness team coordinator, in conjunction with the Shelby County Child Nutrition Program Area Manager, will periodically monitor and review the wellness policy for compliance. An assessment of the wellness policy will occur at least every three years, conducted by the wellness committee and will be revised as needed. The results of the assessment and updates (if any) will be made available on the DAY Program website.

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. Applications for Free and Reduced price meal benefits are available on the district website or at the local school. The district shall ensure that students qualifying for free or reduced priced meal benefits are not overtly identified. 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. School employees are strongly encouraged to model healthy behaviors for students, including eating and physical activity. Teachers are encouraged to use non-food alternatives such as physical activity as a reward. Food should not be used as a punishment. Any concerns regarding the local lunch program should be reported to the Executive Director.

The Executive Director and her 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 within Shelby County Schools. The accounting, financial planning, and reporting functions of the program shall be coordinated within the Shelby County central office and appropriate DAY Program personnel.

All sanitation standards required by law shall be strictly observed in the local school’s child nutrition program and DAY Program. This shall include, but not limited to, physical examination requirements of employees, preparation procedures, conditions of kitchens and dining areas and maintenance produces. The CNP Coordinator and Executive Director will share responsibility for the operation and supervision of the school child nutrition program.

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