

Phenix City Schools Wellness Policy



District Wellness Committee

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Phenix City Schools Vision Statement

Phenix City Schools' vision is to pursue excellence on behalf of every student in every school.

Phenix City Schools Mission Statement

In collaboration with families and community members who are personally committed to the success of each student, Phenix City Schools strives to become a premier school system. Staff members effectively engage students and inspire their emotional, ethical, intellectual, physical, and social development. Through an inquiry-based teaching approach and utilization of innovative practices to foster student ownership of learning, these empowered students will possess the ability to adapt in an ever-changing world and will become responsible and productive citizens who positively impact society.

Wellness Committee

A district wellness committee will meet a minimum of twice annually to review compliance with the Phenix City Schools Wellness Policy. This committee will be composed of a representative from various schools, the district wellness coordinator, the lead nurse, the child nutrition director, and curriculum and instruction representatives.

Each school will have a wellness committee that could include, but not be limited to: administrators, teachers, school nurses, food service directors/staff, parents/family members, students, local health department representatives, business and/community members, school board members, custodians, health care professionals, physical education teachers, recreation departments and transportation staff. This committee will meet at least twice annually to provide annual training, review compliance, and set or monitor goals. Meeting dates, times, and locations will be publicized on the district and school websites to promote public involvement.

1) Nutrition Education

- a) Nutrition lessons will be integrated into the curriculum and the health education program.

- b) Schools will provide nutrition education lessons that cover topics such as reading a Nutrition Facts label.
- c) Nutrition topics will be integrated within the comprehensive health education curriculum and taught at every grade level (K-12).
- d) Nutrition education will be integrated into the broader curriculum, where appropriate.
- e) The entire school environment will be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.
- f) Phenix City Schools' nutrition education program will use a variety of community resources to address agriculture and the food system, such as field trips to local farms, the Farm City Soil and Water Poster and Poetry contest, and locally sourced produce.

2) Standards for USDA Child Nutrition Programs and School Meals

- a) Meals served through Phenix City Schools Child Nutrition Program will comply with the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in [7 CFR 210.10 or 220.8](#).
- b) All Phenix City Schools offer breakfast to all students in grades K-12 through the [USDA School Breakfast Program](#).
- c) Phenix City Schools cafeterias utilize Titan as the point of sale software. This software houses student lunch status which allows students to prepay or pay cash for meals. Students are required to enter a unique identifier at the point of sale, which regardless of the lunch status, allows students' lunch information to remain confidential and non-discriminatory.
- d) Phenix City Schools will serve students a reimbursable meal, regardless of whether the student has money to pay or owes money. Phenix City Schools will communicate with families to collect unpaid balances and assess whether the student is eligible for free or reduced-priced meals.
- e) Phenix City Schools provides a link on the school website for parents to complete the free or reduced lunch application. The CNP district office will work with schools to assist in ensuring families have access to the internet to complete the application.
- f) All students within Phenix City Schools have an allotted lunch period. Bus routes are designed to give all students the opportunity to eat breakfast prior to the start of the school day. Through Smart Snack

compliance, Phenix City Schools discourages students from consuming competitive foods during meal service times which allows the Child Nutrition Department to offer more nutritious meals to assist students in forming lifelong healthy eating habits.

- g) Phenix City Schools schedules meal times to ensure students receive a minimum of 10 minutes of “seat time” after receiving a meal for breakfast and a minimum of 20 minutes of “seat time” for lunch.
- h) Phenix City Schools provides potable water during all meal service at no charge to students. Water filling stations, water coolers, or ice water is available during all meal services. Cups are provided by the Child Nutrition Department if needed.
- i) Phenix City Schools follow the recommendations of the USDA Professional Standards for State and Local Nutrition Programs. USDA guidance is followed to ensure that professional development in the area of food and nutrition is provided for food service directors, managers, and staff. New and current food service directors must have at least 12 hours; new and current managers must have at least 10 hours; new and current staff must have at least 6 hours.
- j) Phenix City Schools meals will include fresh, locally-grown foods in school meals from local farms if available.

3) Nutrition Standards for Competitive and Other Foods and Beverages

- a) Phenix City Schools will maintain compliance with all federal and state nutrition standards for all foods served during the school day. The school day is defined as any time after midnight the night before and 30 minutes after the final bell.
- b) Any food sold during the school day will be required to meet all [USDA Smart Snack](#) standards.
- c) It is the policy of Phenix City Schools that all a la carte foods and beverages sold to students during the school day on any property under the jurisdiction of the district will meet the U.S. Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition standards. No competitive foods or beverages may be sold during the school day.
- d) It is the policy of Phenix City Schools that all foods and beverages sold in vending machines to students on any property under the jurisdiction of the district will meet the U.S. Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition

standards. No competitive foods or beverages may be sold during the school day. All vending machines which are accessible to students must be turned off during the school day. The school day is defined as any time from the midnight prior, to 30 minutes after the end of the official school day.

- e) It is the policy of Phenix City Schools that all foods and beverages sold in school stores to students on any property under the jurisdiction of the district will meet the U.S. Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition standards. No competitive foods or beverages may be sold during the school day.
- f) It is the policy of the Phenix City School District that all foods and beverages sold as a fundraiser to students during the school day on any property under the jurisdiction of the district will meet the U.S. Department of Agriculture (USDA) school meal and Smart Snacks in School nutrition standards.
- g) Any infrequent food-related fundraisers must be pre-approved by the CNP department and be included on the attestation forms which are due on July 1st and January 1st of each academic semester. These infrequent food-related fundraisers must meet the [Alabama Smart Snack](#) guidance. These pre-approved fundraisers can not begin until one hour after the last lunch wave is served. If found out of compliance, the proceeds from the fundraiser will be the property of the CNP department.
- h) Phenix City Schools prohibits the sale of foods and/or beverages containing caffeine (with the exception of trace amounts of naturally occurring caffeine) in elementary and middle schools.
- i) Classroom parties, celebrations, etc. in all Phenix City Elementary Schools shall be limited to one snack and one beverage from a list of [Smart Snack allowable](#) items.
- j) Phenix City Schools will provide snacks in aftercare that are served via the Child and Adult Care Food Program and meet the requirements of that program.
- k) Any snacks sold to Phenix City Schools students during after school programs will meet the same nutrition standard as food sold during the school day.
- l) Phenix City Schools will not use food or beverages as rewards for academic, classroom, or sports performances.

- m) Students and staff will have access to free, safe, and fresh drinking water throughout the school day.

4) Physical Education Physical Activity

- a) The physical education curriculum for grades K-12 will be aligned with established state and physical education standards.
- b) Schools will provide physical education that fosters lifelong habits of physical activity.
- c) All elementary school students will receive 150 minutes per week of physical education instruction throughout the school year.
- d) All middle school students will receive 225 minutes of physical education instruction per week throughout the school year.
- e) All freshman high school students shall receive 225 minutes per week of physical education instruction throughout the school year.
- f) Physical education for grades K-12 is required to be taught by a certified/licensed teacher who is endorsed to teach physical education.
- g) The school district will provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers.
- h) Schools may not allow students to be exempt for required physical education class time or credit for courses that do not require physical fitness assessment.
- i) The school district allows substitution for Navy Junior Reserve Officers Training Corps, year 1, or Marching Band for physical education class time or credit in place of required physical education, as each requires physical fitness training and assessment.
- j) Physical activity opportunities should be provided at the school for families and community members."
- k) Students should have the opportunity to be physically active before and after school.
- l) Teachers should provide students with physical activity breaks.
- m) Phenix City Schools enters joint-use agreements with community partners, upon request, in order to provide expanded physical activity opportunities for all students and community members.
- n) Schools should promote walking and biking in the community when safe routes are available.

5) Wellness Promotion and Marketing

- a) Phenix City Schools' staff members shall be encouraged to model healthy eating and physical activity behaviors.
- b) Phenix City Schools offer free water and healthy snacks that can be purchased through each school's cafeteria.
- c) Phenix City Schools prohibits the use of food as a reward. We strongly recommend staff use physical activity as a reward when feasible.
- d) Phenix City Schools prohibit the use of physical activity as a consequence of poor behavior or punishment for any reason. (Example: running laps or jogging around a playground)
- e) Phenix City Schools prohibit the withholding of recess, PE or other physical activities will not be withheld from students as a punishment for poor behavior or incomplete class work.
- f) Phenix City Schools cafeterias will prominently display the healthiest choices, such as salads and fruit, in the cafeterias to encourage students to make healthy choices.
- g) Marketing on Phenix City School campuses will be limited to those products that are allowed to be sold according to the Smart Snack guidelines.
- h) The advertising of foods and beverages that are not available for sale in Phenix City Schools will not be advertised on any school property.
- i) Criteria for selecting educational materials for the classroom shall be expanded to include review of advertising content. Every effort will be made to select materials free of brand names/logos and illustrations of unhealthy foods on Phenix City Campuses.
- j) Advertising of any food or beverage that may not be sold on any Phenix City School campus during the school day is prohibited. Advertising of any brand on containers used to serve food or in areas where food is purchased is prohibited within Phenix City Schools.
- k) Phenix City Schools will not expose students to food marketing of any kind. All advertising in school publications and school media outlets must be approved by the principal or the district's public relations staff.
- l) Phenix City Schools prohibits ALL advertising of food and beverages that cannot be sold to students during the school day/do not meet Smart Snack nutrition standards and specifically prohibits school participation in fundraising programs promoting brands or food and beverage companies.

6) Implementation, Evaluation, and Communication

- a) Phenix City Schools has developed a wellness committee that includes child nutrition, curriculum, teachers, school health professionals, and administrators. This committee will meet twice a year to modify and assess the effectiveness of the district's wellness policy.
- b) Parents, students, representatives of the school food authority, PE teachers, school health professionals, the school board, school administrators, and the general public will be included in the development, implementation, review, and update of the wellness policy. Notices of invite will be shared on the district's and CNP's social media accounts.
- c) The Superintendent and CNP Director will ensure compliance with established district-wide nutrition and physical activity policies. Each school administrator shall ensure compliance on their campus.
- d) All Phenix City Schools shall promote their local wellness policy to faculty, staff, parents, and students. A copy shall be posted on each school's website.
- e) The Wellness Committee shall conduct a quantitative assessment of policy implementation every three years using the Wellness School Assessment Tool-Implementation (WellSAT-I).
- f) Phenix City Schools triennial progress report will be posted on the district website. The report will include an assessment on compliance, the extent to which our wellness policy compares to model wellness policies, and progress made in achieving goals.
- g) Every three years, the wellness committee of Phenix City Schools will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly.
- h) Each school within Phenix City will create a school-level wellness committee that meets twice a year to evaluate the schools' compliance with the district wellness policy.

Triennial Assessments

The LEA will conduct an assessment of the wellness policy every 3 years, at a minimum. This assessment will determine:

- Compliance with the wellness policy
- How the wellness policy compares to model wellness policies
- Progress made in attaining the goals of the wellness policy
- Documentation of efforts to review and update the policy, including who was involved in the process and how stakeholders were made aware of their ability to participate.

Current Assessment: May 2023

Triennial Assessment: No later than May 2027

Updates will occur at any point needed prior to this date.

Updates will be posted for the public, at a minimum, on a yearly basis.