

Hartselle Intermediate School
Wellness Plan Committee Members:

Chris Wimberley - Chairman
Christine Craig - Nurse
Karen Carnes - Parent
Kathy Norwood – CNP Manager
Gaylon Parker - Principal
Debra Harvel– Assistant Principal
Allyson Hamilton-Counselor
Chandler Phillips - Paraprofessional

Hartselle Intermediate School Wellness Plan

Hartselle Intermediate School and the Hartselle City Schools Board of Education are committed to providing a school environment that enhances learning and development of lifelong wellness practices. The Wellness Plan has four components:

- Setting nutrition education goals,
- Setting physical activity goals,
- Establishing nutrition standards for all foods available on school campus during the school day, and
- Setting goals for other school-based activities designed to promote student wellness.

The School Wellness Committee will monitor the school's implementation of the wellness plan and evaluate student health and activities. The committee shall offer revisions to the plan annually or more often, if necessary. The child nutrition director and school principals are charged with the operational responsibility for ensuring that each school remains in compliance with the local wellness plan. The results will be reported to the superintendent and members of the Hartselle City Schools Board of Education.

To accomplish these goals:

- Child Nutrition Programs will comply with federal, state and local requirements. Child Nutrition Programs will be accessible to all children.
- Nutrition education will be provided and promoted.
- Patterns of meaningful physical activity will be connected to students' lives outside of physical education.
- All school-based activities will be consistent with local wellness plan goals.
- All foods and beverages will be made available on campus (including snacks, a la carte, parties, and fundraising) during the school day and will be consistent with USDA Smart Snacks Standards.
- All foods made available on campus will adhere to food safety and security guidelines.
- The school environment will be safe, comfortable, pleasing, and allow ample time and space for eating meals and physical education.
- Food and physical activity will not be used as a reward or punishment.

Hartselle Intermediate School Wellness Plan Component 1: Setting Nutrition Education Goals

The primary goal of nutrition education is to influence students' eating behaviors.

- Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts and social studies, wherever appropriate. Students receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Nutrition education will be offered in the cafeteria as well as in the classroom, with coordination between the foodservice staff and teachers.
- The Child Nutrition staff will participate in professional development activities as required by USDA Professional Standards that provide basic knowledge of nutrition and strategies designed to promote healthy habits.
- The Child Nutrition staff will consider student needs in planning for a healthy school menu. Students will be asked for input and feedback through the use of student surveys and student cafeteria committees.
- Menus will meet the nutrition standards established by the U.S. Department of Agriculture and the Alabama State Department of Education, conforming to good menu planning principles, and featuring a variety of healthy choices that are tasty, attractive, of excellent quality, and will be served at the proper temperature.
- Students will receive consistent nutrition messages throughout the school, classroom and cafeteria, home, and community.
- Advertising messages will be consistent with and reinforce the objectives of the education and nutrition environment goals of the school.
- Students will be encouraged to start each day with a healthy breakfast.

Hartselle Intermediate School Wellness Plan Component 2: Setting Physical Activity Goals

The primary goal for a school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity and understand the short-term and long-term benefits of a physically active and healthful lifestyle.

- Physical activity will be integrated across curricula and throughout the school day.
- Physical education courses will be in an environment where students learn, practice, and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- Policies will ensure that state-certified physical education instructors teach all physical education classes.
- Physical education will include the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- Adequate equipment will be available for students to participate in physical education. Physical activity facilities on school grounds will be safe.
- The school will provide a physical and social environment that encourages safe and enjoyable activities for all students, including those who are not athletically gifted.
- Information will be provided to families to help them incorporate physical activity into their student's lives through extracurricular athletic programs as well as collaboration with Hartselle Parks and Recreation department and after school programs sponsored by other organizations such as: Upward Basketball League, AYSO Soccer League, Dixie Youth Basketball League, Dixie Youth Baseball and Softball League, and Hartselle Youth Volleyball League.
- The school will encourage families and community members to institute programs that support physical activity.

Hartselle Intermediate School Wellness Policy Component 3: Establishing Nutrition Standards for All Foods Available on School Campus During the School Day

Students' lifelong habits are greatly influenced by the types of foods and beverages available to them. Schools must ensure that reimbursable meals meet the program requirements and nutrition standards. They must also establish standards to address all foods and beverages sold or served to students, including those available outside of the school meal programs.

- School meals will meet the Child Nutrition Program requirements and nutrition standards found in Federal regulations and the Alabama State Board of Education requirements.
- All foods made available on campus will comply with the current USDA Smart Snacks Standards
- Food providers will take every measure to ensure that student access to foods and beverages meets federal, state, and local laws and guidelines.
- Promotional activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement, or positive youth development and are in compliance with local guidelines.
- Food providers will be sensitive to the school environment in displaying their logos and trademarks on school grounds.
- Advertising of foods or beverages in the areas accessible to students during meal times will be consistent with established nutrition environment standards.
- Foods sold through approved Exempt Fundraising activities must be pre-approved by the Hartselle Intermediate School Wellness Committee prior to the July 1 and January 1 deadlines in accordance with state policy.

Hartselle Intermediate School Wellness Policy Component 4: Setting Goals for Other School-Based Activities Designed to Promote Student Wellness

Guidelines established under this category create a school environment that provides consistent wellness messages and is conducive to healthy eating and being physically active.

- A clean, safe, enjoyable meal environment will be provided for students. Dining areas will be attractive and have enough space for seating students.
- School personnel will encourage all students in developing the healthy practice of washing hands before eating.
- Adequate time for student to enjoy eating healthy foods will be provided. The National Association of State Boards of Education recommends that students should be provided adequate time to eat lunch and breakfast, at least 10 minutes for breakfast and 20 minutes for lunch from the time the student is seated.
- Lunch periods will be scheduled as near the middle of the school day as possible.
- Food is prohibited as a reward or a punishment for student behaviors, unless it is detailed in a student's Individualized Education Plan (IEP).
- After-school programs will encourage physical and healthy habit formation.
- Local wellness plan goals will be considered in planning all school-based activities.
- All food service personnel shall have adequate pre-service training in food service operations.
- The cafeteria manager is properly qualified and certified according to current professional standards to administer the school food service program and satisfy reporting requirements.
- All foods made available on campus comply with federal, state, and local food safety and sanitation guidelines. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
- For the safety and security of the food and facility, access to the food service operations will be limited to Child Nutrition staff and authorized personnel only.
- There is a nurse available to students, parents, faculty, staff and other care givers during the school day.

- The school will provide and support preventive measures such as: Vision Screenings, Hearing Screenings, and Scoliosis Screenings.
- The school will comply with all Federal, State, and local immunization guidelines.
- School attendance will be promoted by having the school nurse available for phone and personal consultation.
- A certified school counselor will be available to students, parents, faculty, and staff during the school day.
- The counselor will have an updated community resource list available for referral purposes.
- The counselor will provide lessons and consultation that promotes student wellness.

**Hartselle Intermediate
School Wellness Plan
Goals for 2016-2017**

Activity	Date
1. Taste Test for students and faculty/staff	September 2016, February 2017
2. Student survey concerning food choice and suggestions for the cafeteria	October 2016
3. Meal viewer on Facebook and HIS website	Monthly
4. Menu will be read on morning announcements	Daily
5. Fitness Journals will be used in PE	September 2016-April 2017