



# **Hartselle City Schools**

## **Child Nutrition Program Wellness Guidelines**

**Approved – June 2023**

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# **Hartselle City Schools**

## **Child Nutrition Program Wellness Guidelines**

### **Preamble**

Hartselle City Schools (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.<sup>1,2,3,4,5,6,7</sup> Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.<sup>8,9,10</sup> In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.<sup>11,12,13,14</sup> Finally, there is evidence that adequate hydration is associated with better cognitive performance.<sup>15,16,17</sup>

These guidelines outline the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, these guidelines establish goals and procedures to ensure that:

- Students have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education in order to develop lifelong healthy eating habits;
- Students have opportunities to be physically active;
- Schools engage in nutrition and physical activity promotion that promote student wellness;
- The community is encouraged to support the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits;
- The District establishes and maintains management, oversight, implementation, communication and monitoring of the guidelines and established goals.

These guidelines apply to all students, staff and schools in the District.

### **I. School Wellness Committee**

#### ***Committee Role and Membership***

The District will create a district wellness committee (hereto referred to as the DWC) that meets to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness Guidelines (heretofore referred as "wellness guidelines").

The DWC membership will represent all school levels (Pre-K - 12) and may include, but not be limited to: parents and caregivers; students; representatives of the school nutrition program; physical

education teachers; health education teachers; school health professionals, mental health and social services staff; school administrators, school board members; health professionals; and the general public. To the extent possible, the DWC will include representatives from each school feeder pattern and reflect the diversity of the community.

### **Leadership**

The DWC will facilitate development of and updates to the wellness guideline, and will ensure each school's compliance with the guidelines.

The name(s), title(s), and contact information (email address is sufficient) of this/these individual(s) is(are):

- |                     |                             |                                  |
|---------------------|-----------------------------|----------------------------------|
| • Julie Bone, Chair | CNP Director                | julie.bone@hartselletigers.org   |
| • Kelli Morton      | District Lead Nurse         | kelli.morton@hartselletigers.org |
| • Hope Wilkins      | CNP Manager - HJHS          | hope.wilkins@hartselletigers.org |
| • Dana Gladden      | Mental Health Counselor     | dana.gladden@hartselletigers.org |
| • Melanie Daves     | Elementary School Parent    | meldaves24@gmail.com             |
| • Christie Guthrie  | Jr. High/High School Parent | clguthrie78@gmail.com            |

### **Goals of Wellness Guidelines**

1. Hartselle City Schools (HCS) is committed to serving healthy meals to children, featuring fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements and that support healthy eating.
2. HCS school nutrition program directors, managers and staff will meet or exceed requirements in the USDA professional standards for child nutrition professionals.
3. HCS will promote hydration and strive to make free, safe, unflavored drinking water available to all students throughout the school day and throughout every school campus
4. HCS will encourage nutrition that positively influences lifelong eating behaviors and environments that encourage healthy choices and encourage participation in school meal programs.
5. HCS will provide students with physical education as dictated through district grade level curriculum requirements.

## **II. Implementation, Monitoring, Accountability Community Engagement**

### **Implementation Plan**

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness guideline. The plan delineates roles and responsibilities; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. The wellness guideline and the assessment tools can be found at [www.hartselletigers.org](http://www.hartselletigers.org)

### **Recordkeeping**

The District will retain records to document compliance with the requirements of the wellness guideline at the Child Nutrition Program Office at the Hartselle City Board of Education. Documentation maintained in this location will include but will not be limited to:

- The written wellness guideline;
- Documentation demonstrating that the guideline has been made available to the public;

- Documentation of efforts to review and update the Local Schools Wellness Guideline
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness guideline;
- Documentation of the most recent assessment on the implementation of the Local School Wellness Guideline is available to the public.

### ***Annual Notification of Guidelines***

The District will actively inform the public each year of basic information about this guideline, including its content, any updates to the guideline and implementation status. The District will make this information available via the district website and/or communications. The District will provide as much information as possible about the school nutrition environment. Annually, the District will also publicize the name and contact information of the District/school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

### ***Triennial Progress Assessments***

At least once every three years, the District will evaluate compliance with the wellness guideline to assess the implementation of the guideline and include:

- The extent to which schools are in compliance with the wellness guideline;
- The extent to which the wellness guideline compares to the Alliance for a Healthier Generation's model wellness guideline; and
- A description of the progress made in attaining the goals of the District's wellness guideline.

The person responsible for managing the triennial assessment is Julie Bone, CNP Director.

The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness guideline. The District/Schools will publicly post the results of the triennial progress report.

### ***Revisions and Updating the Guideline***

The DWC will update the wellness guideline based on the results of the annual School Health Index and triennial assessments and/or as District priorities change. **The wellness guideline will be assessed and updated as indicated at least every three years, following the triennial assessment.**

### ***Community Involvement, Outreach and Communications***

The District is committed to being responsive to community input, which begins with awareness of the wellness guideline. The District will communicate ways in which representatives of DWC and others can participate in the wellness guideline through a variety of appropriate means.

## **III. Nutrition**

### ***School Meals***

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving; and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate are committed to offering school meals in the USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP).

### ***Staff Qualifications and Professional Development***

All school nutrition program directors, managers and staff will meet or exceed hiring and training requirements in the [USDA professional standards for child nutrition professionals](#). These school

nutrition personnel may refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

### ***Water***

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The District will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water throughout the day.

### ***Competitive Foods and Beverages***

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum, as well as meeting State Snack and Beverage Guidelines or the local schools will have a Smart Snack Exemption Form on file with the CNP dept.

### ***Fundraising***

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus and consumed during the school day. If food or beverage items are sold that are not in compliance, an Exemption form will be on file with the local CNP office for each event planned.

Whether the fundraising food item is Smart Snack Compliant or if it is listed in the Exemption form, food may not be sold in competition with the food service time of the cafeteria, 1 hour before or 1 hour after the last child is served a meal in the cafeteria.

### ***Celebrations and Rewards***

All foods offered on the school campus are to meet or exceed the USDA Smart Snacks in School nutrition standards, including:

1. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior
2. A list of healthy party ideas to parents and teachers, including non-food celebration ideas may be obtained from the Alliance for a Healthier Generation and from the USDA.

### ***Nutrition Promotion***

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

### ***Nutrition Education***

Schools will provide nutrition education and engage in nutrition promotion.

## **IV. Physical Education**

### ***Physical Education***

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education.

## **V. Other Activities that Promote Student Wellness**

Schools are encouraged to coordinate content across curricular areas that promote student health.

### ***References***

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JM, Pagano ME, Nachmani J, Sperling P, Kane S, Kleinman RE. The relationship of school breakfast to psychosocial and academic functioning: Cross-sectional and longitudinal observations in an inner-city school sample. *Archives of Pediatrics and Adolescent Medicine*. 1998;152(9):899–907.

<sup>5</sup> Pollitt E, Mathews R. Breakfast and cognition: an integrative summary. *American Journal of Clinical Nutrition*. 1998; 67(4), 804S–813S.

<sup>6</sup> Rampersaud GC, Pereira MA, Girard BL, Adams J, Metz J. Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents. *Journal of the American Dietetic Association*. 2005;105(5):743–760, quiz 761–762.

<sup>7</sup> Taras, H. Nutrition and student performance at school. *Journal of School Health*. 2005;75(6):199–213. <sup>8</sup> MacLellan D, Taylor J, Wood K. Food intake and academic performance among adolescents. *Canadian Journal of Dietetic Practice and Research*. 2008;69(3):141–144.

<sup>9</sup> Neumark-Sztainer D, Story M, Dixon LB, Resnick MD, Blum RW. Correlates of inadequate consumption of dairy products among adolescents. *Journal of Nutrition Education*. 1997;29(1):12–20.

<sup>10</sup> Neumark-Sztainer D, Story M, Resnick MD, Blum RW. Correlates of inadequate fruit and vegetable consumption among adolescents. *Preventive Medicine*. 1996;25(5):497–505.

<sup>11</sup> Centers for Disease Control and Prevention. *The association between school-based physical activity, including physical education, and academic performance*. Atlanta, GA: US Department of Health and Human Services, 2010. <sup>12</sup> Singh A, Uijtdewilligne L, Twisk J, van Mechelen W, Chinapaw M. *Physical activity and performance at school: A systematic review of the literature including a methodological quality assessment*. *Arch Pediatr Adolesc Med*, 2012; 166(1):49-55.

<sup>13</sup> Haapala E, Poikkeus A-M, Kukkonen-Harjula K, Tompuri T, Lintu N, Väistö J, Leppänen P, Laaksonen D, Lindi V, Lakka T. *Association of physical activity and sedentary behavior with academic skills – A follow-up study among primary school children*. *PLoS ONE*, 2014; 9(9): e107031.

<sup>14</sup> Hillman C, Pontifex M, Castelli D, Khan N, Raine L, Scudder M, Drollette E, Moore R, Wu C-T, Kamijo K. *Effects of the FITKids randomized control trial on executive control and brain function*. *Pediatrics* 2014; 134(4): e1063- 1071.

<sup>15</sup> Change Lab Solutions. (2014). *District guideline Restricting the Advertising of Food and Beverages Not Permitted to be Sold on School Grounds*. Retrieved from <http://changelabsolutions.org/publications/district-policy-school-food-ads>

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1. **Mail:** U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue,  
SW Washington, D.C. 20250-9410; or
2. **Fax:** (202) 690-7442; or
3. **Email:** [program.intake@usda.gov](mailto:program.intake@usda.gov).

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