Cherokee County Schools Wellness Policy

Cherokee County Schools Vision Statement

Educate. Inspire. Empower.

Philosophy Statement: Cherokee County Schools Wellness Policy

It is the belief of Cherokee County Schools that student wellness is essential to academic success and lifelong health. Our district recognizes that physical well-being, mental health, and emotional balance are foundational to effective learning, positive behavior, and personal growth. Therefore, we are committed to cultivating a supportive school environment that promotes nutritious eating habits, regular physical activity, mental and emotional wellness, and healthy lifestyle choices for students as well as our employees.

Through collaboration among students, families, staff, and the community, we strive to equip every student with the knowledge, skills, and motivation necessary to make informed decisions that lead to a lifetime of wellness. Cherokee County Schools embraces an approach that values the whole child and ensures our schools are places where wellness, respect, and learning thrive together.

I. Nutrition Education and Promotion

GOAL: *To share nutrition information with students, staff, faculty, parents, and community members so as to encourage an environment of wellness and health awareness.*

- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities that aid in the effective delivery of accurate and up-to-date nutrition education programs.
- Nutrition education will be aligned with federal standards and objectives as well as with the College and Career Ready Standards.
- School Cafeterias will provide additional nutrition information by using the cafeteria as a “learning library” to allow students to apply critical thinking using classroom skills.

- Families and the community will be provided with nutritional education resources via the Child Nutrition Program website.
- School faculty and staff will be encouraged to be positive role models for good nutrition and health and wellness.
- The CNP Director will share available resources such as lesson plans and other resources on the CNP Website so that they are accessible to faculty and staff as well as parents and students.

II. Physical Activity

GOAL: *To ensure that students, staff, faculty, parents, and community members are aware of the importance of physical activity and to encourage long-term physical activity participation and knowledge.*

- The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those that are not athletically gifted.
- Schools are encouraged to provide information to parents on afterschool programs that include physical activity pending approval of the school principal.
- Adequate, approved equipment is available for students to participate in physical activity.
- State certified physical education instructors teach all physical education classes and these classes are offered in accordance with the program outlined by the Alabama State Department of Education.
- Time allotted for physical education will align with federal and state requirements.
- Exemption from or substitutions of physical education requirements shall be done on a limited case-by-case basis.
- Recess shall be available for elementary students during the school day when possible due to weather or other limitations.
- Physical activity and/or exercise should not be used as a form of reward or punishment for students except in limited cases approved by the appropriate school personnel.

III. Standards for Foods and Beverages Available at School

GOAL: *To assist students in developing healthy eating habits that will last throughout their lifetimes and to ensure that every student has access to healthy food during the school day.*

- All school meal patterns shall meet the regulations and guidance set forth by the federal Child Nutrition Act and the National School Lunch Act, USDA Smart Snack Standards, and the Alabama State Department of Education regulations. Link: https://www.gpo.gov/fdsys/pkg/FR-2012-01-26/pdf/2012-1010.pdf
- All county schools will participate in the National School Lunch Program and the School Breakfast Program and offer access to free and reduced priced meals through compliance with local, state, and federal guidelines.
- After-school meals and snacks through CACFP or funded by USDA through any other program will meet the guidelines set forth in that program and follow all requirements and regulations regarding meal times, serving sizes, meal components, record keeping, training, etc.
- All students will be provided an application for free/reduced meals and information about access to an online application will be provided on the system website.
- Student confidentiality regarding free/reduced meal status will be protected and non-identifying procedures are used through the point of sale system.
- Students will be allowed at least 15 minutes to eat breakfast and 20 minutes to eat lunch.
- Activities will not interfere with meal times and school administrators will not establish policies, class schedules, bus schedules, or drop-off points that restrict access to school meals.
- All child nutrition program staff will meet or exceed hiring and annual continuing education/training requirements set forth by the USDA and state regulations.
- Drinking water will be accessible during meal periods and at various locations within the school buildings. Sources will include but are not limited to water fountains, bottle filling stations, pitchers and coolers of potable water.
- For a student with a chronic medical condition such as diabetes, cystic fibrosis, or a non life threatening food allergy, a dietary needs form should be signed by the child's physician. The school nurse will provide a copy of the signed dietary needs form to the Child Nutrition Program Director and notify the lunchroom staff.
- School cafeterias will participate in a minimum of TWO health inspections per year and report scores on their website for public viewing.
- Competitive foods may not be sold or given away anywhere on the school campus during regularly scheduled meal periods. Meal period time frames are defined by the USDA are one hour before and after school meals.
- Fundraisers shall meet the standards set forth in the USDA Smart Snacks in Schools Standards or be exempt based on the state memo dated September 20,

2016 titled “USDA Smart Snacks in Schools and Fundraising Reminder”. The USDA defines the school day from midnight before the day starts until 30 minutes after the school day ends

- School cafeterias will no longer deep fat or immersion fry as part of meal preparation in compliance with the above referenced memo.
- Food and beverages marketed to students must meet Smart Snacks in Schools standards.
  Link: https://www.fns.usda.gov/sites/default/files/tn/USDASmartSnacks.pdf
- Foods of minimal nutritional value should not be offered. However, some items such as birthday cakes and/or cupcakes may be allowed on an infrequent basis but may not interfere with scheduled meal service. Schools have the discretion to prohibit any specific items.
- Food shall not be used as a punishment. Food and/or beverages from outside restaurants (ex- McDonalds, Subway, etc) may not be brought into the cafeteria in their original packages/bags/wrappers/cans/bottles/cups; these foods must be placed in an unmarked bag and/or cups.
- High School Grades will apply the caffeine standards set forth in USDA policy.
- Procurement will include language allowing for local preference to allow cafeterias to purchase local produce when possible to support Farm to School.
- Cafeterias will promote local items with signage when possible so students and staff are aware of items procured locally.

IV. Other Schools Based Activities

GOAL: *To remove barriers that might exist to healthy eating habits and overall wellness and student health.*

- Screenings for various needs will be provided at schools to help promote student wellness. These screenings will be age appropriate and may include, but not limited to, vision, hearing, dental, and scoliosis screenings.
- Schools will comply with all federal, state, and local immunization guidelines.
- Information concerning AllKids insurance program guidelines and application is available to parents/guardians on the Cherokee County Board of Education Health Services webpage and brochures are readily available in the school nurse’s office.
- All school personnel will receive annual training on topics such as anaphylaxis, blood borne pathogens, norovirus, and food safety.
- Proper, stocked hand-washing facilities and hand-sanitizing stations will be located throughout schools.

- When available, employees will be made aware of programs and activities that benefit their individual physical and mental wellness.

V. Governance, Implementation, Evaluation

GOAL*: To evaluate the implementation of our Wellness Policy and ensure that it is assessed and updated regularly using a diverse group of individuals from various demographics.*

- A Wellness Committee that represents various demographics will be responsible for writing a Wellness Policy and monitoring the implementation of this policy at the school level. The Wellness Committee shall permit the participation of parents, students, administrators, school health professionals, physical education teachers, child nutrition professionals, faculty members, and the public in policy writing, evaluation, and implementation.
- An individual at each local school will be appointed to assess policy compliance and will report findings to the committee. School level wellness will be reviewed annually at a minimum by school staff or committees that will review each school's compliance with the Cherokee County Wellness Policy.
- Findings will be reported in a published report annually to the public on the CNP website.
- The wellness policy will be evaluated and updated at minimum once every three years.
- Information on the Wellness Policy will be shared online on the system website and in the policy manual.
- Revisions will also be conducted or the policy modified with the update of federal or state guidance or regulations.

Reference: Section 204 of the Healthy and Hunger Free Kids Act of 2010,
7 CFR 210, 1 CFR 220; Agency/Docket FNS-2014-0010

WELLNESS COMMITTEE MEMBERS

Christina Lee, CNP Director

Pam Flynt, CNP Secretary/Bookkeeper/Grandparent

Danielle Chandler, CNP Manager, Cedar Bluff

Tina Ramsey, CNP Assistant Manager, Cedar Bluff

Wes Neyman, Principal, CES

Windy Stone, CNP Manager, Gaylesville

Elizabeth White, CNP Manager/Grandparent, CES

Casey Kennedy, CNP Manager/Parent, Sand Rock

Ginger Harrelson, CNP Manager/Parent, Spring Garden

Jennifer Mackey, Attendance/Curriculum

Laura Browder, Mental Health/Parent

Ashley Long, CNP, CES

Ashley Clowdis, Special Education

April Poss, Teacher/Parent/21st Century, Gaylesville

Brittany Tinsley, Parent/CNP Asst. Manager, Sand Rock

Cindy Kiser, CNP Asst. Manager, CCHS

Mason Bearden, Student, Spring Garden

Wesley Gossett, Faculty, CES

Debbie Moon, Manager, CCHS

Savana Black, Parent/Assistant Manger, CMS

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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:**
   (833) 256-1665 or (202) 690-7442; or
3. **email:**
   Program.Intake@usda.gov

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