

Gadsden City Schools District Wide Wellness Policy

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 Board endorses the following programs, practices, and activities:

Nutrition Promotion and Education

Gadsden City Schools will promote nutrition education that teaches the knowledge, skills, and values needed to develop healthy eating habits and nutrition awareness that promotes student health. The nutrition education is to influence students' eating behaviors and school personnel can be positive role models by demonstrating healthy eating habits. This policy will be implemented throughout all school campuses, including school dining areas and classrooms and administered by trained personnel.

Nutrition Standards

Schools will participate in available school meal programs, including the National School Breakfast Program, National School Lunch Programs, the Afterschool Snack Program, the Summer Food Service Program, and the Supper Program. Child Nutrition professionals will provide 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. Students eating habits are influenced by the types of foods and beverages made available in schools via vending machines, parties, fundraisers, school events, class activities, and meal service. Gadsden City Schools meal patterns shall meet regulations and guidance set forth by the federal Child Nutrition Act and the National School Lunch Act, Smart Snack USDA standards, and Alabama State Department of Education regulations.

Food items in competition with the CNP scheduled meal time may not be sold or provided free of charge to students. Foods and beverages may not be sold on a school campus one hour before and one hour after CNP meal periods. After being seated with their meal, students must have a minimum of 15-20 minutes to consume their meal. The Board will allow the marketing of only the foods and beverages that meet nutrition standards for foods sold in schools. Students are not allowed to bring fast food meals into the cafeteria during breakfast or lunch unless these items are contained in an unidentifiable container.

Physical Education and Physical Activity Opportunities

The Board will offer physical education opportunities that include the components of a quality physical education program. Physically educated students are equipped with the knowledge, skills, and values necessary to maintain healthful, lifelong physical activity. Physical education instruction will be aligned with the curriculum. All students will be provided the opportunity to participate regularly in supervised physical activities that are developmentally appropriate and 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

Gadsden City Schools are committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Gadsden City Schools Wellness Committee will engage parents, teachers, food service professionals, health professionals, school representatives, school administrators and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies. The wellness team coordinator will conduct these monitoring activities on a yearly basis. All students will have opportunities to be physically active on a regular basis during the school day and beyond.

Administrative Implementation

The Superintendent is authorized to develop and implement administrative rules and directives that are consistent with this policy and that are based on input from teachers (including specialists in health and physical education), school nurses, parents and guardians, students, representatives of the school food service program, school board members, school administrators, and the public. The Superintendent will report to the Board, as requested, on programs and efforts that are designed to meet the purpose and intent of this policy. An interdisciplinary committee will meet annually to review and update the Gadsden City Schools District Wellness Policy. The Child Nutrition Program Supervisor will be responsible for leading and organizing the Local Wellness Policy committee's annual meeting.

Please contact the Child Nutrition Department at 256-549-2971 to participate in the development, review, update and implementation of the Local School Wellness Policy.

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Washington, D.C. 20250-9410
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