



**ALABAMA
AEROSPACE & AVIATION
HIGH SCHOOL**

Local Wellness Policy

Adopted SY2022-2023

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Preface

In accordance with 7 CFR 210.31(c), a Local Education Agency that participates in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) must establish a Local School Wellness Policy for all schools under its jurisdiction. As of June 30, 2017, Local Wellness Policies must meet the minimum requirements set forth in the Final Rule: Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010.

Local Wellness Policies are a valuable tool in the promotion of student health and wellness through the NSLP and SBP. Schools play an essential role in preparing students for successful futures, and proper nutrition and physical activity are key to creating constructive learning environments. Local Wellness Policies provide guidance to further support school's efforts to provide students with a successful and healthy future.

Wellness Policy Committee

Wellness Policy Leadership

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Wellness Policy Committee Members

Krystal Dean, School Food Service Manager, SLA Management

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Andrea Fiser, School Nurse

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Daniel White, Student

Wellness Policy Committee Responsibilities

Public Involvement

The Local Education Agency permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, the LEA shall invite a variety of stakeholders within the general public to participate in Local Wellness Policy processes. The following methods of communication will be utilized to notify the general public of the opportunity to participate in these processes:

- AAHS.org
- Student/Parent/Teacher meetings
- Written notification

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Alabama Aerospace & Aviation High School shall conduct assessments of the Local Wellness Policy every 3 years, beginning in 2025 and occurring every 3 years thereafter. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- Compare the LEA's wellness policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in the LEA's wellness policy

Updates

The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of the Local Education Agency. The LEA shall make the following available to the public:

- The Local Wellness Policy, including any updates to the policy, on a yearly basis
- The triennial assessment, including progress toward meeting the goals outlined in the wellness policy which will occur every 3 years

Through the following channels:

- AAHS.org
- Student/Parent/Teacher meetings
- Written notification

Records

The Local Education Agency shall maintain a record of the Local Wellness Policy. This includes keeping a copy of the current wellness policy on file and maintaining documentation of the following actions:

- The most recent assessment of the policy
- Availability of the wellness policy and assessments to the public
- Reviews and revisions of the policy, including the individuals involved and the efforts made to notify stakeholders of their ability to participate in the process

Nutrition

The Local Education Agency recognizes the important role nutrition plays in academic performance as well as the overall quality of life. The National Education Association references numerous articles supporting the effects of nutrition on the classroom, for example, hunger often has a negative impact on students' success, attendance, and behavior.

According to the Centers for Disease Control and Prevention, approximately 18.5 percent of the nation's youth was considered obese in 2015-16. This percentage increased 1.3 percent when compared to the previous year. Conversely, 15.7 percent of American families experienced food hardship in 2017. Through participation in the U.S. Department of Agriculture's School Nutrition Programs, the LEA commits to serving nutritious meals to students in order to prevent both overconsumption of nutrient-poor foods and food insecurity to give students the best chance to succeed inside and outside the classroom.

Nutrition Standards

Meals

All reimbursable meals served for the purposes of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must meet or exceed USDA nutrition standards and regulations. This includes meeting standards for each of the meal pattern components (i.e. Grains, Meat/Meat Alternates, Fruits, Vegetables, and Milk) as well as meeting or exceeding the limitations set for calories, sodium, saturated fat, and trans-fat.

Alabama Aerospace & Aviation High School includes the following meal specifications in its food vendor contract:

- Students are allowed a choice of hot or cold breakfast daily.
- Students are allowed a choice of lunch including a vegetarian option and salads.
- Fresh fruit is offered daily and cut fruit offered 2 times per week at breakfast, 2 times per week at lunch to encourage consumption.
- Food ingredients are to be minimally processed and free of artificial colors and flavors.
- A variety of whole grain bread products are offered weekly.

Competitive Foods

All competitive foods and beverages sold must comply with the USDA Smart Snacks in Schools nutrition standards (7 CFR 210.31(c)(3)(iii)). Competitive foods and beverages refer to those that are sold to students outside the reimbursable meal on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). This includes, but is not limited to, vending machine and à la carte items.

Other Foods and Beverages

A. The following policy refers to all foods and beverages provided, but not sold to students. The Local Education Agency will prohibit the use of food as a reward or as part of a celebration. Providing alternatives to food as a reward promotes healthier habits by reducing exposure to less nutritious food items and, therefore, the amount of calorie-dense food items consumed (e.g. cakes, cookies, candy, etc.). This helps children develop improved food preferences and hunger cues to carry them throughout life. Instead, schools will implement the following methods for rewards and celebrations:

- Social rewards
- Recognition

B. The following policy refers to all foods and beverages provided, but not sold to students. AAHS will prohibit food and beverage items that do not meet Smart Snacks nutrition standards for reward and celebration purposes. More than 25 percent of children’s daily calories may come from snacks, therefore, providing Smart Snacks allows for a more nutrient-dense calorie intake.

Fundraisers

A. All fundraisers promoting food and/or beverage items that are held on school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day) must meet Smart Snacks nutrition standards.

The school shall also utilize non-food fundraisers to promote healthy habits and well-being as much as possible. The school will implement the following non-food fundraising ideas:

- Car Washes
- Auctions
- Magazine subscriptions

Nutrition Education

The Alabama Aerospace & Aviation High School shall include nutrition education within the health education curriculum and integrate nutrition education into other core subjects, as appropriate. Various grade levels and curriculums shall use nutrition education information, research, and materials from the following resources:

- [Dietary Guidelines for Americans](#),
- [MyPlate](#),
- [Team Nutrition](#)
- [FoodMASTER](#)

The Alabama Aerospace & Aviation High School shall incorporate nutrition education into the following curriculums for the following grade levels:

- Physical Education Grade 9- 290 minutes
- Physical Education Grade 10-12- 90minutes
- Health , Grade 9 -290 minutes during the PE classes
- Beginning Kinesiology (Grades 9-12)- 180-250 minutes
- Health Education (Grades 9-12)- 180-250 minutes

Nutrition Promotion

AAHS shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom, and home.

AAHS shall make cafeteria menus and nutrition information available through the following platforms:

- AAHS.org-Menus listed monthly

The Smarter Lunchrooms Movement uses behavioral economics to positively influence food choices made by children. The evidence-based techniques implemented through the Movement have been proven to increase children's consumption of nutritious foods. The Alabama Aerospace & Aviation High School shall participate in the Smarter Lunchrooms Movement by utilizing the Smarter Lunchrooms 60-point Scorecard and other educational and promotional tools. AAHS shall implement the following Smarter Lunchrooms techniques:

- Student artwork is displayed in the service area and dining space.
- Students engaged in growing food.
- Creative, descriptive names are used for featured items on the monthly menu.

Farm to School efforts positively impacts School Nutrition Programs by serving fresh and nutritious food items. Additionally, Farm to School programs has been linked to increased consumption of fruits and vegetables. AAHS has future goals to participate in the following Farm to School activities:

- Raise money to create a school garden.
- Plant a school garden.

Marketing

AAHS will prohibit the marketing and advertising of all foods and beverages on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. midnight before to 30 minutes after the end of the school day). The marketing standards described above apply, but are not limited to, oral, written, and graphic statements made for promotional purposes. Items subject to marketing requirements include, but are not limited to, posters, menu boards, vending machines, coolers, trash cans, scoreboards, and other equipment. This policy does not require schools to immediately replace equipment that does not meet this requirement, however, AAHS shall implement these standards as equipment needs replaced in the future.

Physical Activity

Physical activity is a key component of the health and well-being of all students. Physical activity lowers the risk for certain diseases, including obesity, heart disease, and diabetes. Physical activity also helps improve brain function, allowing students to perform better in school.

The Centers for Disease Control and Prevention recommends adolescents get at least 60 minutes of physical activity five days per week. Nearly 79 percent of school-age children fall short of meeting this requirement. The Local Education Agency recognizes this connection and commits to promoting and providing opportunities for physical activity during and outside the school day.

Physical Education

In accordance with the Alabama College and Career Readiness Standards, the Alabama Aerospace & Aviation High School shall meet all Alabama requirements and standards for Physical Education. AAHS shall offer Physical Education class as follows:

- Physical Education Grade 9- 250 minutes
- Beginning Kinesiology (Grades 9-12)- 180-250 minutes

Other Opportunities for Physical Activity

AAHS shall include additional physical activity opportunities, outside of Physical Education class, during the school day through the following:

- Off campus option on Fridays with opportunities to engage in physical activity

Physical Activity Promotion

AAHS shall promote physical activity through participation in the following initiative(s):

- AAHS will coordinate with appropriate staff members to develop goals for Physical Activity including teachers the school nurse, and others.

Other School-Based Activities

Just as it takes a comprehensive curriculum to provide education to support students' futures, AAHS's wellness approach must also be comprehensive in its intent to provide students with the tools they need to live a healthy lifestyle. In order to further establish positive behaviors related to nutrition, physical activity, and health, AAHS commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium.

AAHS shall offer other school-based activities to support student health and wellness, including coordinated events and clubs. The following events shall be organized and promoted each year:

- A licensed clinical therapist is available every Friday to work with students on mental health and wellness.
- Other activities will be created and planned with the guidance of the school nutrition professional, PE teacher, school nurse, staff members, parents and student groups.

The School Wellness Policy requires that all foods offered in school meet the USDA Smart Snacks for schools regulations. Below are lists of suggested alternate snack ideas for classroom celebrations and snacks. For more specific ideas and product names, visit the Alliance for a Healthier Generation website:

<https://foodplanner.healthiergeneration.org/products/>

Rule of thumb guidelines are to choose items that have no added sugar and are lower in fat. Grain items should list Whole Grain as the first ingredient on the package.

Food Items

Yogurt Cups
Smoothie Drinks
Cheese Sticks
Pudding Cups
Fresh Fruit- apple slices, orange smiles, bananas
Fruit Cups
100% Fruit Juice
Cut Veggies and Low-Fat Dip- sliced cucumber, baby carrots, celery sticks
Dried Fruits / Raisins
Low Sugar Gelatin Cups
Low Sugar Granola Bars
Whole Grain Crackers
Whole Grain Pretzels
Whole Grain Goldfish
Low Fat Popcorn
Whole Grain Animal Crackers
Whole Grain Muffin
Oatmeal Bar

Non Food Items

Pencils
Pens
Crayon Packets
Markers
Rulers
Book marks
Coloring Books / Coloring Page
Stencils
Stickers
Puzzles
Erasers
Playing Cards
Card Games
Party Hats
Sunglasses

Extra Recess
Line Leader
Out of Uniform Day
Gift Cards
Redeemable tickets or tokens for prizes
Other Recognition