

**MONROE COUNTY
BOARD OF EDUCATION
DISTRICT WELLNESS POLICY
2017-2023**

Updated Notes and Facts June 2023

Initial Board Approved January 12, 2017

Monroe County Board of Education Wellness Policy

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INTRODUCTION

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive academic success. Studies have proven that students, who eat breakfast each day, consume healthy fruits and vegetables each day and are physically active throughout the day do better academically, have fewer absences, score higher on standardized test and have fewer visits to the school nurse. (Resources available in appendix B)

The final rule of the Healthy, Hunger-Free Kids Act of 2010 requires all local educational agencies that participate in the National School Lunch and School Breakfast Programs to meet expanded local school wellness policy requirements with minimum content requirements for local school wellness policies including an effort to ensure stakeholder participation in the development and updates of such policies, to periodically assess the policy and disclose to the public the school's compliance with local school wellness policies that strengthen the ability of a local education agency to create a school nutrition environment that promotes student's health, well-being, and ability to learn. These regulations will increase transparency for the public with regard to school wellness policies and contribute to the integrity in the school nutrition program.

MCBOE (the District) is committed to the best overall development of each 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 healthy learning environments at every level, in every setting, throughout the school year.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity throughout the school day.

The District has set forth goals that will ensure:

- Students in the District have access to healthy foods throughout the school day—both through the National School Breakfast and Lunch Program and other foods available throughout the school campus—in accordance with Federal and State nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors within the school environment;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains a foundation for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff, and schools in the District and will be updated on a three-year term.

I. District Wellness Committee (DWC)

a. Committee Role and Membership

The District will assemble a representative district wellness committee to be appointed for three-year terms (hereto referred to as the DWC) that meets at least four times per year 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 policy.

The DWC membership meets all federal guidelines set forth and represents all school levels (elementary and secondary schools), includes parents and caregivers; students; representatives of the school nutrition program, physical education teachers; school health professionals and mental health and social services staff, school administrators, a school board member; and the general public. To the extent possible, the DWC will include representatives from each school building and reflect the diversity of the community

Leadership: The Superintendent will appoint the DWC for a 3-year term, will assist with development and updates to the wellness policy, and will ensure each school's compliance with the policy.

b. School Wellness Committee (SWC):

Each school within the District will establish an ongoing School Wellness Committee (SWC) that convenes to review school-level issues, in coordination with the DWC. Each school will designate a School Wellness Coordinator, who will ensure compliance with the policy at the local school level.

See Appendix A for a list of DWC members and SWC members for SY17-19.

II. Wellness Policy Implementation

IMPLEMENTATION PLAN:

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan defines roles, responsibilities, and actions specific to each school, and includes information and 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.

This wellness policy and the progress reports can be found at: www.Monroe.k12.al.us

a. *Recordkeeping*

The District will retain records to document compliance with the requirements of the wellness policy at Superintendent's office and/Child Nutrition Program Director's office. Documentation maintained in this location will include but will not be limited to:

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- The written wellness policy
- Documentation demonstrating compliance with community involvement requirements:
 - Efforts to actively solicit DWC membership from the required stakeholder groups.
 - Participants in the development, implementation, and periodic review and update of the wellness policy
- Documentation of annual policy progress reports for each school under its jurisdiction.
- Documentation of the triennial assessment* of the policy for each school.
- Documentation demonstrating compliance with public notification requirements:
 - Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and
 - Efforts to actively notify families about the availability of wellness policy.

b. Annual Progress Reports

The District will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals. This annual report will be published around the same time each year in *June*, and will include information from each school within the District. This report will include, but is not limited to:

- The website address for the wellness policy and how the public can obtain a copy of the policy;
- A description of each school's progress in meeting the wellness policy goals;
- A summary of each school's events or activities related to wellness policy implementation;
- The name, position title, and contact information of the designated District policy leader(s) identified in Section I; and
- Information on how individuals and the public can get involved with the DWC or SWC.

The annual report will be available in English and any other appropriate language spoken within the district by request.

The District and each school within the district will actively notify households/families of the availability of the annual report.

The DWC, will establish and monitor goals and objectives for each School Wellness Committee, specific and appropriate for each instructional unit (elementary or secondary OR elementary, middle, and high school, as appropriate), for each of the components listed in Sections III-V of this policy.

c. Triennial Progress Assessments

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

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- A description of the progress made in attaining the goals of the District's wellness policy.

The District will actively notify households/families of the availability of the triennial progress report.

d. Revisions and Updating the Policy

The DWC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments at least every **three** years, following the triennial assessment and based upon Federal and State guidelines for updates.

e. Community Involvement, Outreach, and Communications

The District is committed to being open to community input and bringing awareness of the wellness policy, as well as how to get involved and support the policy. The District will actively communicate through use of the district's website, newsletters, presentations at PTO meetings, or sending information home to parents about ways in which representatives of DWC, district employees, parents and community members can participate in the development, implementation, and periodic review and update of the wellness policy. The District will ensure that all families are notified of the updates to the wellness policy and reports **annually in June**. The District will also make sure that communications are culturally and linguistically appropriate to the community.

III. Nutrition Component

School Meals

Our school district is committed to serving healthy meals to children, with an abundance of fruits, vegetables, whole grains, fat-free and low-fat milk. Meals are moderate in sodium, low in saturated fat, and zero grams trans-fat per serving in order to meet the nutrition needs of school children within their age groups. The school nutrition program aims to improve and promote the diet and health of all school children, to help lessen childhood obesity, and encourage lifelong healthy eating patterns. The School Nutrition Program will also make reasonable accommodations for special dietary needs, as well as cultural and religious food preferences.

All schools within the District participate in USDA Child Nutrition Program including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), The Summer Food Service Program (SFSP) is offered to all students from two central feeding sites: Monroe County High School and Monroe Intermediate School.

The District also operates additional nutrition-related programs and activities at various schools:

- Farm to School, Breakfast in the Classroom, Mobile Breakfasts Carts, Grab-n-Go Salads, Salad Bar Option

SEE APPENDIX C for Local School Nutrition Activities.

All schools within the District are committed to offering school meals through the NSLP and SBP programs that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings
- Meet [USDA nutrition standards](#).

All schools promote healthy food and beverage choices using techniques for Smarter Lunchroom:

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- Fresh fruit options are displayed at the in the line on sight and reach, as well as the Point of Sale.
 - Daily vegetable options as a Reimbursable Meal are bundled into grab and go salads or are available on a salad bar.
 - All staff members have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
 - White milk is placed in front of other beverages in all coolers to encourage consumption of white milk.
 - Alternative entrée options (e.g., salad bar, grab and go salads, yogurt parfaits, etc.) are highlighted within all service and dining areas
 - Daily announcements are used to promote and market menu options.
 - Menus will be posted on the District website and will include nutrient content and ingredients.
 - School meals are managed by a team of child nutrition professionals.
 - Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch.
 - Students are served lunch at a reasonable and appropriate time of day.
 - Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.
- The District will implement and Promote Farm to School (F2S) activities:
 - Alabama grown products are incorporated into the school meal program;
 - Messages about agriculture and nutrition are reinforced throughout the learning environment;
 - School hosts a school garden;
 - School utilizes promotions or special events to support farm to school participation and projects.

SEE Appendix C for F2S activities.

Staff Qualifications and Professional Development

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will 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* ("school campus" and "school day" are defined in the glossary). The District will make drinking water available where school meals are served during mealtimes if a water fountain is not present.

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 (i.e., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim

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to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day* will meet USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

Celebrations and Rewards

1. The district will provide a list of foods and beverages that meet Smart Snack nutrition standards on the district website, as well as healthy party ideas for celebrations and suggestions for classroom snacks brought by parents and teachers, including non-food celebration ideas.
2. The District will provide information regarding ways to reward children other than food on the district website www.Monroe.k12.al.us go to Departments/Child Nutrition/Wellness Policy. [List of alternative ways to reward children](#).
3. Foods and beverages will not be withheld as punishment for any reason, such as for performance or behavior.

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* during the school day*. The District will make available to parents and teachers a list of healthy fundraising ideas on the district website. [Examples from the [Alliance for a Healthier Generation](#) and the [USDA](#)].

**** Only approved exempt fundraisers will involve foods that do not meet the Smart Snack Nutrition Standards.**

Nutrition Promotion

The district will promote nutrition education that positively influences lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage participation in school meal programs.

Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive approach by school staff and teachers, parents, students, and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus by implementing evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#).

Nutrition Education

The District aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education that promotes:

- Knowledge and skills necessary to promote and protect their health;
- Enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as healthy food promotions, taste-testing, farm visits, and school gardens;
- Fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Link with school meal programs, cafeteria nutrition promotion activities, Farm to School programs.

SEE APPENDIX C for School Nutrition Activities

Essential Healthy Eating Topics in Health Education

The District includes in the health education curriculum the following essential topics on healthy eating and personal health and disease prevention:

- Food guidance from [MyPlate](#)
- Reading and using USDA's food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption and additional information as available.

[USDA's Team Nutrition](#) provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics, and more.

Food and Beverage Marketing in Schools

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health, and physical activity. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus.

IV. Physical Activity Component

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities and the district is committed to providing these opportunities. Schools will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education. All schools in the district will be required to participate in *Alabama School Assessment*.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be withheld** as punishment for any reason [*insert if appropriate: "This does not include participation on sports teams that have specific academic requirements*].

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

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. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will include adaptive physical education classes and equipment as necessary.

All District **elementary students** in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.

All [District] **secondary students** (middle and high school) are required to take the equivalent of one academic year of physical education.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments such as Alabama Physical Fitness Assessment with a Pre-test in October and Post-test in March and will use criterion-based reporting for each student. All physical education lesson plans will follow NASPE guidelines.

Essential Physical Activity Topics in Health Education

The District will offer health education curriculum to all schools grades 9-12 to include the physical, psychological, or social benefits of physical activity.

Recess (Elementary)

All elementary schools will offer at least **20 minutes of recess** on all or most days during the school year if recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

This policy may be waived on early dismissal or late arrival days.

Outdoor recess will be offered when weather is feasible for outdoor play.

In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Physical Activity Breaks (Elementary and Secondary)

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. The District provides recommendations to teachers for short (3-5 minute) physical activity breaks to students during and between classroom times. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

The District will provide resources and links to resources, tools, and technology with ideas for physical activity breaks.

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day.

The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods and activities. The District will encourage students to be physically active before and after school.

V. Other Wellness and Safety Activities Component:

The District will promote initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District's curriculum experts.

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the DWC/SWC.

All school-sponsored wellness events will include physical activity opportunities.

Community Partnerships

The District will work to incorporate relationships with community partners in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Engagement

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the "Community Involvement, Outreach, and Communications" subsection, the District will use electronic mechanisms (such as email or displaying notices on the district's website), as well as non-electronic mechanisms, (such as newsletters, presentations to parents, or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

The district will promote staff wellness with a focus on issues regarding staff wellness that identify and disseminate wellness resources, and support staff wellness in coordination with human resources staff.

The District will promote and encourage staff member participation in health promotion programs and will support programs for staff member wellness that are accessible and free or low-cost.

Professional Learning

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

Glossary:

Extended School Day - anytime during before and after school activities that includes clubs, intramural sports, band and choir practice, drama rehearsals, etc.

School Campus - areas that are owned or leased by the school and used at any time for school-related activities such as the school building or on the school campus, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields, and stadiums (e.g. on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day - midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.

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Appendix A: District Wellness Committee (DWC)

NAME	SCHOOL/TITLE	CONTACT INFO	ROLE
Greg Shehan	Superintendent	gshehan@monroe.k12.al.us	Chairman
Steve Lancaster	CNP Director	slancaster@monroe.k12.al.us	Coordinator
Angela Carter	MES / School Wellness Coord.	acarter@monroe.k12.al.us	Physical Ed
Ethel Stanley	4H Assoc. Agent	stanlem@auburn.edu	4-H Education
Angela Lang	MCHS/School Wellness Coord.	alang@monroe.k12.al.us	Health
Terri Norris	Special Services/CO	tnorris@monroe.k12.al.us	Fundraising
Michael Ard		mard@monroe.k12.al.us	School Gardens
Coquesa Dotson	MIS/Principal	cdotson@monroe.k12.al.us	Education
Marcia Foreman	MIS/School Wellness Coord.	mforeman@monroe.k12.al.us	School Gardens
Cindy Greene	Excel/School Wellness Coord.	cgreene@monroe.k12.al.us	Health
Gary Glass	Excel Principal	gglass@monroe.k12.al.us	School Safety
Mindy Mixon	Excel/Nurse	mmixon@monroe.k12.al.us	Health
Bridgett Hollinger	MES/Principal	bhollinger@monroe.k12.al.us	Education
Kathy Stacey	MMS Teacher	kstacey@monroe.k12.al.us	School Gardens
Annette West	JUB/School Wellness Coord.	awest@monroe.k12.al.us	School Gardens
Nadine McPherson	JUB/CNP Manager	nmcperson@monroe.k12.al.us	Nutrition
Ramona Dailey	JFS	rdailey@monroe.k12.al.us	Education
James Mahaun	Community		Community
Jeremy Biggers	Technology	jbiggers@monroe.k12.al.us	Communication
Marty Hanks	Federal Programs	mhanks@monroe.k12.al.us	Grants/Prof Dev
Danielle Turner	Alternative School Principal	dturner@monroe.k12.al.us	School Gardens
Edna Richardson	Career Tech Director	erichardson@monroe.k12.al.us	Nutrition
Lucrecia Lockett	Career Tech	llockett@monroe.k12.al.us	Education
Dawn Brewton	City Events Planner, City of Monroeville	dweinbrenner@hotmail.com	Community
Willie Williams	Alabama Coop Extension Service	williwe@aces.edu	Community
Ashley Lankford	Parent/CNP	alankford@monroe.k12.al.us	Nutrition
Lisa Woody	Special Services Nurse/CO	lwoody@monroe.k12.al.us	Health

Appendix B: School Wellness Committee: (SWC)

EXCEL

Name	Title	Email Address	Role
Cindy Greene	Teacher	cgreene@monroe.k12.al.us	School Wellness Coordinator
Gary Glass	Principal	gglass@monroe.k12.al.us	Principal

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Mindy Mixon	School Nurse	mmixon@monroe.k12.al.us	Nurse Health Ed.
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J.F. Shields

Name	Title	Email Address	Role
Sophie Yarber	Principal	syarber@monroe.k12.al.us	Principal
Sylvia Tolbert	CNP Director	stolbert@monroe.k12.al.us	School Wellness Coordinator
Freddie Howard	Community Vol	freddiechoward@gmail.com	JFS Gardens Teacher

J.U. BLACKSHER

Name	Title	Email Address	Role
Annette West		awest@monroe.k12.al.us	School Wellness Coordinator
Nadine McPherson	CNP Manager	nmcpherson@monroe.k12.al.us	Nutrition
Ryan Gorum		rgorum@monroe.k12.al.us	School Gardens/CareerTech
Penni Jay		pjay@monroe.k12.al.us	
DeAnn Cumbie	School Secretary	dcumbie@monroe.k12.al.us	

MONROE COUNTY HIGH SCHOOL

Name	Title	Email Address	Role
Angela Lang		alang@monroe.k12.al.us	School Wellness Coordinator
Chitunda Howard	Principal	choward@monroe.k12.al.us	

MONROE INTERMEDIATE SCHOOL

Name	Title	Email Address	Role
Marcia Foreman	CNP Manager	mforeman@monroe.k12.al.us	School Wellness Coordinator

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Coquesa Dotson	Principal	cdotson@monroe.k12.al.us	

MONROEVILLE ELEMENTARY SCHOOL

Name	Title	Email Address	Role
Landon Mims		lmims@monroe.k12.al.us	School Wellness Coordinator
Bridgett Hollinger	Principal	BHollinger@monroe.k12.al.us	

MONROEVILLE MIDDLE SCHOOL

Name	Title	Email Address	Role
Angela Carter	MES PE Teacher	acarter@monroe.k12.al.us	School Wellness Coordinator
Valerie Stevens	Principal	vstevens@monroe.k12.al.us	
Shanevia Banks-Richardson	5 th Grade Teacher	sbanks@monroe.k12.al.us	
Tiffany Payne	School Nurse	tpayne@monroe.k12.al.us	

Appendix C: School Level Nutrition Education/Programs

Farm to School Activities

- September 2, 2016 Blueberry Day - all schools served Alabama grown blueberries on this day and promoted it school wide with nutrition education information.
- November 10, 2016 District Wide Wellness Walk for School Gardens at The Square during Farmer's Market.
- 2022 CNP Purchased 300 pints of fresh strawberries from farmer in North Alabama
- All schools have a garden
- JFS and EHS participate in the Year Around Garden Program
- EXCEL:
 - Breakfast in the Classroom, Mobile Breakfast Cart, Grab n Go Salads, Farm to School foods served in cafeteria, Healthy Smart Snack A la carte options
 - Wellness Walk Team participation
 - Careertech Agriscience courses offered to high school
- J.F. Shields:
 - Grab-n-Go Salads, Farm to School foods served in cafeteria
 - School Gardens 2022 now with 35 raised beds & Aquaponics

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- JU Blacksher:
 - Mobile Breakfast Booth, Salad Bar Option, Healthy Smart Snack A la carte options, Farm to School foods served in cafeteria
 - Careertech Agriscience courses offered and school gardens and greenhouse.
 - Danny McGhee Memorial Garden
 - Outside eating and activity area with fruit trees.
 - Greenhouse used to grow plants sold by science class with Ms. Black
- Monroe County High School:
 - Grab-n-Go Salads, Farm to School foods served in cafeteria
 - Wellness Walk Team participation
 - CareerTech Agriscience courses offered.
- Monroe Intermediate School:
 - Grab-n-Go Salads, Farm to School foods served in cafeteria
 - School gardens with Auburn Extension greenhouse in operations.
 - Local Wellness Walk on School Property
 - Community involvement with maintaining school gardens.
- Monroeville Elementary School:
 - Farm to School foods served in cafeteria.
 - 9/2/16 Farm to School Blueberry Day at MES with local farmer from neighboring county, Alabama State Department of Agriculture, Alabama Farmer's Federation TV show Simply Southern.
 - Electronic Signage board in lunchroom and outside main office with Nutrition facts, Lunchroom information and educational information which is changed periodically.
- Monroeville Middle School:
 - Breakfast in the Classroom, Farm to School foods served in cafeteria, Grab-n-Go Salads, Healthy Smart Snack A la carte options.
 - Electronic Signage board in lunchroom and outside main office with Nutrition facts, Lunchroom information and educational information which is changed periodically.
 - Wellness Walk Team participation

Appendix D: School Level Physical Activity

- Excel:
 - Alabama Physical Fitness Assessment
 - GoNoodle Brain Breaks
 - Quality Physical Education offered to every student with teaching units involving rhythmic movement, dual and individual activities, static and dynamic movements along with target heart range.
- JFS:
 - Alabama Physical Fitness Assessment
 - Quality Physical Education offered to all students.
- JU Blacksher:
 - Alabama Physical Fitness Assessment
 - Quality Physical Education offered to all students
 - STOMP out Bullying and Say No to Drugs Walk around the football field.
 - GoNoodle Brain Breaks
 - Monroeville Area YMCA After School Academy
- MCHS:
 - Alabama Physical Fitness Assessment
 - Quality Physical Education offered to all students
- MIS:
 - Alabama Physical Fitness Assessment
 - Quality Physical Education offered to all students
- MES:
 - Alabama Physical Fitness Assessment
 - Quality Physical Education offered to all students
 - GoNoodle Brain Breaks

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- Monroeville Area YMCA After School Academy
- MMS:
 - Alabama Physical Fitness Assessment
 - GoNoodle Brain Breaks
 - Before the Bell Gym Time
 - Quality Physical Education with lesson plans that follow NASPE guidelines for Physical Education

Appendix E: District Wide/Community Wellness Activities

- FY17 – Wellness Walk for School Gardens, November 10, 2016
- FY20 – FY23 The Extraspecial Olympics at MCHS
- Greenhouse addition begun at JFS for small plants

Appendix F: DWC Meetings SY17

- October 6, 2016, November 9, 2016, January 18, 2017, March 15, 2017
- November 2019, March 2020 (Covid disrupted but FY23 will restart)