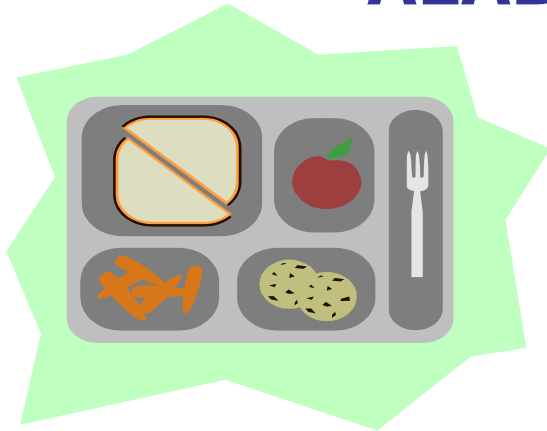


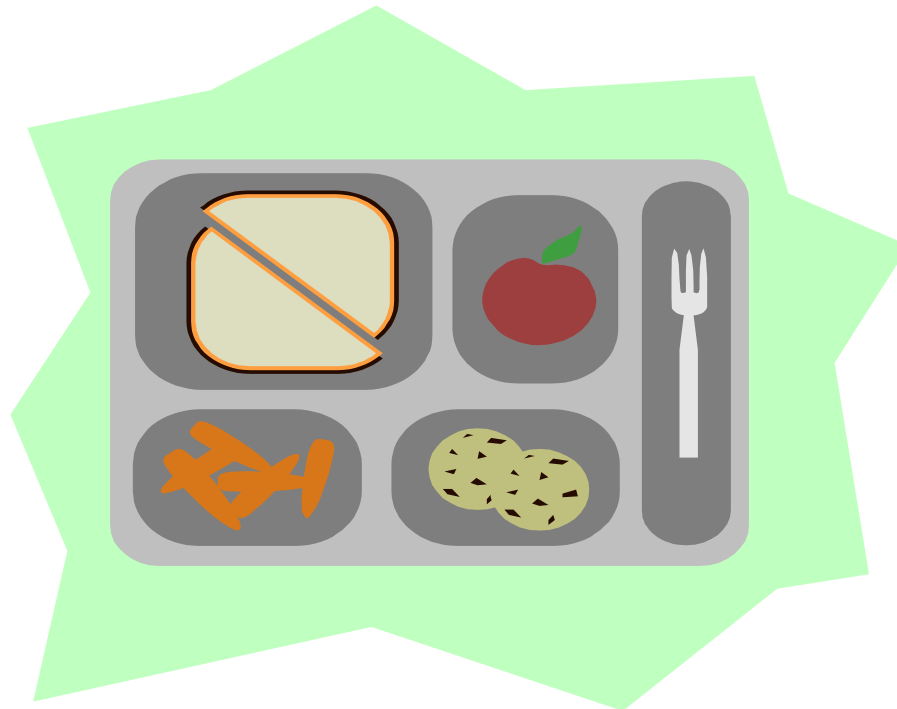
# STATEWIDE COMMITTEE TO REVIEW THE STATE OF HEALTH OF AMERICA'S YOUTH WITH PARTICULAR EMPHASIS ON ALABAMA'S YOUTH



## IMPLEMENTATION GUIDELINES FOR EXERCISE AND NUTRITION RECOMMENDATIONS



# Nutrition Recommendations





# Recommendation #1—School Settings (Cafeteria and Vending Machines)

---

## Task Force Recommendations

### Foods provided—

- Schools should provide a consistent environment that is conducive to healthful eating behaviors during school hours and during after-school child care programs. Healthy and appealing foods should be available in:
  - Cafeteria meals, a la carte items
  - Vending machines, snack food items sold in the cafeterias, school stores

### Implementation Time Line

- Changes for cafeteria meals and a la carte items will be implemented in conjunction with the leadership of the State Child Nutrition Program.
- Changes for vending and snack foods will be implemented at the beginning of the 2005-06 school year except when conflicts with contracts exist.

## State Superintendent's Recommendations

- Beginning with the 2005-06 school year, every school shall review its offerings of foods in vending machines and develop a plan to begin phasing out low-nutritive foods sold in vending machines and school stores and phasing in high-nutritive foods.
- Each school should develop a plan with the guidance of the local superintendent or his/her designee that allows for participation by students, teachers, and parents.
- Guidelines for snack food content are the same as recommended by the Committee.
- Each school's strategic plan for Improving the School Nutrition Environment plan should be completed by April 1, 2006, and ready for implementation with the beginning of the 2006-07 school year.
- A state review during the 2005-06 school year of school/school system plans for healthy choices in vending machines and other recommendations shall occur with possible additional recommendations by the State Superintendent in the spring of 2006 applicable to the 2006-07 school year.

# Recommendation #1—School Settings (Cafeteria and Vending Machines) (Continued)

## Specific Implementation for #1a:

- The Child Nutrition Program (CNP) staff will provide general guidance.
- Schools can use *Changing the Scene-Improving the School Nutrition Environment* tool kit that addresses the entire school nutrition environment. Additional information is available at the following Web site: [www.fns.usda.gov/tn/Resources/index.htm](http://www.fns.usda.gov/tn/Resources/index.htm)

## School Meals

Under specific USDA guidelines, changes at the local level will include improving quality by:


- Increasing whole grain options
- Using low fat milk
- Increasing fruit and vegetables, preferably using freshly grown Alabama produce

## Preparation Specifics

Cooking techniques should:

- Provide fiber
- Reduce sugar
- Reduce salt
- Reduce fried foods

- Foods and beverages that are not to be approved for sale by the school's committees are soda water/carbonated beverages that are not "diet" in nature, water ices as recommended by the Committee, chewing gum, and candies as recommended by the Committee.
- During the 2005-06 school year, no more than 50 percent of beverage choices shall be carbonated and none of the carbonated beverages shall be anything other than "diet."
- Beginning July 1, 2006, schools may not use CNP funds to purchase new fryers for the school breakfast/lunch programs. State staff in the CNP will work with local school system CNP employees to address modifications necessary in order to offer healthier school meals. Schools are encouraged to participate in school gardens, farm to school programs, farmer's markets, and to purchase Alabama-grown fruits and vegetables whenever possible.
- No one on the school campus shall provide commercial access to "for sale" or "free" foods and beverages of minimal nutritional value (FMNV) as recommended by the committee.



# Recommendation #1—School Settings (Cafeteria and Vending Machines) (Continued)


---

## Specific Implementation for #1.b.

- This Committee understands the economical impact of vending machines and school stores, and there is no intention of taking that income away.
- Selling low-nutritive foods sends unspoken messages:
  - It is acceptable to compromise health for financial reasons.
  - Schools contradict health messages taught in class.

## Vending Selections

- Items restricted from sale include:
  - Soda water/carbonated drinks—Any carbonated beverage. No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals, or proteins.
  - Water ices—Any frozen, sweetened water such as “...sicles” and flavored ice with the exception of products that contain fruit or juice.
  - Chewing gum—Any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
  - Certain candies—Any processed foods made predominately from sweeteners or artificial sweeteners

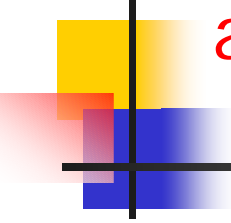


# Recommendation #1—School Settings (Cafeteria and Vending Machines) (Continued)

---

If Vending Machine Changes Are Made During the School Year

- Strategic plan—
  - Include input of the customers (teachers and older students).
    - Choose focus groups made up of students, staff, and parents to review and taste appropriate food selections
    - If a focus group is not possible, group surveys can identify opinions
  - When items are selected, use promotion strategies to inform all students and parents about foods selected.
    - For example, students and staff could develop signs, contests, games, health fairs, advertisements, banners, etc.

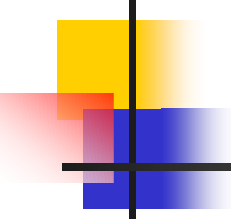


# Recommendation #1—School Settings (Cafeteria and Vending Machines) (Continued)

---

## Long-Range Goals for Recommendation #1

- Frying should be limited with the intention of elimination. Schools may not use CNP funds to purchase fryers beginning July 1, 2005.
- No one on the school campus will provide access to “for sale” or “free” foods and beverages of minimal nutritional value (FMNV) as previously described.
- Schools should modify the method of serving by moving away from self-service for all menu items in order to provide portion sizes as described by USDA.
- Schools will encourage programs such as school gardens, farm-to-school programs, farmer’s markets, and similar programs to increase the availability and consumption of local fruits and vegetables.



# Recommendation #2—Fundraising Activities

---

## Task Force Recommendations

- All fundraising activities that involve the selling of food should reinforce food choices that promote good health.
- To be implemented by the completion of the 2005-06 school year.

The Committee understands the consideration of profit, target audience acceptance, and target audience affordability must be given in selecting fundraisers. Documents listed below may be useful when teaching the staff, parents, and others who assist in fundraising events.

*Guide to Healthy School Fundraising*  
*Creative Financing and Fundraising*

## State Superintendent's Recommendations

No changes from the Committee's recommendations except as follows:

- All fundraising activities except when contracts have been or will be executed by August 8, 2005, that involve the selling of food during school hours or as students gather on the school campus before school begins or as students wait on transportation or otherwise exit the school campus following school dismissal should reinforce food choices that promote good health. This means all events outside the school day are not affected by this recommendation and booster clubs, etc., are free to select items for sale for specific fundraising and concession sales as they see fit as long as the activity does not conflict with this position.
- To be implemented fully by the completion of the 2005-06 school year.



# Recommendation #3—Training

## Task Force Recommendations

Teachers and other staff should understand the importance of fully implementing the nutrition and health education curriculum and become familiar with its underlying theory and concepts.

Health education training on the importance of nutrition and physical activity will be completed by a minimum of one (1) teacher in-service by the completion of school year 2005-06 and thereafter on an annual basis.

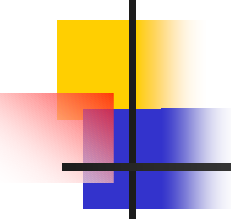
- To give teachers skills for non-lecture active learning methods of classroom instruction.
- To help teachers assess and improve their own eating practices and make them aware of the behavioral messages they give as role models.
- To stress that food should not be used as a reward.

- Food service workers should be trained by a qualified Child Nutrition Program (CNP) director.
- CNP directors must meet qualifications:
  - New staff must complete the educational requirements as specified in a three-year period from the date of employment.
  - Current staff not meeting the qualifications must complete the educational requirements as specified by the beginning of the 2008-09 school year.

## State Superintendent's Recommendations

One initial in-service activity shall occur for personnel in each school system on the importance of nutrition and physical education with respect to prenatal, infant, adolescent, and adult lifestyles and lifespan, with new personnel being assigned to in-service activities during their first full year of employment. This shall begin with the 2006-07 school year.

No changes from the recommendations of the Committee regarding the Child Nutrition Program director.



# Recommendation #4—School Environment Health Assessments

---

## Task Force Recommendations

In conjunction with the requirements of the Child Nutrition Reauthorization Act, each school will conduct evaluations using a nationally recognized, validated survey to identify strengths and weaknesses and prioritize changes as an action plan for improving student health.

The assessment and planning steps will involve teachers, child nutrition staff, other school staff as appropriate, parents, students, and the community as a part of the required wellness policy.

### Wellness Policies

- Examples of survey tools:
  - *CDC's Healthy School Index*
  - *USDA's Team Nutrition*
- After the survey is completed, schools will know what area to address first.

## State Superintendent's Recommendations

No changes from the Committee's recommendations.



# Recommendation #5—Media Advertisement

## Task Force Recommendations

- Channel One, while left as a local issue, should be carefully monitored and evaluated for content that affects food choices and healthy lifestyles. The State Board of Education recommends that Channel One refrain from advertising high-sugar, high-fat, or low-nutritional value food or drink products; over-the-counter medicines; or movies and television shows that receive a MPAA rating for sexual, violent, or drug content. The Channel One Web site and any recommended links on the Channel One Web site are included. Monitoring will be the responsibility of school personnel, parents, and Channel One.
- This recommendation shall be implemented at the beginning of the 2005-06 school year.

### Implementation

- Local school superintendents should apprise their local boards of education about schools participating in Channel One programming and include them in the monitoring of its nutritional advertisement content.
- The superintendents should work with their respective boards to determine the type of content and frequency of monitoring of that content. Local principals will inform any interested outside parties, including parents, about the monitoring process.

Examples of the monitoring system developed could include, but not be limited to, periodic reviews of unedited videos and Web site materials.

- Any media advertising concerns voiced by stakeholders will be reported to the local principal, who will inform the local superintendent. The superintendent will make the state school board and the local school board aware of the problem and the steps taken with Channel One to correct the problem.

## State Superintendent's Recommendations

No changes from the Committee's recommendations except as follows:

Add "local" in next to last line of bullet 1 following "of" and in line 1 of bullet 4 following "The."

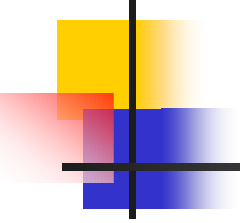
Strike "state school board and the" in lines 4 and 5 of the last bullet.

Add at the end of the last bullet, "The local superintendent may notify the State Superintendent of Education of any problems and steps taken to correct them."



# Physical Activity Recommendations





# Recommendation #1—Funding for Certified Teachers and Student/Teacher Ratio

## Task Force Recommendations

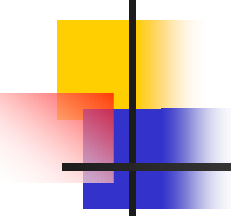
1. By the 2007-2008 school year, every student in K-8 will be taught by a certified physical education teacher. Dual assignments of certified physical education teachers could assist in implementing this guideline.
  - Phase I—Fund the schools that do not currently have any certified physical education teachers.
  - Phase II—Fund all schools at the suggested pupil/teacher ratio.

## State Superintendent's Recommendations

Phase 1—Include in the FY 2007 Education Budget request 289 additional physical education teachers at a cost of \$18,872,567 and in the FY 2008 Education Budget request an additional 289 physical education teachers at a cost of \$18,872,567.

Phase 2—If funding is provided by the Legislature, beginning with the school year 2007-08 all schools in Alabama should be able to maintain the following physical education pupil/teacher ratios:

<b>Grades K-2</b>	<b>1:25 without an aide</b>
	<b>1:26-50 with an aide</b>
<b>Grades 3-6</b>	<b>1:33 without an aide</b>
	<b>1:34-64 with an aide</b>
<b>Grades 7-12</b>	<b>250 students per day and 1,250 per week without an aide</b>



## Recommendation #2—Waivers for Physical Education in Grades K-8

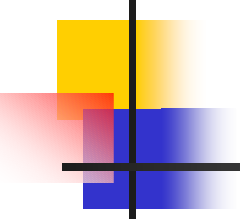
---

### Task Force Recommendations

1. All physical education waivers for students in Grades K-8 are withdrawn as of June 30, 2005.
2. Beginning with the 2005-06 academic year, all students in Grades K-8 should participate in a quality physical education class every day.

### State Superintendent's Recommendations

The State Superintendent of Education will notify all superintendents and principals that effective for the 2005-06 school year all physical education waivers for students in Grades K-8 must have a current justification submitted to the State Department of Education no later than August 15, 2005. Blanket waiver requests for large groups of students will be subject to close scrutiny. The 2005-06 school year will serve as the pilot year to get to full implementation of the "no exceptions/no substitutions" policy of the State Board of Education except on a student-by-student basis, which will require full justification to the State Superintendent of Education in any year in which a waiver is requested.



# Recommendation #3—Waivers for High School Physical Education Graduation Requirement

## Task Force Recommendations

1. Dr. Morton shall notify in writing all superintendents and high school principals that all waivers for physical education are withdrawn as of 5/31/06.
2. Application and approval process: Superintendent of school system submits waiver request to State Superintendent of Education.

### Guidelines for L.I.F.E. Waivers

- Waivers, when granted, are limited to a two-year period at which time the school must reapply.
- Waivers are granted only for specific students for specific situations for a specific period of time.
- Permanent record of every student must indicate L.I.F.E. course requirements were met.
- All of the above will be monitored through the State Comprehensive Monitoring System.

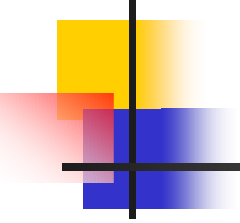
Instructional Code Changes (290-3-1-.02(8)(f):  
Substitution Subjects for Physical Education in Grades 9-12. There will be no exception to the one required unit of physical education in Grades 9-12 except for specific students for a specified period for the following reasons:

May substitute physical activity-based subjects (i.e., R.O.T.C., marching band, and athletics) for physical education under the following conditions:

- (i) School provides plan to ensure student(s) achieve(s) the 18 content standards and benchmarks for the high school requirement as outlined in the Alabama Course of Study: Physical Education;
- (ii) School documents passage of L.I.F.E. end-of-course exam;
- (iii) Student submits personal fitness plan and activity log turned to school counselor;
- (iv) School provides results from required fitness test;
- (v) This subsection (f) becomes effective with the class entering the ninth grade in the fall of 2006.

## State Superintendent's Recommendations

No changes from the Committee's recommendations except that the State Superintendent shall review and evaluate required information on high school waiver requests and L.I.F.E. guidelines and recommend to the State Board of Education any changes/alterations to the list prior to the end of the 2005-06 school year. The State Superintendent shall notify all superintendents and high school principals of the High School Physical Education Graduation Requirement and that the policy on waivers and L.I.F.E. guidelines begins with the 2006-07 school year.



# Recommendation #4—Physical Education Monitoring

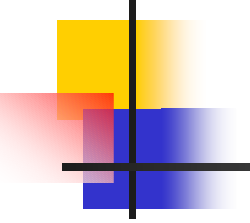
---

## Task Force Recommendations

1. Add the following to the current SDE checklist:
  - Under “Instruction,” specifically list health education and physical education as subjects to be taught in every elementary school.
  - Use the term “L.I.F.E.” instead of physical education for the one required unit for graduation.
  - Check for current waiver.
  - If waiver is allowed, check documentation for alternative L.I.F.E. requirements.
  - Check for documentation of fitness testing.
2. Dr. Morton will send a copy of the new monitoring checklist to all superintendents to inform them of the changes.

## State Superintendent’s Recommendations

No changes from the Committee’s recommendations except to note that monitoring additions will be added beginning with the 2006-07 school year.



# Recommendation # 5—Training and Integration (K-8)

## Task Force Recommendations

1. Dr. Morton presents update of training requirements to superintendents in the summer of 2005.
2. The ASAPERD and SDE will provide a packet for all superintendents on quality physical education programs in the summer of 2005.
3. In the fall of 2005, qualified individuals in each region will be identified by the SDE and ASAPERD to serve as trainers to facilitate workshops designed by the SDE to train all physical education teachers in the state of Alabama. The SDE will train these individuals, who will then work through the Regional In-service Centers to provide local training.
4. The Training Program Development Team (the group to design training materials, programs, etc.) will meet on Tuesday, November 16, in conjunction with the ASAPERD 2005 Fall Conference to begin the development process.
5. The development process will continue through the spring of 2006/
6. In summer of 2006, kick off Train-the-Trainers at SDE Summer Workshop.
7. During the summer of 2006, Dr. Morton will send a letter to require one physical education teacher and one administrator from each K-8 school to attend a training session during the 2006-2007 school year.
8. In-service workshops will be offered through the Regional In-service Centers during the 2006-2007 school year.
9. As the ASAPERD 2006 Fall Conference, sessions will be provided to help address implementation of the Alabama Course of Study: Physical Education for elementary, middle, and high school teachers. Sessions will address class size and management of large groups; activities that are appropriate for large or small groups; practical means of COS implementation, and assessment in physical education. Follow-up sessions will be provided at the 2007 ASAPERD Spring Conference.
10. Financing options for training the pool of trainers that will implement the plan across the state are as follows: SDE funding, grant options (possibly a PEP grant), and assistance from Regional In-service Centers.
11. For future professional development opportunities, determine CEU requirements. This Committee recommends that a certain percentage of the CEUs for physical education/health should be in the field of physical education and health. Fifty (50) hours in five years are required for certificate renewal.

## State Superintendent's Recommendations

No changes from the Committee's recommendations except to implement all phases one year later than recommended in order to better plan and prepare for implementation and to give time to secure funding. Additionally, the in-service centers are key partners in the ARI and AMSTI summer training and need time to prepare for their part in the physical education training.



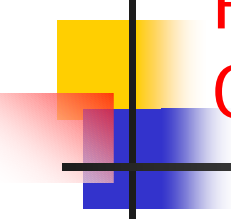
# Recommendation #6—Physical Fitness Testing

## Task Force Recommendations

1. A committee should be appointed immediately (2005) to develop an assessment manual for physical education that complements the *Alabama Course of Study: Physical Education*. This should include a review of material available through Physical Best to determine implementation of fitness education components and activities in the physical education program.
2. Students should be assessed using health fitness testing options. The President's Challenge Health Fitness Assessment or the Physical Best/Fitnessgram Health Related Fitness Assessment is recommended.
3. Health fitness assessment results are to be sent to the SDE each year for all students in Grades 2, 5, 7, and 9.
4. Teachers need to be trained in proper testing techniques so that test data is collected in the same way statewide.

## State Superintendent's Recommendations

No changes from the Committee's recommendations.



# Recommendation #7—Physical Fitness Opportunities Before, During, and After School

## Task Force Recommendations

1. School district administrators need to develop a plan to increase physical activities before, during, and after the normal school day.
  - The plan should include coordination and communication with teachers, civic organizations, PTAs, sports organizations, and wellness councils that share the common goal of developing activity opportunities and events for students.
  - The plan should include working with the local government and the Alabama Transportation Department to make infrastructure changes that encourage students to participate in physical activities. Examples may include improvements to public parks and playgrounds, creation of bike trails, and creation of safe routes to schools so that students will not be afraid to walk to school.

- It is recommended that schools offer organized activities such as competitions in various sports, clubs, self-directed activities, open gym, special events, field trips, instructional and practice opportunities, exercise classes, lunch time activities, intramurals, and Kids Walk to School programs.
  - Work with the school staff to schedule times and facilities for these events
2. Due to the limitations of school budgets, it is suggested that fundraising activities, government grants, and business sponsorships be used as the primary source for funding for the activity programs.

## State Superintendent's Recommendations

No changes from the Committee's recommendations.



# Recommendation #8—Professional Development for the LIFE Course

---

## Task Force Recommendations

1. Identify 11 Master High School Physical Educators in all of the in-service center regions in the Summer of 2005.
2. Secure funding for training in the Summer of 2005.
3. Develop materials needed for training in August 2005.
4. Train the 11 Master teachers in the Fall of 2005.
5. Dr. Morton will send a letter in the Fall of 2005 to mandate that all high schools send one teacher and one administrator from their school to attend a LIFE in-service workshop during the Spring of 2006.
6. Provide LIFE in-service workshops in all 11 regions during the Spring of 2006.
7. The SDE will check the inservice-sign-in sheets by May 2006 to confirm that all high schools have been trained in the LIFE course. Any school not on the list will be sent a letter from Dr. Morton reminding them to attend the final LIFE workshop of the year to be held at UAB in the month of June.

8. Follow up with all high schools will occur during the 2006-2007 school year to ensure implementation of the LIFE course.

## State Superintendent's Recommendations

No changes from the Committee's recommendations except to implement all phases one year later than recommended in order to better plan and prepare for implementation and to give time to secure funding.