



1500 Daniel Payne
Drive Birmingham, AL
35214

LEGACY PREP WELLNESS POLICY

Legacy Prep is committed to the optimal development of every scholar. Legacy Prep believes that for scholars to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health promoting learning environments at every level, in every setting, throughout the school year. Research shows that good nutrition and physical activity before, during, and after the school day are strongly correlated with positive outcomes for children. For example, scholar participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks.

Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among kids. In addition, scholars who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities – do better academically.

The Board of Education endorses Legacy Prep's approach to ensuring environments and opportunities for all Scholars to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, the Board establishes goals and procedures to ensure that:

- Scholars at Legacy Prep have access to healthy foods throughout the school day – both through reimbursable school meals and other foods throughout the school campus – in accordance with Federal and State nutrition standards;
- Scholars receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Scholars have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote wellness;
- School Staff is encouraged to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of Legacy Prep in creating continuity between school and other settings for scholars and staff to practice lifelong healthy habits;
- Legacy Prep establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives;
- This policy applies to all scholars, faculty and staff at Legacy Prep; and ● Legacy Prep will

(205)573-0777

Connect@legacyprepal.org

LegacyPrepAL.org



1500 Daniel Payne
Drive Birmingham, AL
35214

coordinate the Wellness Policy with other
aspects of school management, when appropriate.

1

Wellness Committee

Legacy Prep will convene a representative wellness committee (hereto referred to as the WC) that meets at least once per year to provide training to Wellness Coaches and to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this Wellness Policy.

The WC membership will represent all school levels and include (to the extent possible), but not limited to: parents and caregivers; scholars; representatives of the Child Nutrition Program (ex., child nutrition director); physical education teachers; health education teachers, school health professionals (ex. school health services staff such as nurses, physicians, dentists, and other allied health personnel who provide school health services), and mental health and social services staff [i.e., school counselors, psychologists, social workers, or psychiatrists]; school administrators (ex., superintendent, principal, assistant principal), school board members; health professionals (ex. dietitians, doctors, nurses, dentists); and the general public. To the extent possible reflect the diversity of the community.

The Child Nutrition Program Director or designee(s) will convene the WC and facilitate development of and updates to the Wellness Policy, and will report the school's compliance with the policy to the Superintendent.

Implementation, Monitoring, Accountability, and Community Engagement Legacy Prep will develop and maintain a plan for implementation to manage and coordinate the execution of this Wellness Policy. The plan delineates roles, responsibilities, actions, and timelines, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote Scholar wellness. The school will have an appointed school-based wellness leader (Wellness Coach). This can be either the Principal or designee whose responsibility is to monitor the local school wellness administrative role in the school. The School Nutrition Department will support, share guidance, and assist Principals in implementing and maintaining Legacy Prep's Wellness Policy. The school will use the Action for Healthy Kids online tools to complete an assessment, create an action plan that fosters implementation, and generate an annual progress report.

(205)573-0777

Connect@legacyprepal.org

LegacyPrepAL.org



1500 Daniel Payne
Drive Birmingham, AL
35214

Legacy Prep will retain records to document compliance with the requirements of the Wellness Policy at Legacy Prep's Child Nutrition Program Administrative Offices. Documentation maintained in this location will include but not be limited to:

- The written Wellness Policy.
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit WC membership from the required stakeholder groups, and (2) These groups' participation in the

2

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 under its jurisdiction; and
- Documentation demonstrating compliance with public notification requirements, including (1) Methods by which the Wellness Policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively notify families about the availability of Wellness Policy.

Legacy Prep will compile and publish an annual report to share basic information about the Wellness Policy and report on the progress of the schools within Legacy Prep in meeting wellness goals. This annual report will be published and will include, but is not limited to:

- The website address for the Wellness Policy and/or how the public can receive/access a copy of the Wellness Policy;
- A description of Legacy Prep's progress in meeting the Wellness Policy goals;
- A summary of Legacy Prep'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;
- Information on how individuals and the public can get involved with the WC or School Wellness Committee (SWC)
- The annual report will be available in other languages as needed;
- Legacy Prep will actively notify households/families of the availability of the annual report.

The WC will establish and monitor goals and objectives for Legacy Prep, specific and appropriate for each instructional unit. The Wellness Coach and the Principal will be the contact persons for following up when a violation is reported and the Principal will ensure that any violations are corrected. Annual reports may

(205)573-0777

Connect@legacyprep.org

LegacyPrepAL.org



1500 Daniel Payne
Drive Birmingham, AL
35214

be made available via social media, individual school websites, local media, and Legacy Prep's website.

At least once every three years, Legacy Prep will evaluate compliance with the Wellness Policy to assess the implementation of the policy and include:

- The extent to which Legacy Prep is in compliance with the Wellness Policy;
- The extent to which Legacy Prep's Wellness Policy compares to the Alliance for a Healthier Generation's model Wellness Policy; and
- A description of the progress made in attaining the goals of Legacy Prep's Wellness Policy.

The position responsible for managing the triennial assessment and contact information

3

is the Child Nutrition Program Director. The individual schools will monitor the school's compliance with this Wellness Policy.

Legacy Prep will actively notify households/families of the availability of the triennial progress report.

The WC will update or modify the Wellness Policy based on the results of the annual progress reports and triennial assessments, and/or as school priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or State guidance or standards are issued. The Wellness Policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

Legacy Prep is committed to being responsive to community input, which begins with awareness of the Wellness Policy. Legacy Prep will actively communicate ways in which representatives of WC and others can participate in the development, implementation, and periodic review and update of the Wellness Policy through a variety of means appropriate. Legacy Prep will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description and compliance with Smart Snacks in School Nutrition standards.

Legacy Prep will make an effort to notify the public using the following sources:

- School Website
- Nutrition Newsletters and school level PTO Newsletters

(205)573-0777

Connect@legacyprepal.org

LegacyPrepAL.org



1500 Daniel Payne
Drive Birmingham, AL
35214

- PTO Meetings
- School social media accounts
- Calling Post Notifications
- Newspaper(s)
- Faith-based websites and bulletins
- Public announcements at sporting events
- E-mail notifications

This will ensure that all families are actively notified of the content of, implementation of, and updates to the Wellness Policy, as well as how to get involved and support the policy. Legacy Prep will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that Legacy Prep is communicating other important school information with parents. Legacy Prep will actively notify the public about the content of or any updates to the Wellness Policy annually, at a minimum. Legacy Prep will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

Nutrition Guidelines

The School Nutrition Department is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans-fat per serving (nutrition label or

4

manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

Legacy Prep participates in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Legacy Prep also operates additional nutrition-related programs and activities including Farm to School programs, Grab n' Go Breakfast, National School Lunch Week (NSLW), and National School Breakfast Week (NSBW). Legacy Prep is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all scholars;
- Are appealing and attractive to children;

(205)573-0777

Connect@legacyprepal.org

LegacyPrepAL.org



1500 Daniel Payne
Drive Birmingham, AL
35214

- Are served in clean, safe, and pleasant settings that provide enough space and serving areas to ensure all Scholars have access the school meals with minimum wait to consume meals;
- Encourage all Scholars to participate in the school's meals program;
- Protect the identity of the Scholars who eat free and reduced-price meals;
- Meet or exceed current nutrition requirements established by local, state, and

Federal statutes and regulations (Legacy Prep offers reimbursable school meals that meet USDA nutrition standards.);

- Menus will be posted on Legacy Prep's website;
- School Nutrition will establish guidelines for vending and other foods available on the school campus, ensuring that foods without nutritional value are not offered and that all foods offered comply with Smart Snack regulations;
- School meals are administered by a team of child nutrition professionals. • Legacy Prep child nutrition program will accommodate scholars with special dietary needs. (In order to accommodate a scholar's special dietary needs, a doctor's statement must be on file in the School Nutrition Manager's office and the School Nutrition Office and it must be included in the Scholars' Health Care Plan. These records must be updated annually);
- Legacy Prep IS not "peanut free," nor do we claim to be; and
- Participation in Federal child nutrition programs will be promoted among scholars and families to help ensure that families know what programs are available to their children's school.

All Child 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

5

for training that meets their learning needs.

Legacy Prep is committed to providing scholars with nutritious food and beverage options during the school day on the school campus. To promote hydration, free, safe, unflavored drinking water will be available without restriction to all Scholars throughout the school day¹ and throughout every school campus² Legacy Prep will make drinking water available at no charge where school meals are served during mealtimes. In addition, Scholars will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

(205)573-0777

Connect@legacyprepal.org

LegacyPrepAL.org



1500 Daniel Payne
Drive Birmingham, AL
35214

- Water cups/jugs will be available in the cafeteria if a drinking fountain is not present.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets, and other methods for delivering drinking water.
- Water is not part of the reimbursable meal.

Food sold in schools must:

1. Comply with the general criteria:

- Be a “whole grain-rich” product containing 50% or more whole grains by weight, or have whole grains as the first ingredient; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ½ cup fruit and/or vegetable.

If water is the first ingredient, the second ingredient must be one the items above.

2. Meet, at a minimum, the following Nutrition Standards for foods sold in schools:

Calorie limits: Fat limits:

Snack items: ≤ 200 calories Total fat: ≤ 35% of calories
Entrée items: ≤ 350 calories Saturated Fat: < 10% of calories

Sodium limits: Trans Fat: zero grams

Snack items: ≤ 200 mg **Sugar limits:**

Entrée items: ≤ 480 mg ≤ 35% of weight from total sugars in

foods

¹The School day is defined as the period from midnight (12:00 a.m.) before, until 30 minutes after the end of the official school day.

²School campus includes all areas of the property under jurisdiction of the school that are accessible to the Scholars during the school day. This includes outdoor eating areas, parking lots, school stores, etc.

3. Accompaniments such as cream cheese, salad dressing, and butter must be included in the nutrient profile as part of the food item sold.



1500 Daniel Payne
Drive Birmingham, AL
35214

Beverages sold in schools must:

1. Be one of the allowable beverages for all grades
 - Plain water (with or without carbonation);
 - Unflavored or flavored low fat milk and milk alternatives permitted by NSLP/SBP;
 - 100% fruit or vegetable juice; and
 - 100% fruit of vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
2. Comply with the size limits for each grade
 - Elementary schools may sell up to 8-ounce portions;
 - There is no portion size limit for plain water

OTHER REQUIREMENTS

Fundraisers

- Fundraising activities that involve the selling of food should reinforce food choices that promote good health.
 - Snacks, food, or beverages sold in schools must meet the aforementioned nutritional requirements and should not be sold 60 minutes before or after meal service.
 - Foods that do not meet the USDA Smart Snacks in School standards, but are not consumed at school are allowable. An example would be the sale of cookie dough or donut coupons.
- The standards do not apply during non-school hours, on weekends, and at off-campus fundraising events.

Exempted Fundraisers

- Defined as the sale of food items that do not meet the USDA Smart Snacks in School standards and are sold during the school day.
- Per the Alabama Implementation of USDA Smart Snacks in School and Fundraising Activities Nutrition Implementation Guidelines School Settings (Cafeteria and Vending Machines), the Board of Education will allow 30 fundraisers per school per school year, for no more than one (1)

(205)573-0777

Connect@legacyprepal.org

LegacyPrepAL.org



1500 Daniel Payne
Drive Birmingham, AL
35214

day each in length. The Alabama Implementation of USDA Smart Snacks in School and Fundraising Activities Form must be completed by each school semi-annually and filed by the following dates: July 1 and January 1 of each School Year.

- Exempt fundraiser food is prohibited from being sold as an a la carte item, in vending machines or in school stores, or before school on

7

school campus

Food and Beverages brought onto School Campus from Home

- Parents will be encouraged to promote their child's participation in the School Meals Program. If their child does not participate in the School Meal Program, parents will be encouraged to provide and purchase healthy alternatives.
- Due to national statistics that show the relationship between fast food consumption and childhood obesity, bringing in commercial "fast foods" into the school is strongly discouraged.

Legacy Prep suggests that foods offered on the school campus will meet or exceed the USDA Smart Snacks in School Nutrition Standards, including through:

1. **Celebrations and Parties:** It is important to provide consistent messaging around foods and beverages throughout the school day. Promoting healthy options during meal or snack times while allowing unhealthy options during celebrations can confuse youth. Help Scholars associate celebrations with healthy habits rather than unhealthy options, and associate healthy activities with celebrations rather than unhealthy consumption. All Scholars must be offered the opportunity to participate in the School Breakfast and Lunch Program. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA. Classroom parties and celebrations will not be planned to occur during the regular scheduled mealtimes.

2. **Rewards and Incentives:** School meal components are never to be withheld or limited as punishment. (Ex., Withholding flavored milk or desserts that are on the menu during service.) School staff is encouraged to use school supplies or healthy snacks as rewards.
3. **Foods used for Instructional Purposes:** Legacy Prep encourages that food used for instructional purposes should meet the Smart Snacks Nutritional Standards.
4. **End of year Parties and Celebrations:** It is customary to have End of the Year Celebrations for Scholars that are graduating or changing levels. Schools are encouraged to work with their Child Nutrition Program Manager to coordinate a healthy menu for End of Year Parties and Celebrations. This will ensure that every Scholar has the same opportunity for a healthy meal. It is possible to

(205)573-0777

Connect@legacyprepal.org

LegacyPrepAL.org



1500 Daniel Payne
Drive Birmingham, AL
35214

alter Legacy Prep's menu to accommodate and compliment celebrations without sacrificing nutrition. No parties or celebrations may be scheduled 60 minutes before or after meal service. Any food or beverage sold to Scholars must meet Smart Snack Regulations unless an exemption has been granted. The Child Nutrition Program may furnish the meal for celebrations and charge the normal meal price for participating Scholars.

Administrative Rule Exemptions

Instructional Use of Food in the Classroom: Scholars may consume food prepared in

8

the classroom for instructional purposes; however, this should be on an occasional basis, and the food should not be sold or provided to other Scholars or classes. Food provided for Scholars as part of a class or school cultural heritage event for instructional or enrichment purposes would be exempt from this administrative rule. Legacy Prep encourages that foods used for instructional purposes such as math, etc. should meet the Smart Snacks Nutritional Standards.

Nutrition Education

Legacy Prep aims to teach, model, encourage, and support healthy eating by Scholars. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide Scholars with the knowledge and skills necessary to promote and protect their health;
- Is integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition related community services;
- Teach media literacy with an emphasis on food and beverage marketing; and
- Include nutrition education training for teachers and staff.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based

(205)573-0777

Connect@legacyprepal.org

LegacyPrepAL.org



1500 Daniel Payne
Drive Birmingham, AL
35214

techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Scholars and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to Scholars and is most effective when implemented consistently through a comprehensive and multi channel approach by school staff and teachers, parents, Scholars, and the community.

Legacy Prep will promote healthy food and beverage choices for all scholars throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs.
- Promoting foods and beverages that meet USDA Smart Snacks in School Nutrition Standards.
 - Perform Community Outreach by advertising the availability of School

9

Breakfast as well as Summer Feeding Programs.

Legacy Prep may include in the health education curriculum the following essential topics on healthy eating:

- The relationship between healthy eating and personal health and disease prevention;
- Reading and using USDA's food labels;
- Eating a variety of foods every day;
- Balancing food intake and physical activity;
- Eating more fruits, vegetables, and whole grain products;
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans-fat;
- Choosing foods and beverages with little added sugars;
- Eating more calcium-rich foods;
- Preparing healthy meals and snacks;
- Risks of unhealthy weight control practices;
- Accepting body size differences;
- Food safety;
- Importance of water consumption;
- Importance of eating breakfast;

(205)573-0777

Connect@legacyprepal.org

LegacyPrepAL.org



1500 Daniel Payne
Drive Birmingham, AL
35214

- Making healthy choices when eating at restaurants;
- Eating disorders;
- The Dietary Guidelines for Americans;
- Reducing sodium intake;
- Social influences on healthy eating, including media, family, peers, and culture;
- How to find valid information or services related to nutrition and dietary behavior;
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully;
- Resisting peer pressure related to unhealthy dietary behavior; and ● Influencing, supporting, or advocating for others' healthy behavior.

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.

Legacy Prep is committed to providing a school environment that ensures opportunities for all Scholars to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Legacy Prep strives to teach scholars how to make informed choices about nutrition,

10

health, and physical activity. It is the intent of Legacy Prep to protect and promote scholar's health.

Physical Activity

Children should participate in 60 minutes of physical activity every day. A substantial percentage of Scholars' 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, and out-of-school time activities and Legacy Prep 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 (addressed "Physical Education" subsection).

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) should not be withheld as punishment. Legacy Prep will provide teachers and other school staff with alternative ways to discipline scholars. To the extent practicable, Legacy Prep will ensure that its ground and facilities are safe and that equipment is available to scholars to be active. Legacy Prep will conduct necessary inspections and repairs.

(205)573-0777

Connect@legacyprepal.org

LegacyPrepAL.org



1500 Daniel Payne
Drive Birmingham, AL
35214

Legacy Prep will provide scholars 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 Scholars develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the “Essential Physical Activity Topics in Health Education” subsection). All Scholars will be provided equal opportunity to participate in physical education classes. Legacy Prep will make appropriate accommodations to allow for equitable participation for all Scholars and will adapt physical education classes and equipment as necessary. All Legacy Prep’s scholars in each grade will receive physical education for at least 60 to 90 minutes per week throughout the school year.

Legacy Prep physical education program will promote Scholar physical fitness through individualized fitness and activity assessments .

- Scholars will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- All physical education teachers in Legacy Prep will be required to participate in professional development in education.
- All physical education classes in Legacy Prep are taught by licensed teachers who are certified or endorsed to teach physical education.

Essential Physical Activity Topics in Health Education

Legacy Prep may include in health education lessons the following essential topics on physical activity:

11

- The physical, psychological, or social benefits of physical activity; • How physical activity can contribute to a healthy weight;
- How physical activity can contribute to the academic learning process; • How an inactive lifestyle contributes to chronic disease;
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition;
- Differences between physical activity, exercise, and fitness;
- Phases of an exercise session, that is, warm up, workout, and cool down; • Overcoming

(205)573-0777

Connect@legacyprepal.org

LegacyPrepAL.org



1500 Daniel Payne
Drive Birmingham, AL
35214

barriers to physical activity;

- Decreasing sedentary activities, such as TV watching;
- Opportunities for physical activity in the community;
- Preventing injury during physical activity;
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active;
- How much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity;
- Developing an individualized physical activity and fitness plan; ● Monitoring progress toward reaching goals in an individualized physical activity plan;
- Social influences on physical activity, including media, family, peers, and culture;
- How to find valid information or services related physical activity and fitness;
- How to influence, support, or advocate for others to engage in physical activity; and
- How to resist peer pressure that discourages physical activity.

Recess

Legacy Prep will offer at least 15 minutes of recess on all or most days during the school year (This policy may be waived on early dismissal or late arrival days). If recess is offered before lunch, school 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 Scholars are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built into the recess transition period/time frame before scholars enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play. Scholars will be allowed outside for recess except when outdoor temperature is deemed too low or too high, inclusive of wind chill factors and heat indexes, during “code orange” or “code red” days, during storms with lightning and/or thunder, or at the discretion of the building administrator based on his/her best judgment of safety conditions.

In the event that Legacy Prep must conduct indoor recess, teachers and staff will follow

12

the indoor recess guidelines that promote physical activity for Scholars, to the extent practicable. Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage Scholars to be active, and will serve as role models by being physically active alongside the Scholar whenever feasible.

(205)573-0777

Connect@legacyprepal.org

LegacyPrepAL.org



1500 Daniel Payne
Drive Birmingham, AL
35214

Physical Activity Breaks

Legacy Prep recognizes that Scholars are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, Scholars will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. Legacy Prep recommends teachers provide short (3-5 minutes) physical activity breaks to Scholars during and between classroom-time. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Legacy Prep will provide resources and links to resources, tools, and technology with ideas for physical activity breaks. Resources and ideas are available through USDA and the Alliance for a Healthier Generation.

Legacy Prep offers opportunities for Scholars to participate in physical activity either before and/or after the school day (or both) through a variety of methods. Legacy Prep will encourage scholars to be physically active before and after school by: offering physical activity in afterschool programs, intramurals, and other similar approaches.

School-Based Activities that Promote Scholar Wellness

Legacy Prep will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. Legacy Prep will coordinate and integrate other 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 scholars' well-being, optimal development, and strong educational outcomes. Schools in Legacy Prep are encouraged to coordinate content across curricular areas that promote Scholars' health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or Legacy Prep'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 to the Wellness Policy.

Legacy Prep will continue to develop and maintain relationships with community partners (i.e. hospitals, universities/colleges, local businesses, etc.) 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.

(205)573-0777

Connect@legacyprepal.org

LegacyPrepAL.org



1500 Daniel Payne
Drive Birmingham, AL
35214

Legacy Prep will maintain current sponsorships and encourage new ones for the

13

purpose of supporting wellness within our schools.

Dining Environments:

- Schools provide a clean, safe meal environment.
- Schools provide enough space and serving areas to ensure all Scholars have access to school meals with minimum wait to consume meals.
- Water fountains are available in all schools and dining rooms, enabling Scholars to get water during meal service hours and throughout the day. ● All Scholars are encouraged to participate in the school meals program ● The identities of the Scholars who eat free and reduced price meals are protected.
- Scholars are given adequate time to be served and eat healthy foods, while socializing with their peers.
- Schools must offer lunches between 10:00 a.m. and 2:00 p.m. ● Scholars are not separated by gender during the service of program meals.
- Scholars must be provided with adequate seating during meal service.

Community Health Promotion and Engagement

Legacy Prep 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.

The District will use electronic mechanisms (such as email or displaying notices on Legacy Prep'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.

Employee Wellness and Health Promotion

Legacy Prep promotes employee participation health promotion programs and will support programs for healthy eating/weight management and overall wellness that are accessible and free or low-cost. Examples of promotions/programs:

(205)573-0777

Connect@legacyprepal.org

LegacyPrepAL.org



1500 Daniel Payne
Drive Birmingham, AL
35214

- Notification of wellness opportunities
- Health screenings
- Influenza Vaccinations
- Presentation of health and wellness information at meetings
- Placement of health information into newsletter articles, brochures, and email messages
- Make a directory available for mental health services that are low cost for all employees.

14

Professional Learning

When feasible, Legacy Prep will offer annual professional learning opportunities and resources for staff to increase knowledge and skills 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.

(205)573-0777

Connect@legacyprepal.org

LegacyPrepAL.org