

# **Attention Homes of Northwest Alabama, Inc. Wellness Policies on Physical Activity and Nutrition**

## **POLICY:**

Attention Homes of Northwest Alabama, Inc. shall be committed to providing facility environments that promote and protect juveniles' health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Attention Homes of North Alabama, Inc. that:

- The agency will engage juveniles, health staff, qualified food service professionals, and other interested community members in developing, implementing, monitoring, and reviewing agency nutrition and physical activity policies.
- All juveniles in the Boys and Girls Attention Homes will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages served at in the facilities will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*. No foods and beverages will be sold to juveniles.
- Qualified child nutrition professionals will provide juveniles with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of juveniles; will accommodate the religious, ethnic, and cultural diversity of the population in meal planning; and will provide clean, safe, and pleasant settings and adequate time for juveniles to eat.
- To the maximum extent practicable, the facilities will participate in available federal school meal programs including the School Breakfast Program and the National School Lunch Program.
- Facilities will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

## **PROCEDURES:**

### **I. Attention Home Staff Wellness Committee**

Attention Homes of Northwest Alabama, Inc. will create, strengthen, or work within existing agency health/wellness committee to develop, implement, monitor, review, and as necessary, revise agency school nutrition and physical activity policies. The committee will meet periodically to review and update the Wellness Plan. The committee also will serve as resources to agency sites for implementing those policies.

Attention Homes of Northwest Alabama, Inc. Wellness Committee will include:  
School Teacher                      Registered Nurse                      Attention Home Managers  
Director                                  Foodservice Supervisor  
Client (when possible)      Parent (when possible)

### **II. Nutritional Quality of Foods and Beverages Served in Facilities**

#### **Meals**

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to juveniles;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;  
To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.
- offer a variety of fruits and vegetables;<sup>1</sup>
- serve only low-fat (1%) and fat-free milk<sup>2</sup> and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that 100% of the served grains are whole grain.<sup>3,3</sup>  
A whole grain is one labeled as a “whole” grain product or with a whole grain listed as the primary grain ingredient in the ingredient

statement. Examples include “whole” wheat flour, cracked wheat, brown rice, and oatmeal.

Food will not be available for sale to juveniles in facilities.

**Breakfast.** To ensure that all juveniles have breakfast, either at the facility or while at school, in order to meet their nutritional needs and enhance their ability to learn:

- Facilities will operate the School Breakfast Program.
- Facilities will, to the extent possible, arrange daily schedules to provide adequate time for preparing, serving, and consuming breakfasts.

**Free and Reduced-priced Meals.** Attention Home clients will be served free meals. The Boys and Girls Attention Homes will participate in the provision of free meals for residents, however clients at the Attention Homes will be attending public schools during school year and will be completing documents required by the designated schools for qualifying for the free lunch .

**Summer Food Service Program.** Attention Homes of Northwest Alabama, Inc. will not participate in the Summer Food Service Program. For information on Summer Food Service Programs, contact the Executive Director at 256-767-0972.

**Meal Times and Scheduling.** Facilities:

- will provide juveniles with at least 15 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch and dinner;
- should schedule meal periods at regular times. ***Agency policy requires meals be provided during each 24-hour period, with no more than 14 hours between the evening meal and breakfast.***
- should not schedule educational, counseling, or recreational activities during mealtimes, unless juveniles may eat during such activities;
- will provide juveniles access to hand washing or hand sanitizing before they eat meals or snacks; and
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

**Qualifications of School Food Service Staff.** Qualified nutrition professionals will administer the facility meal programs. As part of the agency’s responsibility to operate a food service program, the agency will provide continuing professional development for

all nutrition professionals. Staff development programs should include appropriate certification and/or training programs for food service supervisors, managers, and other food service employees, according to their levels of responsibility.<sup>4</sup>

**Sharing of Foods and Beverages.** Facilities shall discourage juveniles from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some juveniles' diets.

### **Foods and Beverages Will Not be Sold to Juveniles**

**Fundraising Activities.** To support juveniles' health and nutrition-education efforts, fundraising activities for group homes will not involve food. Schools will encourage Fundraising activities that promote appropriate physical activity will be allowed as approved by the Executive Director.

**Snacks.** Snacks served at facilities during or after the school day will make a positive contribution to juveniles' diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Facilities will assess if and when to offer snacks based on timing of meals, juveniles' nutritional needs, client ages, and other considerations. The agency will provide a list of healthful snack items to foodservice staff.

**Rewards.** Facilities will not use foods or beverages as rewards for academic performance or good behavior,<sup>5</sup> and will not withhold food or beverages as a punishment. ***Agency policy prohibits the use of food as a disciplinary measure.***

**Celebrations.** The agency will provide a list of healthy party ideas for special occasions to food service staff.

**Special Events (recreational outings, or performances).** Foods and beverages offered at special events for juveniles will meet the nutrition standards for meals.

## **III. Nutrition and Physical Activity Promotion and Food Marketing**

**Nutrition Education and Promotion.** Attention Homes of Northwest Alabama, Inc. aims to teach, encourage, and support healthy eating by juveniles. The Boys and Girls Attention Homes should provide nutrition education and engage

in nutrition promotion that:

- is offered for all juveniles as part of a sequential, comprehensive, standards-based program designed to provide juveniles with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also individual or group counseling, or basic life skills instruction.
- includes enjoyable, developmentally appropriate, culturally-relevant, participatory activities, taste testing, and appropriate outings;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

**Integrating Physical Activity into the Classroom Setting.** For students to receive the nationally recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education at the Attention Homes will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

**Communications with Parents.** Attention Homes of Northwest Alabama, Inc. will support parent's efforts to provide a healthy diet and daily physical activity for their children. Counselors and teachers will support parent's efforts to provide a healthy diet

and daily physical activity for their children by teaching the appropriate healthy nutritious lessons during all interaction with parents for example: counseling sessions and parenting classes. Parents will not be allowed to send packed lunches or snacks. Each child and parent will be provided nutrition information upon admission. A nutrient analysis of school meals is available.

The Attention Homes of Northwest Alabama, Inc. will provide information about physical education and other school based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through Parenting Classes and Family Therapy sessions.

### **Food Marketing in Facilities is Not Allowed**

**Staff Wellness.** The agency highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The agency will establish and maintain a staff wellness committee composed of at least one staff member, school health council member, local hospital representative, dietitian or other health professional, recreation program representative, union representative, and employee benefits specialist. (The staff wellness committee could be a subcommittee of the school health council.) The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school health council annually.

## **IV. Physical Activity Opportunities and Physical Education**

**Daily Physical Education (P.E.) K-12.** Students residing at the Boys and Girls Attention Homes will participate with the local school district of City of Florence and the Sheffield City School System's Wellness Program during public school hours and be allowed to participate in after school daily physical activity at each residential facility. All students residing in the Attention Homes, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle and high school students) for the entire school year. All physical education will be taught by a certified physical education teacher. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. .

**Daily Recess.** All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and

equipment.

The Attention Homes should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities make it necessary for detainees to remain indoors for long periods of time, the school should give students periodic breaks during which they are encouraged to stand and be moderately active.

**Physical Activity Opportunities Before and After School.** The Attention Homes will offer appropriate activities that meet the needs, interests, and abilities of all detainees, including boys, girls, students with disabilities, and students with special health-care needs. Group home residents will be afforded the opportunity to participate in appropriate public school sponsored activities sports, cheerleading, ROTC, etc. Group Home residents will have the opportunity to participate in activities and exercise programs at the local YMCA. ***Agency policy provides for a recreation and leisure time plan that includes at a minimum at least one hour per day of large muscle activity and one hour of structured leisure time activities.***

**Physical Activity and Punishment.** Teachers and other childcare personnel will not use physical activity (*e.g.*, running laps, pushups) or withhold opportunities for physical activity (*e.g.*, recess, physical education) as punishment. ***Agency policy protects juveniles from personal abuse, corporal punishment, personal injury, disease, property damage, and harassment.***

**Safe Routes to School.** Group home residents will be transported by staff to public schools or utilized public school bus transportation.

## **V. Monitoring and Policy Review**

**Monitoring.** The Executive Director or designee will ensure compliance with established agency nutrition and physical activity wellness policies. In each facility, a designee will ensure compliance with those policies and will report on compliance to the Executive Director or designee.

Food service staff will ensure compliance with nutrition policies within food service areas and will report on this matter to the Executive Director or designee. In addition, the agency will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the agency has not received a SMI review from the state agency within the past five years, the agency will request from the state agency that a SMI review be scheduled as soon as possible.

The Executive Director or designee will develop a summary report every three years on agency compliance with the agency's established nutrition and physical activity wellness policies, based on input from facilities. That report will be provided to the Attention Homes of Northwest Alabama, Inc. Board of Directors and also distributed to the agency health council.

**Policy Review.** To help with the initial development of the agency's wellness policies, each facility will conduct a baseline assessment of the program's existing nutrition and physical activity environments and policies.<sup>6</sup> The results of those individual assessments will be compiled by the agency to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the agency will review the nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The agency, and individual school and programs within the agency, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

## **VI. Resources for Local School Wellness Policies on Nutrition and Physical Activity**

### **Crosscutting:**

- *School Health Index*, Centers for Disease Control and Prevention, <<http://apps.nccd.cdc.gov/shi/>>
- Local Wellness Policy website, U.S. Department of Agriculture, <<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>>
- *Fit, Healthy, and Ready to Learn: a School Health Policy Guide*, National Association of State Boards of Education, <[www.nasbe.org/HealthySchools/fithealthy.mgi](http://www.nasbe.org/HealthySchools/fithealthy.mgi)>
- *Preventing Childhood Obesity: Health in the Balance*, the Institute of Medicine of the National Academies, <[www.iom.edu/report.asp?id=22596](http://www.iom.edu/report.asp?id=22596)>
- *The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools*, Action for Healthy Kids, <[www.actionforhealthykids.org/docs/specialreports/LC%20Color%20120204\\_final.pdf](http://www.actionforhealthykids.org/docs/specialreports/LC%20Color%20120204_final.pdf)>
- *Ten Strategies for Promoting Physical Activity, Healthy Eating, and a Tobacco-free Lifestyle through School Health Programs*, Centers for Disease Control and Prevention, <[www.cdc.gov/healthyyouth/publications/pdf/ten\\_strategies.pdf](http://www.cdc.gov/healthyyouth/publications/pdf/ten_strategies.pdf)>
- *Health, Mental Health, and Safety Guidelines for Schools*, American Academy of Pediatrics and National Association of School Nurses,



<<http://www.nationalguidelines.org>>

- *Cardiovascular Health Promotion in Schools*, American Heart Association [link to pdf]

### **School Health Councils:**

- *Promoting Healthy Youth, Schools and Communities: A Guide to Community-School Health Councils*, American Cancer Society [link to PDF]
- *Effective School Health Advisory Councils: Moving from Policy to Action*, Public Schools of North Carolina, <[www.nhealthyschools.org/nhealthyschools/htdocs/SHAC\\_manual.pdf](http://www.nhealthyschools.org/nhealthyschools/htdocs/SHAC_manual.pdf)>

### **Nutrition:**

#### **General Resources on Nutrition**

- *Making it Happen: School Nutrition Success Stories*, Centers for Disease Control and Prevention, U.S. Department of Agriculture, and U.S. Department of Education, <<http://www.cdc.gov/HealthyYouth/nutrition/Making-It-Happen/>>
- *Changing the Scene: Improving the School Nutrition Environment Toolkit*, U.S. Department of Agriculture, <[www.fns.usda.gov/tn/Healthy/changing.html](http://www.fns.usda.gov/tn/Healthy/changing.html)>
- *Dietary Guidelines for Americans 2005*, U.S. Department of Health and Human Services and U.S. Department of Agriculture, <[www.health.gov/dietaryguidelines/dga2005/document/](http://www.health.gov/dietaryguidelines/dga2005/document/)>
- *Guidelines for School Health Programs to Promote Lifelong Healthy Eating*, Centers for Disease Control and Prevention, <[www.cdc.gov/mmwr/pdf/rr/rr4509.pdf](http://www.cdc.gov/mmwr/pdf/rr/rr4509.pdf)>
- *Healthy Food Policy Resource Guide*, California School Boards Association and California Project LEAN, <[www.csba.org/ps/hf.htm](http://www.csba.org/ps/hf.htm)>
- *Diet and Oral Health*, American Dental Association, <<http://www.ada.org/public/topics/diet.asp>>

#### **School Meals**

- *Healthy School Meals Resource System*, U.S. Department of Agriculture, <<http://schoolmeals.nal.usda.gov/>>

- *School Nutrition Dietary Assessment Study–II*, a U.S. Department of Agriculture study of the foods served in the National School Lunch Program and the School Breakfast Program, <[www.cspinet.org/nutritionpolicy/SNDAllfind.pdf](http://www.cspinet.org/nutritionpolicy/SNDAllfind.pdf)>
- *Local Support for Nutrition Integrity in Schools*, American Dietetic Association, <[www.eatright.org/Member/Files/Local.pdf](http://www.eatright.org/Member/Files/Local.pdf)>
- *Nutrition Services: an Essential Component of Comprehensive Health Programs*, American Dietetic Association, <[www.eatright.org/Public/NutritionInformation/92\\_8243.cfm](http://www.eatright.org/Public/NutritionInformation/92_8243.cfm)>
- *HealthierUS School Challenge*, U.S. Department of Agriculture, <[www.fns.usda.gov/tn/HealthierUS/index.htm](http://www.fns.usda.gov/tn/HealthierUS/index.htm)>
- *Breakfast for Learning*, Food Research and Action Center, <[www.frac.org/pdf/breakfastforlearning.PDF](http://www.frac.org/pdf/breakfastforlearning.PDF)>
- *School Breakfast Scorecard*, Food Research and Action Center, <[www.frac.org/School\\_Breakfast\\_Report/2004/](http://www.frac.org/School_Breakfast_Report/2004/)>
- *Arkansas Child Health Advisory Committee Recommendations* [includes recommendation for professional development for child nutrition professionals in schools], <[www.healthylarkansas.com/advisory\\_committee/pdf/final\\_recommendations.pdf](http://www.healthylarkansas.com/advisory_committee/pdf/final_recommendations.pdf)>

### **Mealtimes and Scheduling**

- *Eating at School: A Summary of NFSMI Research on Time Required by Students to Eat Lunch*, National Food Service Management Institute (NFSMI) [Attach PDF file]
- *Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools*, National Food Service Management Institute, <[www.nfsmi.org/Information/Newsletters/insight24.pdf](http://www.nfsmi.org/Information/Newsletters/insight24.pdf)>

### **Nutrition Standards for Foods and Beverages Sold Individually**

- *Recommendations for Competitive Foods Standards* (a report by the National Consensus Panel on School Nutrition), California Center for Public Health Advocacy, <[www.publichealthadvocacy.org/school\\_food\\_standards/school\\_food\\_standards/Nutrition%20Standards%20Report%20-%20Final.pdf](http://www.publichealthadvocacy.org/school_food_standards/school_food_standards/Nutrition%20Standards%20Report%20-%20Final.pdf)>
- State policies for competitive foods in schools, U.S. Department of Agriculture,

<[www.fns.usda.gov/cnd/Lunch/CompetitiveFoods/state\\_policies\\_2002.htm](http://www.fns.usda.gov/cnd/Lunch/CompetitiveFoods/state_policies_2002.htm)>

- *Nutrition Integrity in Schools*, (forthcoming), National Alliance for Nutrition and Activity
- *School Foods Tool Kit*, Center for Science in the Public Interest, <[www.cspinet.org/schoolfood/](http://www.cspinet.org/schoolfood/)>
- *Foods Sold in Competition with USDA School Meal Programs* (a report to Congress), U.S. Department of Agriculture, <[www.cspinet.org/nutritionpolicy/Foods Sold in Competition with USDA School Meal Programs.pdf](http://www.cspinet.org/nutritionpolicy/Foods_Sold_in_Competition_with_USDA_School_Meal_Programs.pdf)>
- *FAQ on School Pouring Rights Contracts*, American Dental Association, <[http://www.ada.org/public/topics/softdrink\\_faq.asp](http://www.ada.org/public/topics/softdrink_faq.asp)>

### **Fruit and Vegetable Promotion in Schools**

- *Fruits and Vegetables Galore: Helping Kids Eat More*, U.S. Department of Agriculture, <[www.fns.usda.gov/tn/Resources/fv\\_galore.html](http://www.fns.usda.gov/tn/Resources/fv_galore.html)>
- *School Foodservice Guide: Successful Implementation Models for Increased Fruit and Vegetable Consumption*, Produce for Better Health Foundation. Order on-line for \$29.95 at <[www.shop5aday.com/acatalog/School\\_Food\\_Service\\_Guide.html](http://www.shop5aday.com/acatalog/School_Food_Service_Guide.html)>.
- *School Foodservice Guide: Promotions, Activities, and Resources to Increase Fruit and Vegetable Consumption*, Produce for Better Health Foundation. Order on-line for \$9.95 at <[www.shop5aday.com/acatalog/School\\_Food\\_Service\\_Guide.html](http://www.shop5aday.com/acatalog/School_Food_Service_Guide.html)>
- National Farm-to-School Program website, hosted by the Center for Food and Justice, <[www.farmtoschool.org](http://www.farmtoschool.org)>
- Fruit and Vegetable Snack Program Resource Center, hosted by United Fresh Fruit and Vegetable Association, <<http://www.uffva.org/fvpilotprogram.htm>>
- Produce for Better Health Foundation website has downloadable fruit and vegetable curricula, research, activity sheets, and more at <[www.5aday.org](http://www.5aday.org)>

### **Fundraising Activities**

- *Creative Financing and Fun Fundraising*, Shasta County Public Health, <[www.co.shasta.ca.us/Departments/PublicHealth/CommunityHealth/projlean/fundraiser1.pdf](http://www.co.shasta.ca.us/Departments/PublicHealth/CommunityHealth/projlean/fundraiser1.pdf)>

- *Guide to Healthy School Fundraising*, Action for Healthy Kids of Alabama, <[www.actionforhealthykids.org/AFHK/team\\_center/team\\_resources/AL/N&PA%2031%20-%20Fundraising.pdf](http://www.actionforhealthykids.org/AFHK/team_center/team_resources/AL/N&PA%2031%20-%20Fundraising.pdf)>

### **Snacks**

- *Healthy School Snacks*, (forthcoming), Center for Science in the Public Interest
- *Materials to Assist After-school and Summer Programs and Homeless Shelters in Using the Child Nutrition Programs* (website), Food Research and Action Center, <[www.frac.org/html/building\\_blocks/afterschsummertoc.html](http://www.frac.org/html/building_blocks/afterschsummertoc.html)>

### **Rewards**

- *Constructive Classroom Rewards*, Center for Science in the Public Interest, <[www.cspinet.org/nutritionpolicy/constructive\\_rewards.pdf](http://www.cspinet.org/nutritionpolicy/constructive_rewards.pdf)>
- *Alternatives to Using Food as a Reward*, Michigan State University Extension, <[www.tn.fcs.msue.msu.edu/foodrewards.pdf](http://www.tn.fcs.msue.msu.edu/foodrewards.pdf)>
- *Prohibition against Denying Meals and Milk to Children as a Disciplinary Action*, U.S. Department of Agriculture Food and Nutrition Service [Link to PDF]

### **Celebrations**

- *Guide to Healthy School Parties*, Action for Healthy Kids of Alabama, <[www.actionforhealthykids.org/AFHK/team\\_center/team\\_resources/AL/N&PA%2032%20-%20parties.pdf](http://www.actionforhealthykids.org/AFHK/team_center/team_resources/AL/N&PA%2032%20-%20parties.pdf)>
- *Classroom Party Ideas*, University of California Cooperative Extension Ventura County and California Children's 5 A Day Power Play! Campaign, <<http://ucce.ucdavis.edu/files/filelibrary/2372/15801.pdf>>

## **Nutrition and Physical Activity Promotion and Food Marketing:**

### **Health Education**

- *National Health Education Standards*, American Association for Health Education, <[http://www.aahperd.org/aahe/pdf\\_files/standards.pdf](http://www.aahperd.org/aahe/pdf_files/standards.pdf)>

## Nutrition Education and Promotion

- U.S. Department of Agriculture Team Nutrition website (lists nutrition education curricula and links to them), <[www.fns.usda.gov/tn/Educators/index.htm](http://www.fns.usda.gov/tn/Educators/index.htm)>
- *The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions*, U.S. Food and Drug Administration and U.S. Department of Agriculture's Food and Nutrition Service, <[www.fns.usda.gov/tn/resources/power\\_of\\_choice.html](http://www.fns.usda.gov/tn/resources/power_of_choice.html)>
- *Nutrition Education Resources and Programs Designed for Adolescents*, compiled by the American Dietetic Association, <[www.eatright.org/Public/index\\_19218.cfm](http://www.eatright.org/Public/index_19218.cfm)>

## Integrating Physical Activity into the Classroom Setting

- *Brain Breaks*, Michigan Department of Education, <[www.emc.cmich.edu/brainbreaks](http://www.emc.cmich.edu/brainbreaks)>
- *Energizers*, East Carolina University, <[www.ncpe4me.com/energizers.html](http://www.ncpe4me.com/energizers.html)>

## Food Marketing to Children

- *Pestering Parents: How Food Companies Market Obesity to Children*, Center for Science in the Public Interest, <[www.cspinet.org/pesteringparents](http://www.cspinet.org/pesteringparents)>
- *Review of Research on the Effects of Food Promotion to Children*, United Kingdom Food Standards Agency, <[www.foodstandards.gov.uk/multimedia/pdfs/foodpromotiontochildren1.pdf](http://www.foodstandards.gov.uk/multimedia/pdfs/foodpromotiontochildren1.pdf)>
- *Marketing Food to Children* (a report on ways that different countries regulate food marketing to children [including marketing in schools]), World Health Organization (WHO), <<http://whqlibdoc.who.int/publications/2004/9241591579.pdf>>
- *Guidelines for Responsible Food Marketing to Children*, Center for Science in the Public Interest, <<http://cspinet.org/marketingguidelines.pdf>>
- *Commercial Activities in Schools*, U.S. General Accounting Office, <[www.gao.gov/new.items/d04810.pdf](http://www.gao.gov/new.items/d04810.pdf)>

## Eating Disorders

- Academy for Eating Disorders, <[www.aedweb.org](http://www.aedweb.org)>
- National Eating Disorders Association, <[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)>
- Eating Disorders Coalition, <[www.eatingdisorderscoalition.org](http://www.eatingdisorderscoalition.org)>

### **Staff Wellness**

- *School Staff Wellness*, National Association of State Boards of Education [link to pdf]
- *Healthy Workforce 2010: An Essential Health Promotion Sourcebook for Employers, Large and Small*, Partnership for Prevention, <[www.prevent.org/publications/Healthy\\_Workforce\\_2010.pdf](http://www.prevent.org/publications/Healthy_Workforce_2010.pdf)>
- *Well Workplace Workbook: A Guide to Developing Your Worksite Wellness Program*, Wellness Councils of America, <[www.welcoa.org/wellworkplace/index.php?category=7](http://www.welcoa.org/wellworkplace/index.php?category=7)>
- *Protecting Our Assets: Promoting and Preserving School Employee Wellness*, (forthcoming), Directors of Health Promotion and Education (DHPE)

## **Physical Activity Opportunities and Physical Education:**

### **General Resources on Physical Activity**

- *Guidelines for School and Community Programs to Promote Lifelong Physical Activity among Young People*, Centers for Disease Control and Prevention, <[www.cdc.gov/mmwr/preview/mmwrhtml/00046823.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/00046823.htm)>
- *Healthy People 2010: Physical Activity and Fitness*, Centers for Disease Control and Prevention and President's Council on Physical Fitness and Sports, <[www.healthypeople.gov/document/HTML/Volume2/22Physical.htm#\\_Toc490380803](http://www.healthypeople.gov/document/HTML/Volume2/22Physical.htm#_Toc490380803)>
- *Physical Fitness and Activity in Schools*, American Academy of Pediatrics, <<http://pediatrics.aappublications.org/cgi/reprint/105/5/1156>>

### **Physical Education**

- *Opportunity to Learn: Standards for Elementary Physical Education*, National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=368&section=5>>

- *Opportunity to Learn: Standards for Middle School Physical Education*, National Association for Sport and Physical Education. Order on-line for \$7.00 at <http://member.aahperd.org/Template.cfm?template=ProductDisplay.cfm&Productid=726&section=5>>
- *Opportunity to Learn: Standards for High School Physical Education*, National Association for Sport and Physical Education. Order on-line for \$7.00 at <http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=727&section=5>>
- *Substitution for Instructional Physical Education Programs*, National Association for Sport and Physical Education, [www.aahperd.org/naspe/pdf\\_files/pos\\_papers/substitution.pdf](http://www.aahperd.org/naspe/pdf_files/pos_papers/substitution.pdf)>
- *Blueprint for Change, Our Nation's Broken Physical Education System: Why It Needs to be Fixed, and How We Can Do It Together*, PE4life, [www.pe4life.org/articles/blueprint2004.pdf](http://www.pe4life.org/articles/blueprint2004.pdf)>

## Recess

- *Recess in Elementary Schools*, National Association for Sport and Physical Education, [www.aahperd.org/naspe/pdf\\_files/pos\\_papers/current\\_res.pdf](http://www.aahperd.org/naspe/pdf_files/pos_papers/current_res.pdf)>
- *Recess Before Lunch Policy: Kids Play and then Eat*, Montana Team Nutrition, [www.opi.state.mt.us/schoolfood/recessBL.html](http://www.opi.state.mt.us/schoolfood/recessBL.html)>
- *Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools*, National Food Service Management Institute, [www.nfsmi.org/Information/Newsletters/insight24.pdf](http://www.nfsmi.org/Information/Newsletters/insight24.pdf)>
- The American Association for the Child's Right to Play, <http://www.ipausa.org/recess.htm>>

## Physical Activity Opportunities Before and After School

- *Guidelines for After School Physical Activity and Intramural Sport Programs*, National Association for Sport and Physical Education, [www.aahperd.org/naspe/pdf\\_files/pos\\_papers/intramural\\_guidelines.pdf](http://www.aahperd.org/naspe/pdf_files/pos_papers/intramural_guidelines.pdf)>
- *The Case for High School Activities*, National Federation of State High School Associations, [www.nfhs.org/scriptcontent/va\\_custom/vimdisplays/contentpagedisplay.cfm?content\\_id=71](http://www.nfhs.org/scriptcontent/va_custom/vimdisplays/contentpagedisplay.cfm?content_id=71)>
- *Rights and Responsibilities of Interscholastic Athletes*, National Association for Sport and Physical Education,

<[www.aahperd.org/naspe/pdf\\_files/pos\\_papers/RightandResponsibilities.pdf](http://www.aahperd.org/naspe/pdf_files/pos_papers/RightandResponsibilities.pdf)>

### **Safe Routes to School**

- *Safe Routes to Schools Tool Kit*, National Highway Traffic Safety Administration, <[www.nhtsa.dot.gov/people/injury/pedbimot/bike/saferouteshtml/](http://www.nhtsa.dot.gov/people/injury/pedbimot/bike/saferouteshtml/)>
- *KidsWalk to School Program*, Centers for Disease Control and Prevention, <[www.cdc.gov/nccdphp/dnpa/kidswalk/](http://www.cdc.gov/nccdphp/dnpa/kidswalk/)>
- *Walkability Check List*, Pedestrian and Bicycle Information Center, Partnership for a Walkable America, U.S. Department of Transportation, and U.S. Environmental Protection Agency, <[www.walkinginfo.org/walkingchecklist.htm](http://www.walkinginfo.org/walkingchecklist.htm)>

### **Monitoring and Policy Review:**

- *School Health Index*, Centers for Disease Control and Prevention (CDC), <<http://apps.nccd.cdc.gov/shi/>>
- *Changing the Scene: Improving the School Nutrition Environment Toolkit*, U.S. Department of Agriculture, <[www.fns.usda.gov/tn/Healthy/changing.html](http://www.fns.usda.gov/tn/Healthy/changing.html)>
- *Criteria for Evaluating School-Based Approaches to Increasing Good Nutrition and Physical Activity*, Action for Healthy Kids, <[www.actionforhealthykids.org/docs/specialreports/report\\_small.pdf](http://www.actionforhealthykids.org/docs/specialreports/report_small.pdf)>
- *Opportunity to Learn: Standards for Elementary Physical Education*, National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=368&section=5>>
- *Opportunity to Learn: Standards for Middle School Physical Education*. National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/Template.cfm?template=ProductDisplay.cfm&Productid=726&section=5>>
- *Opportunity to Learn: Standards for High School Physical Education*. National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=727&section=5>>



EFFECTIVE DATE: \_\_\_\_\_

ISSUED BY: \_\_\_\_\_  
Kristie McClish  
CNP Director  
Attention Homes of  
Northwest Alabama, Inc.

APPROVED BY: \_\_\_\_\_  
Teresa Robertson  
Executive Director  
Attention Homes of  
Northwest Alabama,  
Inc.

REVIEW DATE: \_\_\_\_\_

REVIEWED BY: \_\_\_\_\_

ATTENTION HOMES OF NORTHWEST ALABAMA, INC.

STAFF WELLNESS COMMITTEE

SCHOOL YEAR 2021-2022

Teresa Robertson  
Executive Director  
Attention Homes of Northwest Alabama, Inc.

Kristie McClish  
CNP Director  
Attention Homes of Northwest Alabama, Inc.

Waynette McClish  
Food Manager  
Attention Homes of Northwest Alabama, Inc.

James Paul Nobles  
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Randy Burns, Athletic Director  
Florence Park & Recreation Department  
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Nicole McIntyre, Recreation Supervisor  
Florence Park & Recreation Department  
Sportsplex Manager

Ashley Butler  
Owner  
Elgin Elite

Kameron Robertson  
RN

Mary Ellen Killen  
Retired School Teacher  
Lauderdale County School System