

## QUESTIONS AND ANSWERS REGARDING THE IMPLEMENTATION OF THE STUDENT HEALTH INITIATIVE

**Question:** I want to bring a birthday cake and/or cupcakes as well as other refreshments to my child's room for his birthday. What are the restrictions?

**Answer:** The policy prohibits "any food or beverage that has sugar or high fructose corn syrup listed as the first ingredient on the school premises until after the end of the last scheduled class." This would not preclude a parent from bringing a birthday cake, cupcakes, or other baked item for a birthday party. It would be very important to read the label and make the determination if an item has the first ingredient listed as sugar or high fructose corn syrup if the item is a prepackaged product. Additionally, local school committees as described in the Student Health Initiative may establish stronger guidelines.



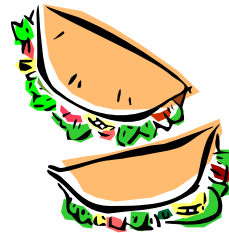
**Question:** Who is responsible for monitoring this policy on parties?

**Answer:** The policy specifically notes that the school administrator or staff, student or student group, parent or parent group, or any other interested party is responsible for compliance to this policy. It was also envisioned that the school committees identified in the adopted plan would advise everyone on such policies at the local level.



**Question:** What about foods used as part of an instructional curriculum?

**Answer:** Teachers may use foods for instructional purposes as long as the items are not considered Foods of Minimal Nutritional Value (FMNV) as defined by the United States Department of Agriculture (USDA), or candy. Students in classes that use foods as part of the instructional curriculum may consume those foods prepared as part of the class as long as they do not provide them to other students and/or classes. Foods provided as part of the class or school cultural heritage event are exempt from the policy as long as the foods served are not served in competition with the school meal, during lunch or breakfast, and regular meal service must continue to be available to all students.

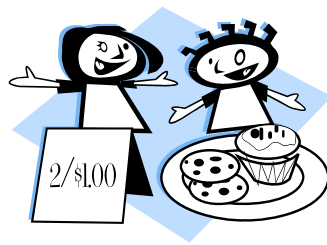


**Question:** What about food served, available, or purchased for field trips?

**Answer:** School-approved field trips are exempt from the nutrition policy. A school official must approve the date and purpose of the field trip.

**Question:** If I pack my child's lunch, how does this apply?

**Answer:** This state policy does not restrict what parents may provide for their own child's breakfast, lunch, or snack. The state policy does not limit parents on any item, including foods of minimum nutritional value, for their own child's consumption, but parents may not provide the restricted items to other children at school during the school day. However, a local school board or even an individual school may adopt a more restrictive policy and limit the items that a child may bring. It is best for parents to check with school officials for individual policies. Again, the local school committees can offer valuable guidance on these issues.



**Question:** The PTA wants to sell food items at breakfast as part of a fundraiser for the school. How will this affect fundraisers?

**Answer:** No foods of any type may be sold at any place on the school campus during meal service times, to include breakfast and lunch times. Neither may fundraisers be planned to occur just before the meal service in an effort to sell food items that would decrease participation in the school breakfast or school lunch program. All fundraisers should examine the items being sold, and choices must promote good health. This includes the selling of food 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. No fundraisers may sell foods of minimal nutritional value during the school day or as described above. All events outside the school day are exempt from this policy.

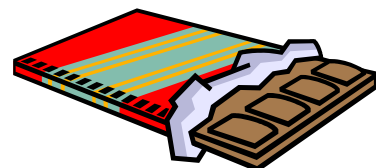


**Question:** We utilize catalog sales for fundraisers. The catalog has chocolate as one of the items that can be sold. The sales are all conducted after school hours. Can we sell the chocolate?

**Answer:** No fundraisers may sell foods of minimal nutritional value during the school day. All sales conducted after school hours are exempt from this policy. In the event of school-hours sales, the label of the food item must be reviewed. The restrictions are that no food item with sugar or high fructose corn syrup as the first ingredient may be available to children during school hours. Some chocolate does not

**Question:** When is the fundraiser policy to be implemented?

**Answer:** This policy is to be implemented fully by the completion of the 2005-06 school year.



have sugar or high fructose corn syrup listed as the first ingredient.

**Question:** We have a contract for the purchase of bottled tea, juice mix, and snow cones. When do we have to change?

**Answer:** Any existing contract may be honored through the 2005-06 school year. All contracts beginning with the 2006-07 school year must incorporate the requirements on portion sizes, ingredients, and nutritional content for snacks and beverages sold in school cafeterias, vending machines, and school stores. If you can come to an agreement on changing items to meet the new policy requirements during the 2005-06 school year, that would be acceptable.

**Question:** Our school system has a blanket contract for all schools to furnish drinks. Does this exempt the Child Nutrition Program (CNP)?

**Answer:** No blanket contract may include the CNP as part of the vending. CNP funds are considered federal funds and must follow any legal requirements regarding purchasing. The CNP is not a revenue-sharing venue with general funds and must have a separate contract.



**Question:** Will physical education waivers continue to be granted in Grades K-8?

**Answer:** Effective with the beginning of 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 by August 15, 2005. Blanket waivers 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.



**Question:** What is the L.I.F.E. course?

**Answer:** L.I.F.E stands for Lifelong Individualized Fitness Education. L.I.F.E. is not the traditional course composed of sports units. The goal of the L.I.F.E. course is for students to make physical activity a part of their lives beyond high school. The focus of the required high school physical education course is health-enhancing activity.

**Question:** Should all high schools be teaching the L.I.F.E. course for the one required unit of physical education?

**Answer:** Yes. Intensive training on how to best implement the L.I.F.E. course will occur for high school physical education teachers during the 2007-08 school year.



**Question:** How will high school waivers be affected by the new health guidelines?

**Answer:** All high school waivers for physical education will be withdrawn as of May 31, 2006. The State Superintendent of Education will notify all superintendents and high school principals of changes in the waiver policy prior to the end of the 2005-06 school year. The new policy on waivers and L.I.F.E. guidelines are scheduled to begin with the 2006-07 school year. The 2005-06 school year is a time to further explore all aspects of the L.I.F.E. guidelines in order to assure that the transition is smooth.



**Question:** How will the Task Force guidelines affect physical fitness testing?

**Answer:** A committee will be appointed to develop an assessment manual for physical education that complements the *Alabama Course of Study: Physical Education*. Students will continue to 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. Fitness testing results are to be sent to the State Department of Education each year for all students in Grades 2, 5, 7, and 9.

