

# Greeneville City Board of Education

Monitoring: <b>Review: Annually, in May</b>	Descriptor Term: <b>Student Wellness</b>	Descriptor Code: <b>6.411</b>	Issued Date: <b>09/27/16</b>
		Rescinds: <b>6.411</b>	Issued: <b>09/26/13</b>

1 The Board recognizes the value of proper nutrition, physical activity, and other health conscious  
2 practices and the impact that such practices have on student academic achievement, health, and well-  
3 being. In order to provide an environment conducive to overall student wellness, this policy shall be  
4 followed by all schools in the District.<sup>1</sup>

## 5 **SCHOOL HEALTH ADVISORY COUNCIL<sup>2,3</sup>**

6 An advisory council shall be established to serve as a resource to school sites for implementing  
7 policies. The council shall consist of individuals representing the school and community, including  
8 parents, students, teachers, school administrators, school board members, health professionals, school  
9 food service representatives, and members of the public. The primary responsibilities of the council  
10 include but are not limited to:

- 11 1. Developing, implementing, monitoring, reviewing and as necessary, making recommendations  
12 as to physical activity and nutrition policies;
- 13 2. Ensuring all schools within the district create and implement an action plan related to the  
14 modules 1, 3 and 4 from the School Health Index;
- 15 3. Ensuring that the results of the action plan are annually reported to the council; and
- 16 4. Ensuring that school level results include measures of progress on each indicator of the School  
17 Health Index.

18 The State Board of Education's Physical Education Policy shall be used as guidance by the Council to  
19 make recommendations. The Board may consider recommendations of the Council in making policy  
20 changes or revisions.<sup>1,2</sup>

## 21 **COMMITMENT TO NUTRITION**

22 Pre-K through eight schools shall offer school meal and snack programs with menus that meet the  
23 patterns and nutrition standards established by the U.S. Department of Agriculture (USDA) child  
24 nutrition programs, including the National School Lunch Program, the School Breakfast Program, the  
25 Summer Food Service Program, and the After School Snack Program,<sup>4,5,6</sup> and State Board of  
26 Education's Minimum Nutritional Standards For Individual Food Items Sold or Offered For Sale to  
27 Pupils. Additionally, secondary schools (grades 9-12) shall comply with all Federal Register Rules and  
28 Regulations (7 CFR Part 210 and 220) nutrition standards for high schools. The school nutrition  
29 coordinator shall be responsible for overseeing the school district's compliance with the State Board of  
30 Education Rules and Regulations for sale of food items in the school district.<sup>5,6</sup>

1 Students will be given adequate time to enjoy healthy meals and relax in a pleasant environment. Good  
2 nutritional habits shall be encouraged. Bringing fast food in for students to eat during the school day is  
3 prohibited.

#### 4 **COMMITMENT TO PHYSICAL ACTIVITY**

5 The Board recognizes that physical activity is extremely important to the overall health of a child.  
6 Schools shall support and promote physical activity. Physical activity may be integrated into any areas  
7 of the school program. Physical Education classes shall be offered with moderate to vigorous physical  
8 activity being an integral part of the class. In addition to the district's physical education program, non-  
9 structured physical activity periods shall be offered in grades K-6. Non-structured physical activity will  
10 consist of a temporary withdrawal or cessation from usual school work or sedentary activities.<sup>7</sup>

11 The following opportunities for physical activity shall be provided:<sup>7</sup>

- 12 1. Grades K-1: a minimum of three (3) fifteen-minute periods of non-structured physical activity  
13 per day;
- 14 2. Grades 2-6: a minimum of two (2) twenty-minute periods of non-structured physical activity at  
15 least four (4) days per week; and
- 16 3. Grades 7-12: a minimum of ninety (90) minutes of physical activity per week.

17 Schools shall continue to offer after school sports and activities. Physical activity shall not be  
18 employed as a form of discipline or punishment.

---

#### Legal References

1. TCA 49-1-1002
2. State Board of Education Policy 4.204
3. State Board of Education Policy 4.206
4. 42 U.S.C. 1758b (Section 204 of the Healthy,  
Hunger-Free Kids Act of 2010 (Public Law 111-  
296))
5. TRR/MS 0520-1-6, Child Nutrition Programs
6. 7 C.F.R. 210 and 220
7. Public Acts of 2016, Chapter No. 669

---

#### Cross References