

According to requirements set forth by Section 204 of Public Law 108-265 of the Child Nutrition and WIC Reauthorization Act of 2004, the Hamblen County Board of Education established a wellness council for the purpose of developing a wellness policy. The supervisor of school nutrition chaired the council, which was comprised of a school board member, an assistant director of schools, school administrators, a school nurse, students, parents, and community leaders. Areas addressed by this policy are:

1. Nutrition Education
2. Nutrition Standards
3. Physical Activity
4. Other School-based Activities

Monitoring the implementation and adherence to this policy is the responsibility of school principals or their designees.

NUTRITION EDUCATION

Goal

The primary goal of nutrition education is to influence student eating behavior in a healthy way. Building knowledge helps students make healthy food choices. All students should possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime.

Student Nutrition Education

1. Students in grades pre-K through 12 receive interactive nutrition education that teaches the need to have healthy eating habits.
2. The nutrition education program meets Tennessee curriculum standards and seeks to address essential nutrition topics as recommended by the Center for Disease Control and Prevention's *School Health Index*. Nutrition concepts are integrated into various core subjects such as math, science, and language arts.
3. Nutrition education provides classroom opportunities for hands-on nutrition learning experiences such as cooking demonstrations, taste testing, contests, promotions, and similar type activities.
4. Nutrition education is reinforced in the school cafeteria, with coordination between school nutrition staff and teachers.
5. Student clubs and organizations will assist in providing nutrition education.

Parent Nutrition Education

Nutrition education is provided to parents on a monthly basis through postings on the board's website and material that can be included in school newsletters.

Staff as Role Models

School staffs are encouraged to model healthy eating behaviors. Students receive consistent nutrition messages in the classroom, cafeteria, and throughout the school.

Staff Qualifications

The board's school nutrition program supervisor oversees the nutrition education program and provides appropriate materials, programs, and training for teachers.

Coordination with Other Community Programs

Nutrition education is coordinated with the Tennessee Nutrition Consumer Education Program, the University of Tennessee's Extension Service Program targeted at providing nutrition education for low-income households, and other community nutrition-related programs.

NUTRITION STANDARDS

1. Hamblen County Schools will comply with minimum nutritional standards for individual food items sold or offered for sale to pupils in grades pre-K through eighth grade as specified by the State Board of Education (Chapter 0520-1-6 04 Child Nutrition Programs Minimum Nutritional Standards).
2. Meals offered through all school food programs will meet or exceed federal nutrition standards.
3. School meals will provide food choices that are low in fat, calories, and added sugars (i.e., fruits, vegetables, whole grains, and low-fat or nonfat dairy foods). Entrees will be baked or steamed, not fried.
4. Nutrition information for all foods offered through the school nutrition program will be available upon request.
5. Students will be involved in making food selections for Hamblen County Schools.
6. Classroom snacks served during the day, in after-school care, or in tutoring programs will reflect healthy food choices.
7. A registered dietitian or other qualified health professional will be consulted as needed to plan special diets.
8. Vending machines, with the exception of milk and water machines, will be unavailable for use during meal service times.
9. To support children's health and school nutrition efforts, schools and school organizations will consider fundraising activities that promote wellness and physical activity.

10. The frequency of parties and celebrations held during the school day, as well as the types of foods served at these events, is left to the discretion of individual school principals. Noncarbonated drinks and healthy food choices are encouraged.

PHYSICAL ACTIVITY

Goal

The primary goal of physical activity is to help students achieve physical fitness and adopt an active lifestyle at an early age that will continue into adulthood.

Physical Education Class

Schools will provide all students in grades K-12 with age-appropriate, quality physical education. Activities will use movement concepts, motor skills, cognitive skills, and intensity appropriate for the students' age and stage of development. All physical education classes will involve certified physical education teachers. Physical education classes will have a student-teacher ratio similar to other classes.

Daily Recess

All elementary school students will have supervised recess, preferably outdoors and involving physical activity. Classroom teachers will provide short activity breaks between lessons or classes, as appropriate.

Facilities

Schools will provide safe and adequate space and equipment for all students, including those with special needs, to participate in structured physical education. Schools will work with the community to allow use of school gymnasiums and athletic fields.

Extracurricular Physical Activity

All K-12 schools will provide physical activity opportunities after school via school teams, clubs, or intramural sports programs. After-school care programs (i.e., Extended School Program) will include daily physical activity for all participants.

Miscellaneous

Schools will not use participation or nonparticipation in physical education classes as a means of punishing or disciplining students. Physical activity opportunities will be promoted as a form of reward (i.e., extra recess time) and as a means of fundraising (i.e., jump rope, hoops for heart, walkathon).

OTHER SCHOOL-BASED ACTIVITIES

Eating Environment

1. School cafeterias will be clean, safe, and enjoyable environments.
2. School cafeterias will provide adequate space for students to sit and consume meals.
3. School cafeterias will include enough serving areas to prevent students from spending time waiting in long lines.
4. Drinking water will be available for purchase for students at meals.

5. All students will be encouraged to participate in school meals. The identity of students who eat free- or reduced-priced meals will be protected.
6. Time will be allowed and facilities will be made available for students to wash their hands before meals.

Eating Times

1. Students will be encouraged to start their day with breakfast from the school cafeteria.
2. Lunch periods will be scheduled as near the middle of the school day as possible.
3. Recess for elementary grades will be scheduled before lunch if at all possible.
4. Students will be allowed ample time to eat during meal periods. The National Association of State Boards of Education recommends at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.
5. Schools will not schedule tutoring, club or organizational meetings, or activities during mealtimes.
6. Students will not be permitted to leave school grounds during the school day to purchase food.

Food or Physical Activity as Reward or Punishment

1. Students will limit food as a means of reward or punishment.
2. Schools will not deny students participation in physical education as a form of discipline or for class make-up time.

Fundraising Activities

1. To support children's health and school nutrition effort, schools and school organizations will consider fundraising activities that promote wellness and physical activity.
2. Schools will be provided a list of suggested fundraising activities.

Snacks

1. Classroom snacks served during the day, in after-school care, or in tutoring programs will reflect healthy food choices.
2. Schools will be provided a list of snack suggestions to distribute to teachers, parents, and other school personnel.
3. Schools that provide snacks through after-school programs will pursue reimbursements through the National School Lunch Program.

Promotion of Healthy Environment

1. Schools will be provided opportunities for professional training and development in the areas of nutrition and physical education.
2. School administrators, teachers, school nutrition personnel, students, and parents will be encouraged to serve as role models by practicing healthy eating habits and by being physically active.

Adopted 06/19/06