

Hamilton County Board of Education Wellness Policy

The Hamilton County Board of Education recognizes the link between student wellness and academic achievement. In order to implement overall wellness for students, the plan below shall be followed by all schools in the district. Teachers, school health professionals, parents, administrators, and interested citizens can participate in the development of wellness policies.

COMMITMENT TO ENSURING A HEALTHY SCHOOL ENVIRONMENT

Hamilton County Schools strives to ensure that all schools offer a healthy, safe and a supportive environment for students, parents and visitors. To further this goal, Hamilton County Schools shall implement all state and federal laws and regulations to the development, curriculum, services, standards, staffing and assessment of wellness programs.

All schools shall implement the CDC's Coordinated School Health (CSH) approach to managing new and existing wellness-related programs and services in schools based on State law, State Board of Education CSH Standards and Guidelines. The district coordinated school health coordinator shall be responsible for overseeing compliance with the State Board of Education CSH Standards and Guidelines in the school district.

I. School Health Advisory Council

The advisory council will consist of a group of individuals representing the school and community, including parents, students, teachers, school administrators, school board members, health professionals, school food service representatives and members of the public. The council will serve as a resource to school health committees for implementing the local wellness policy as a part of the school improvement plan. The primary responsibilities of the council include, but not limited to:

- Developing, monitoring, reviewing and as necessary, revising physical activity and nutrition policies;
- Encouraging all schools within Hamilton County Schools to create and implement an action plan related to modules from the *School Health Index*;
- Ensuring that the results of the action plan are annually reported to the School Health Advisory Council; and
- Ensuring that school level results include measures of progress on each indicator of the *School Health Index*;

Hamilton County Schools will consider the recommendations of the School Health Advisory Council in making any policy changes that affect the healthy learning environment.

II. Commitment to Nutrition

A. Nutrition Standards Goals for foods or beverages sold on campus:

- i. School meals meet the minimum nutrition standards in accordance to Healthy Hunger-Free Kids Act of 2010 and USDA regulations for the National School Breakfast and Lunch Programs.
- ii. All foods and beverages sold in a la carte programs, vending machines, and student stores or concessions stands during the school day will meet the nutrition standards for competitive foods as defined by the Smart Snack in Schools nutrition standards.
- iii. Schools may choose to conduct infrequent school-sponsored fundraisers that include the sale of foods or beverage that do not meet the smart Snacks in School nutrition standards as written in the Rule for the

State Board of Education for Tennessee T.C.A. 0520-010-06-04. These specially exempted fundraisers may not exceed 20 days per semester per school site. Foods and beverages sold cannot be in competition with the school meals in the food service area during meal service. All school principals must document the dates of their exempt fundraisers and items sold.

- iv. All foods and beverages provided as part of the USDA's After School Snack Program or the Fresh Fruit and Vegetable Program will meet the minimum nutrition standards for that program as defined by the USDA regulations.
- v. The School Nutrition Program will work with the vending companies used in the schools and disseminate to the district a list of foods and beverages that meet these standards.
- vi. All School Nutrition Managers in the district will be offer the ServSafe course and will work towards certification.
- vii. All School Nutrition Program staff will regularly receive the minimum required professional development as defined by the USDA Professional Standards through district department meetings and trainings onsite from job related courses.

B. Nutrition Education Goals:

- i. Nutrition education will be integrated into all areas of the curriculum such as math, science, language arts and social studies as appropriate.
- ii. Students will have an awareness to eat a variety of foods (i.e., fruits, grains, vegetables, lower fat food items) and be physically active.
- iii. Nutrition education will involve sharing information with families and the community to positively impact students and health of the community.
- iv. Schools will provide information to families that encourage them to teach children about health and nutrition and to provide nutritious meals for their families.

C. Nutrition Promotion Goals:

- i. The district will promote nutrition through enhancing the school campuses with the addition of posters, displays, bulletin boards, and/or food/nutrition/health-related artwork from students.
- ii. Additionally, televisions in the cafeterias will promote healthy menu items, and display tips on increasing milk, fruit, and vegetable consumption, and the importance of whole grains and lean proteins.

D. Food and Beverage Marketing Goals:

- i. The signage displayed on school campuses throughout the district will market foods and beverages that meet the Smart Snack in School nutrition standards. This includes but is not limited to the exterior of vending machines, posters, bulletin boards, menu boards, coolers, trashcans, other equipment throughout the school campus, cups for beverages, sporting venues, and concession stands. All newly purchased or replaced equipment across the school campus must have logos and products marketed that meet the regulations for competitive foods and beverages. The district will strive to market healthy foods including but not limited to fruits, vegetables, whole grains, and low-fat dairy products.

E. Foods and Beverages Provided but Not Sold to Students:

- i. School Nutrition and Coordinated School Health will encourage snacks offered as part of classroom celebrations, parties, and student birthdays to include fresh fruits and vegetables, whole grains, water, low-fat milk, and other foods low in fat, sugar, sodium, and caffeine.

F. Other School-Based Activities that Promote Student Wellness:

- i. Students and school staff members will have access to fresh drinking water throughout the school day. When feasible students will be allowed to bring and carry (approved) water bottles filled with only water into the classroom. Staff will be encouraged to model drinking water consumption.
- ii. Students will be given adequate time to enjoy healthy meals and relax in a pleasant environment. Good nutritional habits shall be encouraged.

III. Commitment to Physical Activity

Hamilton County Schools recognizes that physical activity is extremely important to the overall health of a child. Schools shall support and promote physical activity.

Students in elementary school shall receive 130 minutes of physical activity each full school week. Each elementary school must offer at least one period of physical activity that is a minimum of 15 minutes each day. Students in middle and high school shall receive 90 minutes of physical activity each full school week.

Physical activity may include walking, jumping rope, playing volleyball, or other forms of physical activity that promote fitness and well-being. Recess and free play activities may be used to meet the requirements. Physical education may count towards meeting the physical activity law but the physical activity law shall not replace the current physical education program. Physical education classes shall be offered with moderate to vigorous physical activity.

V. Assessment of Wellness Policy

Superintendent and administrative cabinet will evaluate and oversee school compliance with the policy. The Hamilton County School Health Advisory Council will monitor progress made toward attaining policy goals. The Coordinated School Health Coordinator will document that the school wellness policy and triennial assessments are made available to the public.

All principals will be encouraged to complete a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of these school assessments will be compiled by the Superintendent or designee to identify and prioritize needs.

Assessments may be repeated annually starting 2017-2018 school year to help review policy compliance, assess progress, and determine areas for improvement. The Superintendent or designee will be responsible for reviewing these assessments and for the enforcement of the wellness policy across the district. The results of these assessments completed for all schools will be reported to the Hamilton County School Health Advisory Council at the end of each school year. The Superintendent or designee will develop a report annually summarizing the district's compliance on the wellness policy and goals for student health and nutrition. This report will be made available to the Health Advisory Council, the school board, parent-teacher organizations, school principals, and school health services personnel.

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The individual schools and the district will, as necessary, review the wellness policy and goals and develop plans to facilitate their implementation. The district will reserve the rights to amend this policy as needed to reflect any changes in local, state, or federal regulations that relate to student health, nutrition, or physical activity and education.