

# Carter County 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>09/21/17</b>
		Rescinds: <b>6.411</b>	Issued: <b>05/18/17</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 **COMMITMENT TO COORDINATED SCHOOL HEALTH**

6 All schools shall implement the CDC's Coordinated School Health approach to managing new and  
7 existing wellness related programs and services in schools and the surrounding community based on  
8 State law and State Board of Education CSH standards and guidelines. The district's Coordinated  
9 School Health Coordinator shall be responsible for overseeing compliance with State Board of  
10 Education CSH standards and guidelines in the school district.

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

12 A district school health advisory council shall be established to serve as a resource to school sites for  
13 implementing policies and programs and develop an active working relationship with the county health  
14 council. The council shall consist of individuals representing the school and community, including  
15 parents, students, teachers, school administrators, health professionals, school food service  
16 representatives, and members of the public. The primary responsibilities of the council include but are  
17 not limited to:

- 18 1. Developing, implementing, monitoring, reviewing and as necessary, making recommendations  
19 as to physical activity and nutrition policies;
- 20 2. Ensuring all schools within the district create and implement an action plan related to all  
21 School Health Index modules;
- 22 3. Ensuring that the results of the action plan are annually reported to the council; and
- 23 4. Ensuring that school level results include measures of progress on each indicator of the School  
24 Health Index.

25 The State Board of Education's Coordinated School Health and Physical Activity Policies shall be used  
26 as guidance by the Council to make recommendations. The board will consider recommendations of  
27 the Council in making policy changes or revisions.

28 Additionally, each school will have a Healthy School Team consisting of teachers, students, parents  
29 and administrators.<sup>2</sup> The Team will hold Healthy School Team meetings during the school year to  
30 assess needs and oversee planning and implementation of school health efforts. The director of  
31 schools/designee will ensure compliance with the school Wellness Policy, to include an assessment of

1 the implementation of the Wellness Policy and the progress made in attaining the policy goals. The  
2 assessment will be made available to the public.

### 3 **COMMITMENT TO NUTRITION**

4 All schools within the District shall participate in the USDA child nutrition programs, which may  
5 include but not be limited to, the National School Lunch Program, the School Breakfast Program, the  
6 Summer Food Service Program, and the After School Snack Program.<sup>4,5,6</sup>

7 Meals shall be accessible to all students in a non-stigmatizing manner. Students will be given adequate  
8 time to enjoy healthy meals and relax in a pleasant environment. Good nutritional habits shall be  
9 encouraged. All food including vending machines, fundraising items, and concessions must meet  
10 guidelines set forth by the Healthy, Hunger-free Kids Act, 2010, Smart Snacks in Schools.<sup>4,5,6</sup> The  
11 school principal/designee shall be responsible for overseeing the school district's compliance with the  
12 State Board of Education Rules and Regulations for sale of food items in the school district.<sup>2,5,6</sup>

### 13 **DISTRICT GOALS**

14 The district will promote healthy nutrition through various activities, including nutrition related  
15 newsletters, informational links on the district website, healthy eating posters and bulletin boards in  
16 dining areas, and informational booths at various community functions. Nutrition Education will be  
17 offered as part of a standards based program designed to provide students with the knowledge and  
18 skills needed to promote and protect their health as outlined in the State Board of Education  
19 Health Education and Lifetime Wellness Standards. Nutrition Education will discourage teachers  
20 from using high fat, sugar, and sodium foods as rewards and encourage students to start each day with  
21 a healthy breakfast.

### 22 **COMMITMENT TO PHYSICAL ACTIVITY AND PHYSICAL EDUCATION**

23 The board recognizes that physical activity is extremely important to the overall health of a child.  
24 Schools shall support and promote physical activity. Physical activity may be integrated into any areas  
25 of the school program.

26 Physical Education classes shall be offered as part of a standards based program designed to provide  
27 developmentally appropriate moderate to vigorous physical activity as an integral part of the class. All  
28 physical education classes shall comply with the State Board of Education's Physical Education  
29 Standards. In addition to the district's physical education program, non-structured physical activity  
30 periods shall be offered as required by law.<sup>7</sup>

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

### 33 **COMMITMENT TO CURRICULUM<sup>3</sup>**

34 All applicable courses of study should be based on State-approved curriculum standards.

## 1 **SCHOOL HEALTH INDEX<sup>3</sup>**

2 All schools within the district shall annually administer a baseline assessment on each of the three  
3 recommended School Health Index modules. Results shall be submitted to the School Health Advisory  
4 Council and reported to the State Department of Education.

## 5 **RECORD KEEPING COMPLIANCE**

6 The district's Coordinated School Health Coordinator shall ensure that records demonstrating  
7 compliance with community involvement requirements are maintained. The Coordinated School  
8 Health Coordinator shall additionally document that the school wellness policy and triennial  
9 assessments are made available to the public.<sup>8</sup>

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### 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 2017, Chapter No. 99
8. 7 C.F.R. § 210.31(f)

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### Cross References