

Hardin County Board of Education

Monitoring: Review: Annually, in May	Descriptor Term: Student Wellness	Descriptor Code: 6.411	Issued Date: 06/12/17
		Rescinds: 6.411	Issued: 07/11/16

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

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 School
9 Health Coordinator shall be responsible for overseeing compliance with State Board of Education CSH
10 standards and guidelines in the school district.

11 **DISTRICT WELLNESS COMMITTEE**

12 A District Wellness Committee 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 committee include but
17 are 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 Alliance
21 for a Healthier Generation Healthy Schools Program Assessment 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 Alliance
24 for a Healthier Generation Healthy Schools Program Assessment.

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

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

1 assessment of the implementation of the Wellness Policy and the progress made in attaining the policy
2 goals. The 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 include
5 but not be limited to, the National School Lunch Program, the School Breakfast Program, the Summer
6 Food Service Program, and the After School Snack Program.^{4,5,6}

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.^{4,5,6} The school
11 principal/designee shall be responsible for overseeing the school district's compliance with the State
12 Board of Education Rules and Regulations for sale of food items in the school district.^{2,5,6}

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 Health
19 Education and Lifetime Wellness Standards. Nutrition Education will discourage teachers from using
20 high fat, sugar, and sodium foods as rewards and encourage students to start each day with a healthy
21 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.⁷

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

33 **COMMITMENT TO CURRICULUM³**

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

1 **ALLIANCE FOR A HEALTHIER GENERATION HEALTHY SCHOOLS PROGRAM**

2 All schools within the district shall annually administer a baseline assessment on each of the three
3 recommended Alliance for a Healthier Generation Healthy Schools Program Assessment modules.
4 Results shall be submitted to the School Wellness Committee and reported to the State Department of
5 Education.

6 **RECORD KEEPING COMPLAINCE**

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

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
8. 7 C.F.R. § 210.31(f)

Cross References