

# Lakeland 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>07/18/16</b>
		Rescinds: <b>6.411</b>	Issued: <b>12/14/15</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.

1 Additionally, each school will have a Healthy School Team consisting of teachers, students, parents  
2 and administrators.<sup>2</sup> The Team is shall hold Healthy School Team meetings during the school year to  
3 assess needs and oversee planning and implementation of school health efforts.

#### 4 **COMMITMENT TO NUTRITION**

5 All schools within the District shall participate in the USDA child nutrition programs, including the  
6 National School Lunch Program, the School Breakfast Program, the Summer Food Service Program,  
7 and the After School Snack Program.<sup>4,5,6</sup> The school nutrition coordinator shall be responsible for  
8 overseeing the school district's compliance with the State Board of Education Rules and Regulations  
9 for sale of food items in the school district.<sup>5,6</sup>

10 Meals shall be accessible to all students in a non-stigmatizing manner. Students will be given adequate  
11 time to enjoy healthy meals and relax in a pleasant environment. Good nutritional habits shall be  
12 encouraged. All food including vending machines, fundraising items, and concessions must meet  
13 guidelines set forth by the Healthy, Hunger-free Kids Act, 2010, Smart Snacks in Schools.<sup>4,5,6</sup>

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

#### 21 **COMMITMENT TO PHYSICAL ACTIVITY**

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

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

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

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

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

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

5 **SCHOOL HEALTH INDEX<sup>3</sup>**

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

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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 2016, Chapter No. 669

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Cross References