
Weakley County Board of Education

Descriptor Code: 6.411	Student Wellness	Revised Date: 7/1/17
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POLICY INTENT/RATIONALE

The wellness policy requirement was established by the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Reauthorization Act of 2004 and further strengthened by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). It requires each LEA participating in the national School Lunch Program and/or School Breakfast Program to develop a wellness policy. The final rule expands the requirements to strengthen policies and increase transparency. The responsibility for developing, implanting and evaluation a wellness policy is placed at the local level, so the unique needs of each school under the LEA's jurisdiction can be addressed.

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

Weakley County Schools promotes healthy schools, by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment.

LOCAL WELLNESS POLICY COMPONENTS:

1. Nutrition Standards/Guidelines

In order to accomplish all goals and objectives set forth by this policy, the Weakley County Board of Education is committed to ensure that:

- All meals served through the National School Lunch and Breakfast Program shall be accessible to all students, appealing and attractive to children, and follow Smarter Lunchroom Techniques.
- All meals served to students will meet the USDA's National School Lunch and Breakfast Program meal pattern requirements as a minimum.⁴
- All meals served will be in compliance with local and state regulations regarding safe food preparation, handling, storage, and in accordance with all Hazard Analysis and Critical Control-Procedures (HACCP).
- All foods and beverages sold during the school day in grades PreK-12 shall meet the USDA Smart Snacks in School Nutrition standards at a minimum, except during the 20 exempt days per semester based on state law.

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- All in-school marketing of food and beverage items must meet competitive foods standards that are consistent with the USDA Smart Snacks in School Nutrition standards.
 - Marketing is only allowed for those foods and beverages that may be sold on the school campus during the school day (i.e., that meet the competitive foods standards/Smart Snacks, promote student health, and reduce childhood obesity).
 - Marketing and advertisement apply to the following examples (not limited to only these examples): exterior of vending machines, posters, menu boards, coolers, trash cans, and beverage cups.
- School officials and teachers will encourage parents to provide healthy food selections for school parties, celebrations and other snacks. Healthy snack and party ideas are available on the Weakley County Schools website.
- Guidelines will be established for all foods available on each school campus to promote student health and help reduce childhood obesity.
- Hydration stations will be made available to all students in the cafeteria during meal times.
- Students will be allowed to bring and carry approved water bottles filled only with water throughout the school day.

2. Nutrition Education and Promotion Goals

The Weakley County Board of Education strives to teach, encourage, and support healthy eating habits by all students. Therefore, nutrition education shall:

- Be in accordance with the Health Standards set by the state, offered at an age-appropriate level, and designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- Be a cooperative effort between the instructional staff and the school nutrition program in which school cafeterias will serve as “learning laboratories” to allow students to apply critical thinking skills taught in the classroom.
- Provide information to families and the community that encourages the teaching of children about nutrition and the importance of healthy food choices.
- Encourage students to start each day with a healthy breakfast.

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3. Physical Activity and Physical Education Goals

The Weakley County Board of Education believes that physical activity and education is a vital part of a student's overall health and wellness. Therefore, the school system is committed to ensure that:

- Physical activity will be encouraged and state guidelines followed.⁵
- Physical education classes will be an environment where students learn, practice, and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- Adequate equipment will be available for all students to participate in physical activity. Physical activity facilities on school grounds will be safe.
- Schools will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Information will be provided to families and the community that encourages the teaching of children about physical activity and the importance of a daily exercise regimen.

4. Other School Based Activities

The Weakley County Board of Education understands that the school environment provides consistent wellness messages and is conducive to healthy eating and being physically active. Therefore:

- After school programs will encourage physical activity and healthy habit formation.
- Schools will discourage the use of food as punishment or reward.
- Schools will discourage the use or restriction of physical activity as punishment.
- Schools will provide on-going professional training and development for school nutrition staff and teachers in the areas of wellness.
- School dining areas will be clean, safe and pleasant environments that are reflective of the value of the social aspects of eating.
- Students will be given adequate time to enjoy eating healthy meals with friends.
- Schools will develop a way to promote teacher/staff wellness.
- Coordinated School Health will offer school health screenings for children in Pre-K, K, 2nd, 4th, 6th, 8th, and 9th grade. Passive permission for screenings will be sought from parents. Parents/guardians will receive notice of any screening results that indicate a condition that might interfere or tend to interfere with academic success.

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WELLNESS POLICY IMPLEMENTATION, MONITORING AND POLICY REVIEW

Implementation Plan

A district School Health Advisory Council (SHAC) shall be established to serve as a resource to school sites for implementing policies and programs and develop an active working relationship with the Weakley County Health Council. The SHAC will meet annually and be made aware of the meeting through email notifications. The SHAC shall consist of individuals representing the school and community, including parents, students, teachers, school administrators, health professionals, school food service representatives, and members of the public. The primary responsibilities of the SHAC include but are not limited to:

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

The State Board of Educations' Coordinated School Health and Physical Activity Policies shall be used as guidance by the SHAC to make recommendations. The School Board will consider recommendations of the SHAC in making policy changes or revisions.

Each school will have a Healthy School Team (HST) consisting of teachers, students, parents and administrators.² HST will hold meetings during the school year to assess needs and oversee planning and implementations of school health efforts using the School Health Index³.

Additionally, the HST will review and evaluate their school's compliance of the Wellness Policy using the Weakley County Wellness Policy Assessment Tool which will be reported to the Director of Coordinated School Health. Assessments will be repeated annually by the Healthy School Team to help review policy compliance, assess progress, and determine areas in need of improvement.

Notification of Policy

Annually, the public will be notified about the content of the wellness policy and any updates to the policy through website notifications. Stakeholders will be encouraged to participate in the Wellness Policy process by providing input through website notifications and emails.

At which time, the district will publicize the contact information of the Coordinated School Health Director and the School Nutrition Director, who are responsible for the Wellness Policy updates, as well as information on how the public can get involved in the School Health Advisory Council.

Triennial Progress Assessments

At least once every three years, the district will evaluate compliance with the Wellness Policy to assess the implementation of the policy and include:

1. The extent to which schools under the jurisdiction of the district are in compliance with the wellness policy.

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2. The extent to which the districts’ Wellness Policy compares to the model Wellness Policies.
3. A description of the progress made in attaining the goals of the district’s Wellness Policy.

In each school, the Principal and the Healthy School Team Coordinator will ensure compliance with those policies in his/her school and will report on the school’s compliance to the Coordinated School Health Director. School Nutrition staff, at the school level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the School Nutrition Director. The Weakley County Director of Schools will ensure compliance with established district-wide nutrition and physical activity wellness policies.

The district will notify the public through newspaper announcements, website notifications, and letters sent home to households/families of the availability of the triennial progress report.

Record Keeping

The district’s Coordinated School Health Director shall maintain at minimum the following:

1. The written local school wellness policy
2. Documentation demonstrating compliance with community involvement requirements
3. Documentation of the triennial assessment
4. Documentation to demonstrate compliance with the public notification requirements⁶

Revisions and Updating the Policy

The district will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as district priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The Wellness Policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

Legal References:

1. TCA 49-1-1002
2. State Board of Education Policy 4.204
3. State Board of Education Policy 4.206
4. 7 C.F.R 210 and 220
5. Public Acts of 2017, Chapter No. 669
6. 7 C.F.R 210.31(f)
TRR/MS 0520-1-6
Healthy, Hunger-Free Kids Act of 2010