

The board promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The school district supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of students. Improved health optimizes student performance potential.

The school district provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school district goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

The school district supports and promotes proper dietary habits contributing to students' health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the school district nutrition standards. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals

Special nutritional or health related needs will be monitored and implemented by the building nurse and food service director.

Projects, activities, or products already planned or purchased for the 2006—07 school year may be implemented as planned, even if in conflict with this policy. After the 2006-07 school year, all areas must be in compliance.

The school district will develop a local wellness policy committee comprised of representatives of the board, parents, leaders in food/exercise authority and employees. The local wellness policy committee will develop a plan to implement and measure the local wellness policy and monitor the effectiveness of the policy. The committee will designate an individual to monitor implementation and evaluation the implementation of the policy. The committee will report annually to the board regarding the effectiveness of this policy.

Goals for nutrition education:

The school district will provide nutrition education and engage in nutrition promotion that: is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;

- is part of not only health education classes, but infused as possible into the regular classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects;
- includes when possible, enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing,
- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and physical activity;

Goals for physical activity:

Daily Physical Education

- The school district will provide physical education that:
 - is taught by a certified physical education teacher;
 - includes students with disabilities, students with special health-care needs may be provided in alternative educational settings; and,
- Daily Recess
 - Elementary schools should provide recess for students that:
 - ✓ is preferably outdoors;
 - ✓ encourages moderate to vigorous physical activity verbally and through the provision of space and equipment; and,
 - ✓ discourages extended periods (i.e., periods of two or more hours) of inactivity.

Goals for other school-based activities that are designed to promote student wellness:

- Integrating Physical Activity into Classroom Settings: For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward that end, the school district will:
 - discourage sedentary activities, such as watching television, playing computer games, etc.;
- Communication with Parents: The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school district will:
 - support parents' efforts to provide their children with opportunities to be physically active outside of school; and,
- School Meals
 - Meals served through the National School Lunch and Breakfast Programs will:
 - ✓ be appealing and attractive to children;
 - ✓ be served in clean and pleasant settings;
 - ✓ meet, at a minimum, nutrition requirements established by local, state and federal law;
 - ✓ offer a variety of fruits and vegetables;
 - Breakfast: To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, schools will:
 - ✓ operate the breakfast program, to the extent possible;
 - ✓ notify parents and students of the availability of the School Breakfast Program, where available; and,
 - Free and Reduced-Priced Meals: The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. Toward this end, the school district may:
 - ✓ utilize electronic identification and payment systems;
 - ✓ promote the availability of meals to all students.
 - Meal Times and Scheduling: The school district:
 - ✓ will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and,
 - ✓ should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

- Qualification of Food Service Staff: Qualified nutrition professionals will administer the meal programs. As part of the school district’s responsibility to operate a food service program, the school district will:
 - ✓ provide continuing professional development for all nutrition professionals; and,
 - ✓ provide staff development programs that include appropriate certification and/or training programs for child nutrition directors, nutrition managers and cafeteria workers, according to their levels of responsibility.
- Sharing of Foods: The school district discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children’s diets.
- Food Safety: All foods made available on campus adhere to food safety and security guidelines.
 - All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
http://www.fns.usda.gov/tn/Resources/servingsafe_chapter6.pdf
 - For the safety and security of the food and facility, access to the food service operations are limited to child nutrition staff and authorized personnel.

The board will monitor and evaluate this policy by:

Monitoring: The superintendent will ensure compliance with established school district-wide nutrition and physical activity wellness policies.

- Policy Review
 - To help with the initial development of the school district’s wellness policies, each school in the school district will conduct a baseline assessment of the school’s existing nutrition and physical activity environments and practices. The results of those school-by-school assessments will be compiled at the school district level to identify and prioritize needs.
 - Assessments will be repeated every three years to help review policy compliance, assess progress and determine areas in need of improvement. As part of that review, the school district will review the nutrition and physical activity policies and practices and the provision of an environment that supports healthy eating and physical activity. The school district, and individual schools within the school district will, revise the wellness policies and develop work plans to facilitate their implementation.

The board will monitor and evaluate this policy by annual reports to the board and community.

Legal Reference: Richard B. Russell National School Lunch Act, 42 U.S.C. 1751 et seq. (2005)
Child Nutrition Act of 1966, 42 U.S.C. 1771 et seq.,

Cross Reference: Student Activity Program
School Food Services

Approved _____

Revised _____

Reviewed _____