

## **STUDENT WELLNESS**

**Descriptor Code: JF**

The Board recognizes the link between nutrition, physical activity and learning. In order to implement overall wellness for students, the plan below shall be followed by all schools in the district.<sup>1</sup>

Based upon passage of The Coordinated School Health Improvement Act of 2000, chapter 554 and the subsequent 2006 Public Chapter 1001, CSH was created and funded with state budget dollars to implement Coordinated School Health to all school systems in Tennessee. Funds support the development of a local infrastructure to promote health and wellness for all students and staff and thereby decrease barriers that prevent students from achieving full academic potential. The commissioner of education, in consultation with the department of health and in accordance with its duties under title 68, chapter 1, part 12, shall develop guidelines based on the federal centers for disease control and prevention model for the implementation of a coordinated school health program. Components of a coordinated school health program shall include but are not limited to: health services, physical education, healthy school environment, school counseling, school psychological and social services, nutrition, staff health and wellness, and family and community involvement to enhance student health.<sup>4</sup> Local school systems will initiate and develop the eight component model of Coordinated School Health and ensure compliance of the following:

- Requirements regarding the Family Life Curriculum
- Requirements regarding the administration of medications and health care professionals and the secure storage of medications, record keeping and the orientation and training of all school personnel that handle medications by a school health nurse or licensed health care professional.
- Requirements regarding the employment or contracting for school health nurses at the ratio of at least one full time school health nurse per school system and additional positions as provided through the Basic Education Program (BEP) funding formula.
- Requirements regarding the professional practices of nurses, including the supervision of school health nurses by a Registered Nurse, Certified Nurse Practitioner, and/or physician.
- Requirements with regard to school counseling programs regarding the employment of licensed school counselors and the professional practice of school counselors.
- That all individuals employed, contracted and/or otherwise engaged in providing professional services in any of the components of Coordinated School Health are qualified and licensed according to state law and regulations.

## **SCHOOL HEALTH ADVISORY COUNCIL**

An advisory council shall be established to serve as a resource to school sites for implementing policies. The council shall consist of individuals representing the school and community, including parents, students, teachers, school administrators, school board members, health professionals, school food service representatives, and members of the public. The primary responsibilities of the council 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 that all schools within the district create and implement an action plan related to all modules from the School Health Index;
3. Ensuring that the results of the action plan are annually reported to the council; and
4. Ensuring that school level results include measures of progress on each indicator of the School Health Index.

The State Board of Education's Physical Education Policy shall be used as guidance by the Council to make recommendations. The Board may consider recommendations of the Council in making policy changes or revisions.<sup>1,2</sup>

## **COMMITMENT TO NUTRITION**

All schools shall offer school meal and snack programs with menus that meet the patterns and nutrition standards established by the U.S. Department of Agriculture and State Board of Education's Minimum Nutritional Standards For Individual Food Items Sold Or Offered For Sale To Pupils In Pre-K Through Eight. The coordinated school health counselor shall be responsible for overseeing the school district's compliance with the State Board of Education Rules and Regulations for sale of food items in the school district and that this Wellness Policy is being fulfilled by all schools in the district. He/she shall register with the State Department of Education.<sup>3</sup> Students will be given adequate time to enjoy healthy meals and relax in a pleasant environment. Good nutritional habits shall be encouraged.

The state board of education, in consultation and cooperation with the department of education and the department of health, shall promulgate rules to establish minimum nutritional standards for individual food items sold or offered for sale to pupils in pre-kindergarten through grade

eight (PK-8) through vending machine or other sources, including school nutrition programs. All food and beverages outside the reimbursable school meal program that are provided for sale 45 minutes before school, during the day, and after school will follow state guidelines.<sup>5</sup>

## **EVALUATION OF EFFECTIVENESS OF NUTRITIONAL PROGRAM**

The Board shall monitor the effectiveness of the school nutritional program within a wide-range of student constituency groups. Factors to be considered shall include, but are not limited to:

1. Participation rates in school meal programs;
2. Student satisfaction surveys to monitor the effects of consumption of healthy snacks on children's health, behavior, and school performance and to monitor satisfaction with snack choices;
3. Parent satisfaction surveys to monitor the effects of consumption of healthy snacks on children's health, behavior, and school performance and to monitor satisfaction with snack choices;
4. Frequency and types of health problems noted on school nurse logs;
5. Frequency and types of mental health and behavioral problems noted on counselor logs;
6. Incidence of student behavior infractions;
7. Teacher surveys of student's classroom behavior, attention span, and memory; and
8. Test scores.<sup>3</sup>

Student breakfasts will provide  $\frac{1}{4}$  of the RDA for calories, protein, calcium, iron, and Vitamins A and C. Student lunches will provide  $\frac{1}{3}$  of the RDA for calories, protein, calcium, iron, and

vitamins A and C. The average weekly fat content of school meals will not exceed 30% of total fat and 10% saturated fat.

## **PHYSICAL ACTIVITY**

The Board recognizes that physical activity is extremely important to the overall health of a child. Schools shall support and promote physical activity. Physical activity may be integrated into any areas of the school program. Physical Education classes shall be offered with moderate to vigorous physical activity being an integral part of the class. Students shall be encouraged by staff whenever possible to be physically active. Students shall not be pulled out of physical education class.

Supervised recess or physical education classes should be offered daily to all elementary school children.<sup>2</sup>

It shall be the duty of Sweetwater City Schools to integrate a minimum of three (3) fifteen minute periods of non-structured physical activity per day for students in kindergarten through one (K-1); for students in grades two through six (2-6), a minimum of two (2) twenty-minute periods of non-structured physical activity at least four (4) days a week; and for students in grades seven and eight (7-8), a minimum of ninety (90) minutes of physical activity per week. Physical activities may include walking, jumping rope, playing volleyball, or other forms physical activity that promote fitness and well-being; however, walking to and from class shall not be considered physical activity for the purpose of this subdivision (a)(3).<sup>6</sup>

It shall be the duty of Sweetwater City Schools to integrate a minimum of ninety (90) minutes of physical activity per week into the instructional school day for elementary school and secondary school students. Opportunities to engage in physical activity may include walking, running, or other forms of physical fitness that promote fitness and well-being.<sup>6</sup>

## **CURRICULUM**

All applicable courses of study should be based on Lifetime Wellness Curriculum Standards the K-8 Healthful Living Curriculum Standards, and the K-12 Physical Education Curriculum Standards.<sup>2</sup>

## **SCHOOL HEALTH INDEX**

Beginning July 1, 2006, each school will begin implementation of the School Health Index. The State Board of Education Policy on Implementation of School Health Index shall be followed by each school within the district. (*See*, Tenn. State Board of Ed. Physical Activity Policy, Aug. 18, 2005).<sup>2</sup>

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Legal References:

1. Section 204 of Public Law 108-265; June 30, 2004 Child Nutrition and WIC Reauthorization Act of 2004
2. State Board of Education, Policy 4.206, Physical Activity, August 18, 2005
3. TRR/MS 0520-1-6
4. TCA 49-1-1002
5. TCA 49-6-2307
6. TCA49-6-1021

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