

STUDENT WELLNESS

I. PURPOSE

To provide a school environment that promotes and supports student health and wellness.

II. SCOPE

This policy applies to Shelby County Schools' comprehensive student nutrition and wellness programs.

III. POLICY STATEMENT

The Shelby County Schools (SCS) system is committed to providing a school environment that enhances learning and the development of lifelong wellness practices. To this end the District shall:

- Provide School Nutrition Programs that comply with federal, state and local requirements.
- Provide School Nutrition Programs that are accessible to all children.
- Provide and promote sequential and interdisciplinary nutrition education.
- Encourage that patterns of meaningful physical activity connect to students' lives outside of physical education.
- Ensure that all school-based activities are consistent with local wellness policy goals.
- Ensure that all foods and beverages made available on campus (including vending, concessions, a la carte, student stores, parties, and fundraising) during the school day are consistent with the U.S. Department of Agriculture (USDA) dietary guidelines and applicable state statutes and/or regulations.
- Ensure that all foods made available on campus adhere to food safety and security guidelines.
- Ensure that the school environment is safe, comfortable, pleasing, and allows adequate time and space for eating meals.

A. SCHOOL HEALTH ADVISORY COUNCIL

The Board authorizes the Superintendent to establish a School Health Advisory Council (Council) to provide advice regarding the district-wide coordinated school health and wellness programs and initiatives. The responsibilities of the Council shall include but are not limited to:

1. Providing input on the development and implementation of physical activity and nutrition policies; and monitoring, reviewing, and as necessary making recommendations on such policies;
2. Ensuring that all schools within the district create and implement an action plan related to the School Health Index and applicable inventories for wellness initiatives;
3. Ensuring that school level results include measures of progress on each indicator of the School Health Index; and
4. Assisting with the development of guidelines for schools on nutrition and physical fitness standards in accordance with applicable state and federal laws.

Recommendations of the Council to adopt and/or revise this and other applicable student wellness policies shall be provided to the Board for consideration.

Council Composition

The Council, in accordance with applicable federal and/or State laws, shall consist of individuals representing the district and community, including parents, students, teachers, school administrators, school board members, health professionals, school food service representatives, and members of the public.

Required Meetings

The Council shall meet in accordance with federal and state requirements/ guidelines to review, revise, and recommend school nutrition and physical activity policies and will serve as a resource to school sites for implementing this policy. This provision shall not preclude the Council from meeting as needed during the school year.

B. COMMITMENT TO COORDINATED SCHOOL HEALTH, NUTRITION, PHYSICAL ACTIVITY, AND HEALTHY SCHOOL ENVIRONMENTS

1. Coordinated School Health

The District is committed to ensuring that all SCS schools implement the Center for Disease Control's (CDC's) Coordinated School Health approach to managing new and existing wellness-related programs and services. Such programs shall be implemented in accordance with State law and State Board of Education Coordinated School Health (CSH) Standards and Guidelines. The

District's coordinated school health coordinator shall be responsible for overseeing compliance with State Board of Education CSH Standards and Guidelines in the District and shall register with the State Department of Education.

2. Nutrition

The District is committed to ensuring that all SCS schools offer school meal and snack programs with menus that meet the patterns and nutrition standards established by the USDA and State Board of Education's Minimum Nutritional Standards.

3. Physical Activity

The District is committed to ensuring that all SCS schools support and promote physical activity including providing students with the opportunity to engage in physical education classes, supervised recess/physical activity and non-structured physical activity during the school day in accordance with applicable federal and state statutes and guidelines.

4. Healthy School Environment

The District is committed to ensuring that all SCS schools offer healthy, safe, and supportive environments for students, staff, parents, and visitors; and shall ensure that schools implement all applicable federal and state laws and regulations related to the development, curriculum, services, standards, staffing, and assessment of wellness programs.

C. NUTRITIONAL STANDARDS FOR FOODS AND BEVERAGES SOLD AND SERVED IN SCHOOLS

1. School Meal and Snack Menus

The District shall engage students and parents, through taste-tests and surveys of new entrees, in selecting foods sold through the school meal programs in order to identify new, healthy, and appealing food choices. In addition, schools shall share information about the nutritional content of meals with parents and students.

2. Fundraising Activities, Snacks, Rewards, Celebrations, and School-Sponsored Events

a. Fundraising Activities

- 1) To support children's health and school nutrition-education efforts, the sale of food items as a fundraiser is limited to after-school hours. In selling foods after school hours, schools shall be encouraged to sell foods that promote good nutrition and promote physical activity.
- 2) The school district, through Coordinated School Health, shall make available a list of ideas for acceptable fundraising activities.

- b. Snacks
Snacks served during school and in the After School Program shall meet or exceed the nutrition standards established by federal and state laws and regulations.
- c. Food as reward and/or punishment
 - 1) Schools are encouraged to use non-food or beverage items and/or physical activity as rewards for academic performance or good behavior, unless otherwise required per a student's individualized education program (IEP) or Section 504 Plan.
 - 2) Schools shall not withhold food or beverages at meal times as a punishment.
 - 3) The School District shall provide a list of acceptable rewards.
- d. School/classroom celebrations
 - 1) Food served for school/classroom celebrations shall meet the Minimal Nutritional Standards of Tennessee.
 - 2) School/classroom celebrations shall incorporate physical activity.
 - 3) The District shall make available a list of healthy celebration ideas to parents, teachers, school administrators, and the community.
- e. Marketing and Advertising of Foods and Beverages at School-Sponsored Events
Schools shall allow marketing and advertising of only those foods and beverages that meet competitive food standards to be offered or sold at school-sponsored events during the school day.

D. EVALUATION OF EFFECTIVENESS OF NUTRITION PROGRAM

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

1. 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;
2. 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;
3. Frequency and types of health problems noted on school nurse logs;
4. Frequency and types of mental health and behavioral problems noted on counselor logs;
5. Incidence of student behavior infractions;
6. Teacher surveys of student's classroom behavior, attention span, and memory; and
7. Test scores.

E. PHYSICAL ACTIVITY

1. The District shall provide opportunities during the school day for students to be physically active. Opportunities shall be inclusive of integration of physical activity into curricula areas of the school program (i.e., classroom movement breaks and other activities); and supervised recess/physical activity and physical education provided in accordance with federal and/or state requirements.
2. Physical activity opportunities shall not be withheld as a punishment (i.e., recess) or used as a punishment (e.g., running laps, push-ups) during the school day.

F. CURRICULUM

All applicable courses of study should be based on State-approved curriculum standards (i.e., Lifetime Wellness Curriculum Standards).

G. SANCTIONS

Failure of responsible District personnel to make a good faith effort to comply or willful/intentional failure to perform in accordance with the requirements of this policy may result in disciplinary measures.

H. MONITORING AND POLICY REVIEW

1. Monitoring

The Superintendent shall ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee shall ensure compliance with those policies in his/her school and shall report on the school's compliance to the Superintendent or his/her designee.

School food service staff, at the school or district level, shall ensure compliance with nutrition policies within school food service areas and shall provide a report to the Superintendent or his/her designee.

2. Reports, Assessments, and Policy Review

Annual Progress Reports

The Superintendent shall provide an annual progress report to the Board and make available to parents and the community information regarding the local school wellness policy, the progress of each school toward meeting the goals of the policy, and any school activities related to the policy on an annual basis.

Triennial Assessments

The District shall conduct an assessment and develop a summary report on the implementation of the District's wellness nutrition and physical activity policies every three (3) years in accordance with state and/or federal guidelines. The Superintendent shall provide a summary report of the triennial assessments to the Board and make the summary report available to parents and the public.

Policy Review and Updates

The District shall review and revise this policy as appropriate based on district-wide/community needs and needs identified in the annual progress reports or triennial assessments.

I. SCHOOL HEALTH INDEX

Each school shall complete a School Health Index, including an action plan, on an annual basis. The State Board of Education Policy on Implementation of School Health Index shall be followed by each school within the district.

IV. RESPONSIBILITY

- A. Principals shall be responsible for ensuring that his/her school is in compliance with this policy and applicable State Board of Education Rules and Regulations.
- B. The Department of Operations is responsible for developing standards and guidelines relating to nutrition.
- C. The Office of the Chief Academic Officer is responsible for developing and implementing standards and guidelines relating to physical fitness and health education.
- D. The office responsible for coordinated school health, Department of Operations and the Office of the Chief Academic Officer are responsible for ensuring compliance with state, federal, and local standards.
- E. The Superintendent is responsible for ensuring that this policy is followed.

Legal References:

- 1. Section 204 of Public Law 108-265 Child Nutrition and WIC Reauthorization act of 2004
- 2. TRR/MS 0520-1-6
- 3. **T.C.A. 49-6-1021 - 1022**
- 4. T.C.A. 49-6-2307
- 5. Tennessee State Board of Education Policy No. 4.206

Cross References:

- 1. [3006 School Nutrition Management](#)