

Millington Board of Education

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| Monitoring: Review: Annually | Descriptor Term: Student Wellness | Descriptor Code: 6.411 | Issued Date: 06/29/17 |
| | | Rescinds: 6.411 | Reviewed/Revised: 07/01/19 |

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.¹

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^{2,3}**

12 MMSD has established and shall maintain a School Health Advisory Council to serve as a resource to
13 school sites for implementing programs. The council shall consist of individuals representing the
14 school and community, including parents, students, teachers, school administrators, health
15 professionals, school food service representatives, and members of the public. The primary
16 responsibilities of the council include but are not limited to:

- 17 1. Making recommendations as to physical activity and nutrition policies;
- 18 2. Ensuring all schools within the district create and implement an action plan related to all
19 School Health Index modules;
- 20 3. Ensuring that the results of the action plan are annually reported to the council; and
- 21 4. Ensuring that school level results include measures of progress on each indicator of the School
22 Health Index.

23 The State Board of Education's Coordinated School Health and Physical Activity Policies shall be used
24 as guidance by the Council to make recommendations. The MMSD Superintendent will consider
25 recommendations of the Council.

26 Additionally, each school will have a Healthy School Team consisting of teachers, students, parents
27 and administrators. The Team will hold Healthy School Team meetings during the school year to
28 assess needs and oversee planning and implementation of school health efforts. The MMSD CSH
29 Coordinator and MMS Nutrition Coordinator will ensure compliance with the District's Wellness
30 Policy, including a three year review/assessment beginning July 2020. The results of this assessment

1 will be presented to the MMSD Superintendent for review and made available to the public through
2 posting on District's website.

3 **NUTRITION GUIDELINES**

4 The nutrition guidelines for all food and beverages offered for sale to students are as follows:

- 5 • Will be consistent with meal pattern requirements and nutrition standards for competitive foods
6 developed by USDA Smart Snacks in School nutrition standards.
- 7 • For other, non-sold foods and beverages made available on the school campus during the
8 school day, at each school the Principal shall monitor all such foods and beverages to ensure
9 that non sold food and beverages comply as much as possible with the USDA Smart Snacks in
10 School national standards

11 **COMMITMENT TO NUTRITION**

12 All schools within the District shall participate in the USDA child nutrition programs, which may
13 include but not be limited to the National School Lunch Program, the School Breakfast Program, the
14 After School Snack Program and the state funded Fruit and Vegetable program.^{4,5,6}

15 Meals shall be accessible to all students in a non-stigmatizing manner. Students will be given adequate
16 time to enjoy healthy meals and relax in a pleasant environment. Good nutritional habits shall be
17 encouraged. All food including vending machines, fundraising items, and concessions must meet
18 guidelines set forth by the Healthy, Hunger-free Kids Act, 2010, Smart Snacks in Schools.^{4,5,6} The
19 school principal/designee shall be responsible for overseeing the school district's compliance with the
20 State Board of Education Rules and Regulations for sale of food items in the school district.^{2,5,6}

21 **DISTRICT GOALS**

22 The district will promote healthy nutrition through various activities, including nutrition related
23 newsletters, informational links on the district website, healthy eating posters and bulletin boards in
24 dining areas, and informational booths at various community functions. Nutrition Education will be
25 offered as part of a standards based program designed to provide students with the knowledge and
26 skills needed to promote and protect their health as outlined in the State Board of Education
27 Health Education and Lifetime Wellness Standards. Nutrition Education will discourage teachers
28 from using high fat, sugar, and sodium foods as rewards and encourage students to start each day with
29 a healthy breakfast.

30 **FOOD AND BEVERAGE MARKETING**

31 Only those foods and beverages that meet the nutritional standards 7 C.F.R. 210.11 may be marketed
32 on MMS school campuses. Marketing and advertising of food and beverages other than that sold on
33 the school campus is prohibited.

1 **COMMITMENT TO PHYSICAL ACTIVITY AND PHYSICAL EDUCATION**

2 The Board recognizes that physical activity is extremely important to the overall health of a child.
3 Schools shall support and promote physical activity. Physical activity may be integrated into any areas
4 of the school program.

5 Physical Education classes shall be offered as part of a standards based program designed to provide
6 developmentally appropriate moderate to vigorous physical activity as an integral part of the class. All
7 physical education classes shall comply with the State Board of Education's Physical Education
8 Standards.

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

11 **COMMITMENT TO CURRICULUM³**

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

13 **SCHOOL HEALTH INDEX³**

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

17 **RECORD KEEPING COMPLIANCE**

18 The District's Coordinated School Health Coordinator shall ensure that records demonstrating
19 compliance with community involvement requirements are maintained. The Coordinated School
20 Health Coordinator shall additionally document that the school wellness policy and triennial
21 assessments are made available to the public.⁸

22 Please refer to District Website for procedures and guidance related to the District's Wellness Policy

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 0520-01-06, Child Nutrition Programs
6. 7 C.F.R. § 210 and 220
7. TCA 49-6-1021
8. 7 C.F.R. § 210.31(f)