

Millington Board of Education

Monitoring: Review: Annually	Descriptor Term: Student Wellness	Descriptor Code: 6.411	Issued Date: 06/29/17
		Rescinds:	Reviewed/ Revised: 02/03/20

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 A school district health advisory council shall be established to serve as a resource to school sites for
13 implementing policies and programs and develop an active working relationship with the county health
14 council. The council shall consist of individuals representing the school and community, including
15 parents, students, teachers, school administrators, health professionals, school food service
16 representatives, and members of the public. The primary responsibilities of the council include but are
17 not limited to:

- 18 1. Developing, implementing, monitoring, reviewing, and as necessary, making recommendations
19 as to physical activity and nutrition policies;
20
- 21 2. Ensuring all schools within the district create and implement an action plan related to all
22 School Health Index modules;
23
- 24 3. Ensuring that the results of the action plan are annually reported to the council; and
25
- 26 4. Ensuring that school level results include measures of progress on each indicator of the School
27 Health Index.

28 The State Board of Education's Coordinated School Health and Physical Activity policies shall be used
29 as guidance by the council to make recommendations. The Board will consider recommendations of
30 the council in making policy changes or revisions.

1 Additionally, each school will have a Healthy School Team consisting of teachers, students, parents,
2 community members, and administrators.² The Team will hold Healthy School Team meetings during
3 the school year to assess needs and oversee planning and implementation of school health efforts. The
4 Director of Schools/designee will ensure compliance with the school wellness policy, to include an
5 assessment of the implementation of the wellness policy and the progress made in attaining the policy
6 goals. The assessment will be made available to the public.

7 **COMMITMENT TO NUTRITION**

8 All schools within the district shall participate in the USDA child nutrition programs, which may
9 include but not be limited to, the National School Lunch Program, the School Breakfast Program, the
10 Summer Food Service Program, the After School Snack Program and the Fruit and Vegetable
11 program.^{4,5,6}

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

18 **DISTRICT GOALS**

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

28 **COMMITMENT TO PHYSICAL ACTIVITY AND PHYSICAL EDUCATION⁷**

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

32 Physical education classes shall be offered as part of a standards based program designed to provide
33 developmentally appropriate moderate to vigorous physical activity as an integral part of the class. All
34 physical education classes shall comply with the State Board of Education's Physical Education
35 Standards. In addition to the district's physical education program, non-structured physical activity
36 periods shall be offered as required by law.

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

1 **COMMITMENT TO CURRICULUM³**

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

3 **SCHOOL HEALTH INDEX³**

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

7 **RECORD KEEPING COMPLIANCE**

8 The district's Coordinated School Health Coordinator shall ensure that records demonstrating
9 compliance with community involvement requirements are maintained. The Coordinated School
10 Health Coordinator shall additionally document that the school wellness policy and triennial
11 assessments are made available to the public.⁸

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 USCA § 1758b (Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296))
5. TRR/MS 0520-01-06
6. 7 C.F.R. § 210 and 220
7. TCA 49-6-1021
8. 7 C.F.R. § 210.31(f)

Cross References

Student Suicide Prevention 6.415