Local School Wellness Guide

**OVERVIEW**

The USDA defines the local school wellness policy as follows:

“A local school wellness policy is a written document of official policies that guides a local educational agency (LEA) or school district’s efforts to establish a school environment that promotes students’ health, well-being, and ability to learn by supporting healthy eating and physical activity.

The Local School Wellness Policy requirement was established by the Child Nutrition and WIC Reauthorization Act of 2004, and further strengthened by the Healthy, Hunger-Free Kids Act of 2010. It requires each local LEA participating in the National School Lunch Program and/or School Breakfast Program to develop a local school wellness policy that promotes the health of students and addresses the growing problem of childhood obesity. The responsibility for developing a local school wellness policy is placed at the local level so the unique needs of each school under the jurisdiction of the LEA can be addressed.”

The Local School Wellness Policy must also include the following:

* Designation of one or more LEA or school official(s) to ensure each school is compliant with the policy.
* A plan for stakeholder involvement.
* Nutrition guidelines for all foods and beverages offered to students for sale that are consistent with the meal pattern requirements and nutrition standards for competitive foods.
* A plan to ensure that marketing of food and beverage items must meet competitive foods standards that are consistent with the Smart Snacks standards.
* A plan for assessment of the implementation of the policy.
  + Must be conducted at least every 3 years and be publically available.
* A plan for annual public notification of the local school wellness policy.
* Specific Local Goals for:
  + Nutrition Promotion and Education
  + Physical Activity
  + Other school-based activities that promote student wellness

Locally, DeKalb County School System has a School Board approved **Student Wellness Policy (6.411)** that sets forth general goals and expectations of its schools in relation to school and student wellness. That policy covers many of the USDA requirements listed above.

The purpose of this guide is to:

1. Expand on those general goals with specific, yearly goals.
2. Ensure any missing requirements not listed in policy 6.411 are met.
3. Explain the components of the local policy.

**DeKalb County Policy Leadership and Involvement**

Policy 6.411 addresses leadership and involvement at both the District and School Level in the following excerpt:

“The DeKalb County School Board recognizes the value of proper nutrition, physical activity, and other health conscious practices and the impact that such practices have on student academic achievement, health, and wellbeing.

A district school health advisory council shall be established to serve as a resource to school sites for implementing policies and programs and to develop an active working relationship with the county health council.

The council shall consist of individuals representing the school and community, including parents, students, teachers, school administrators, 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 all schools within the district create and implement an action plan related to all School Health Index modules;
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 Coordinated School Health and Physical Activity Policies shall be used as guidance by the Council to make recommendations. The Board will consider recommendations of the Council in making policy changes or revisions.

Additionally, each school will have a Healthy School Team consisting of teachers, students, parents and administrators. The Team shall hold Healthy School Team meetings during the school year to assess needs and oversee planning and implementation of school health efforts.”

Lead Departments

As they are directly involved in the areas of requirement listed by the USDA and Policy 6.411, the Coordinated School Health and School Nutrition Departments collaborate to lead the councils and insure that the Local School Wellness Policy is compliant with federal requirements and updated as appropriate.

Those interested in participating in School Wellness Councils or policy development should contact:

CHS Coordinator

Mrs. Elise Driver

615.215.2118

elisedriver@dekalbschools.net

School Nutrition Supervisor

Mrs. Emily Estes

615.215.2104

[emilyestes@dekalbschools.net](mailto:emilyestes@dekalbschools.net)

**COORDINATED SCHOOL HEALTH**

Tennessee Coordinated School Health connects physical, emotional and social health with education through eight interrelated components. This coordinated approach improves students' health and their capacity to learn through the support of families, communities and schools working together. Coordinated School Health works with many partners to address school health priorities.

**CHS Components**

* Health Education
* Health Services
* Nutrition
* Physical Education
* Healthy School Environment
* School Counseling, Psychological, And Social Services
* Student, Family, and Community Involvement
* School Staff Wellness

**Related Local School Board Policy Language**

Policy 6.411 addresses goals related to CHS in the following excerpts:

COMMITMENT TO COORDINATED SCHOOL HEALTH

“All schools shall implement the CDC’s Coordinated School Health approach to managing new and existing wellness related programs and services in schools and the surrounding community based on State law and State Board of Education 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 school district.”

COMMITMENT TO 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. In addition to the district’s physical education program, non-structured physical activity periods shall be offered in grades K-6. Non-structured physical activity will consist of a temporary withdrawal or cessation from usual school work or sedentary activities. The following opportunities for physical activity shall be provided:

1. For Elementary Students: A minimum of 30 minutes of physical activity per school week.
2. For Middle & High School Students: A minimum of 90 minutes of physical activity per school week.

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

SCHOOL HEALTH INDEX

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

**SCHOOL NUTRITION SERVICES**

Tennessee's School Nutrition program is responsible for providing nutritious meals and snacks for students in public and private schools, as well as residential and child care institutions. School Nutrition administers the USDA's National School Lunch Program, School Breakfast Program and Afterschool Snack Program across the state. All public schools in Tennessee are on the National School Lunch Program, which provides nutritionally balanced, low-cost or free lunches to children each school day.

Nutrition standards set forth by the USDA require most schools to increase the availability of fruits, vegetables, whole grains, and fat-free and low-fat fluid milk in school meals; reduce the levels of sodium, saturated fat, and trans fat in meals; and meet the nutritional needs of school children within their calorie requirements.

For detail of the nutrition standards please reference federal register:

“7 CFR Parts 210 and 220 Nutrition Standards in the National School Lunch and School Breakfast Programs; Final Rule”

**Related Local School Board Policy Language**

Policy 6.411 addresses goals related to School Nutrition in the following excerpts:

COMMITMENT TO NUTRITION

“All schools within the District shall participate in the USDA child nutrition programs, including the National School Lunch Program, the School Breakfast Program, the Summer Food Service Program, and the After School Snack Program. The school nutrition coordinator 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. Meals shall be accessible to all students in a non-stigmatizing manner. Students will be given adequate time to enjoy healthy meals and relax in a pleasant environment. Good nutritional habits shall be encouraged. All food including vending machines, fundraising items, and concessions must meet guidelines set forth by the Healthy, Hunger-free Kids Act, 2010, Smart Snacks in Schools.

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

**IMPLEMENTATION AND ASSESSMENT**

Policy 6.411 addresses implementation and assessment requirements in the following excerpts:

“The director of schools or designee shall ensure compliance with this policy at each school within the district”.

**Annual Progress Reports**

“The District will compile an annual report to share basic information about the wellness policy and report on the progress of the schools in meeting wellness goals. This report will be published to the District’s website each May and will include, is not limited to:

* A description of each school's progress in meeting goals
* A summary of each school's events or activities related to wellness policy implementation
* Information regarding how individuals can get involved with policy development
* The website address for the wellness policy and/or how the public may access a copy
* Contact information for leaders of the wellness policy team”

**Triennial Progress Assessments**

“At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

* The extent to which schools in the District are in compliance with the current policy
* The extent to which the District's policy compares to the Alliance for a Healthier Generation's model policy and current governing regulations
* A description of the progress made in reaching the District's goals”

**Implementation Metrics**

“The effectiveness of the Student Wellness Policy will be assessed using the following factors:

* Participation rates in the school meal programs
* Student and parent satisfaction surveys to monitor the effect of the school environment on student health, behavior, and school performance
* Frequency and types of health problems noted on school nurse logs
* Teacher surveys of student's classroom behavior, attention span, and memory
* Attendance Data
* Student BMI and other Physical Fitness Data”

**PROGRESS REPORT FOR SCHOOL YEAR 2022-23**

**Wellness Leadership & Public Involvement**

School Health Advisory Council:

CSH and School Nutrition met to discuss Healthy School team goals and progress in relation to the Wellness Policy.

Public involvement in these meetings is encouraged through online notification and through the Healthy School teams. Data was received from the following Healthy School teams:

* Northside Elementary: Fall & Spring Assessments & Action Plans
* Smithville Elementary: Fall & Spring Assessments & Action Plans
* DeKalb Middle-Fall & Spring Assessments & Action Plans
* DeKalb West School- Fall & Spring Assessments & Action Plans
* DeKalb High School- Fall Assessment & Action Plan Only

**Action Plan & Progress**

**SES Action 1: Implement a walking trail on campus.**

Progress: SES principal will follow up with Maintenance Dept. to get pricing on what type of trail needs to be installed. SES principal will speak to Director on possible funding opportunities for the 2023-24 school year. CSH will search for grant opportunities also.

**SES Action 2: Provide all classroom teachers with more sensory items for behavioral support.**

Progress: SES guidance counselor sent out an email and google doc for teachers to sign up for sensory items they would like to have for their classrooms. CSH was able to purchase everything on the list, including 39 fidget toys and 34 wiggle chairs/cushions.

**SES Action 3: Publish a “Get to Know…” interview spotlight on a teacher each month.**

Progress: A faculty member will be interviewed and the interview and picture will be posted to the SES website and sent out in a school wide email. The faculty member chosen will also receive a special treat. This is to be started in the 2023-24 school year.

**NES Action 1: Update playground equipment to be more inclusive.**

Progress: NES admin will meet with the Maintenance Dept. to come up with a plan of implementation of updates for accessibility.

**NES Action 2: Develop a system to support social/emotional learning of all students.**

Progress: NES admin will meet with the PBS team to develop a system for selection. CSH set up a meeting with admin and Volunteer Behavioral Health to discuss adding a School Based Behavioral Health Liaison position to NES for the 2023-24 school year. This is ongoing.

**NES Action 3: Implement a staff breakfast cart.**

Progress: CSH set up dates of delivery of the food and the dates the cart would take place. This partnership included the food being delivered by CSH to the cafeteria and set up on the cart by the cafeteria staff. The behavior class was to pick up the cart on the agreed upon time and date and distribute the items to staff. This action failed to get going and was only implemented one time, as the cafeteria could not get anyone to collect the cart and distribute the items to staff.

**DWS Action 1: Provide staff members with opportunities to participate in Wellness programs.**

Progress: CSH has provided a staff fitness room at DWS that will continue to be utilized. DWS will promote the discount for teachers provided by the County Complex. The DWS nurse implements the Biggest Loser Challenge for staff each school year. CSH has provided virtual nutrition seminars and fitness classes free of charge during this school year.

**DWS Action 2: Provide families/community with information over topics covered through the guidance classes.**

Progress: Community coalitions and CSH provide educational information at parent events. The guidance counselor sends home supplemental information to use as a family on abuse prevention. Information is sent home about separation anxiety for Pre-K-5th grades. A pledge is also sent home to parents about gun safety.

**DMS Action 1: Implement extra support for counseling services.**

Progress: Meetings with Volunteer Behavioral Services were set up by School officials to implement a possible position of a School-Based Behavioral Liaison for DMS. The Director and School Board signed off this program. The position has been posted and will be implemented in the 2023-24 school year if an appropriate candidate is found. This position will be full-time and will provide students with support with social and emotional health.

**DMS Action 2: Implement the iGuardian presentation with Homeland Security for all students at DMS.**

Progress: The iGuardian presentation was done on March 17, 2023 for all students at DMS. The DeKalb Prevention Coalition also provided all students with a bracelet that promoted living above the influence.

**DMS Action 3: Implement a Staff Healthy Breakfast Cart.**

Progress: CSH and the PBS partnered to implement this breakfast cart. The cart was implemented every Friday, starting on March 17, 2023, for a total of 8 times. CSH purchased the items and delivered them to the PBS to put on a cart and take around to all teachers.

**DMS Action 4: Incorporate parent night into the fall semester for the 2023-24 school year.**

Progress: Admin will set a date and assign staff duties closer to time.

**DMS Action 5: Implement skating into the P.E. program.**

Progress: Mrs. Janie will come up with a fundraising endeavor for the fall semester of the 2023-24 school year and will attempt to raise at least half of the money to implement the skating program. CSH has agreed to provide $1,500 as a mini grant for this program, should funding be available.

**DCHS Action 1: Increase the amount of awareness of the services offered to students.**

Progress: Implement family engagement events(open house, alumni week, parent teacher conferences, spring fling, etc.). Communicate more through social media and Remind/Skyward messages.

**DCHS Action 2: Implement more guest speakers to target social and emotional health related issues.**

Progress: The iGuardian presentation was done on March 17, 2023 for all students at DCHS. The DeKalb Prevention Coalition also provided all students with a bracelet that promoted living above the influence. The DPC, CSH, and Health Dept. do health lessons during class time and afterschool on health related issues.