



HUNTINGDON SPECIAL SCHOOL DISTRICT Wellness Policy

LAST REVISED: July, 2022

The Huntingdon Special School District (HSSD) recognizes the value, importance, and priority of student wellness and proper nutrition. The impact that optimal nutrition has on student wellness involves a students' physical, mental, social, and emotional well-being. HSSD is committed to providing a healthy school environment that promotes the knowledge and skills necessary for students to make informed decisions regarding their health and well-being. HSSD additionally promotes student wellness through proper nutritional and physical education practices, superb staff and curriculum standards, and productive opportunities for parent/community involvement.

Healthy School Environment

- District responsibilities:
 - Monthly review/safety checks of all HSSD site AED's.
 - Annual review of all Epinephrine expiration dates for emergency anaphylactic use.
 - Assist in annual sports physicals for the athletic departments.
 - Implement health, safety, and emergency preparedness training (basic first-aid and Cardiopulmonary Resuscitation (CPR), Automated External Defibrillator (AED), universal precautions, blood borne pathogens) for personnel throughout the district.
 - Provide principals, teachers, parents, and community with a listing of ideas for healthy snacks, healthy party snacks and in-school celebrations. (Appendix A)
- School Responsibilities:
 - Form an emergency care team consisting of school/district personnel and emergency responders to review and update school crisis plan.
 - Continue and strengthen active involvement in the Student Health Councils by additional involvement of community members and parent(s). Student Health Councils will:
 - Oversee the implementation of the Wellness Policy at the school level
 - Develop goals and action steps to improve the health of students, staff, and the community
 - Submit required reports to the Office of Coordinated School Health
 - For schools with Automated External Defibrillators (AED), develop an emergency action plan for using the AED.
 - Ensure all meals are not withheld as a method of discipline.
 - Any food and beverage marketed or promoted to students on the school campus shall be compliant with the USDA Smart Snacks in School nutrition standards.
 - Provide training for faculty and staff in the identification of and response to allergy and/or asthma triggers.

Health Education

- District Responsibilities:
 - Provide professional development training for health and wellness teachers in grades K-12.
 - Provide CPR and AED Instructor Certification Training to the health services coordinator for the district.
 - Provide a list of approved Family Life & Sexuality Education (FLSE) community resources to schools.
 - Implementation of student-led awareness programs for mental health.
- School Responsibilities:
 - Ensure implementation of the Tennessee Lifetime Wellness Standards and Tennessee Health Education Standards.
 - Ensure nutrition education is taught at each grade level through promotion of the health portal on the school's website.
 - Ensure compliance with the Family Life & Sexuality Education Policy including:
 - HIV/AIDS Prevention Education
 - Parent/guardian notification
 - Preview of materials
 - Contraception
 - Safe Haven Law
 - Use only approved community resources to support teaching Family Life & Sexuality Education.
 - Use community resources to promote health education:
 - Carroll County Health Department
 - Information sessions with local providers concerning health topics
 - Baptist Priority EMS
 - Jackson Crisis Intervention
 - Carey Counseling Services for mental health triage in HMS

Physical Education and Physical Activity

- District responsibilities:
 - Provide professional development training for physical education teachers in grades K-12.
 - Complete and submit the Physical Activity Compliance Report to the TN State Department of Education annually.
 - Revise the Physical Education & Lifetime Wellness Policy as needed.
- School responsibilities:
 - Ensure compliance with the Physical Activity Law for grades K-12:
 - Elementary Schools:
 - a minimum of 60 minutes of structured or unstructured physical activity per full school week
 - must offer at least one 15-minute physical activity break each day

Middle and High Schools:

- a minimum of 60 minutes of structured or unstructured physical activity per full school week
- Complete and submit the Physical Activity Compliance Report to the TN State Department of Education each semester.
- Physical activity and recess will complement, not substitute, physical education class.
- Physical activity (running laps, push-ups, etc.) shall not be used as a form of punishment.
- Ensure implementation of the Tennessee Physical Education Standards in grades K-12.
- Ensure compliance with the Physical Education and Lifetime Wellness Policy including:
 - Class size
 - Graduation requirements
 - Modification
 - Dodgeball
 - Physical activity as punishment
 - Dressing out/physical education uniforms
 - Students (non-participation)
 - Trampoline/mini-trampoline safety
- Provide safe and adequate equipment, facilities, and resources for physical education classes.
- Encourage student and staff involvement in community physical activity programs.

Nutrition Services

Nutrition Services is committed to continually working to improve and provide nutritious meals that reflect the culturally diverse preferences of HSSD students while also meeting their nutritional needs. School-prepared meals include daily fruit offerings, a variety of vegetables, whole grain and/or whole grain rice products, and fat-free and low-fat milk options. The department prepares food items that are moderate in sodium and low in saturated fat.

The School Breakfast Program (SBP) and National School Lunch Program (NSLP) are implemented in all schools within the district. Additional programs that are offered at schools include the Summer Food Service Program (SFSP). Every school café within the district is dedicated to serving wholesome, nutritious meals through the SBP and NSLP and all other applicable Federal child nutrition programs, that:

- Are easily accessible to all students;
- Are appealing and attractive to children;
- Are served in a clean and positive setting;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.
 - Menus will be reviewed by a Registered Dietician.

- Menus will be posted on the district website monthly and nutritional analyses are available if requested.
- Accommodations will be made for students with food allergies or food intolerances when a special diet prescription form is completed.
- Promote health food and beverage selections using at least five of the following Smarter Lunchroom techniques:
 - Menu boards featuring today's meal components are visible and readable within service areas.
 - Lunchroom equipment is decorated with decals/magnets/signage whenever possible.
 - Fruit options are displayed in attractive bowls or (whole fruits) baskets.
 - While milk is placed in front of other beverages in all coolers.
 - White milk represents at least 1/3 of all visible milk in the lunchroom.
 - Posters displaying healthful foods are visible and readable within all dining areas.
 - Student artwork is displayed in the dining area.
 - Student surveys and taste testing opportunities are used to inform menu development, dining space décor, and promotional ideas.

Staff Qualifications and Professional Development

All HSSD Nutrition Services staff are required to complete at least the minimum amount of annual continuing education and training requirements as outlined in the USDA Professional Standards for All School Nutrition Program Employees.

Water

City-inspected, potable water will be available to all students and staff during mealtimes and throughout the school campus during the school day. Approved water sources include water fountains, water pitchers with cups furnished at no cost to students, and/or a faucet filling station that allows students to fill their own cups/bottles.

Nutrition Promotion

HSSD recognizes the correlation between nutrition promotion and the development of healthy eating habits. To further contribute to a healthy school environment, the district will promote healthy food and beverage choices to students on the school campus. Nutrition promotion will occur through the following methods:

- Implementing at least five or more evidence-based Smarter Lunchroom techniques in all meal programs.
- Ensuring that all foods and beverages promoted to students meet or exceed the USDA Smart Snacks in School nutrition standards.
- Displaying nutrition-related posters throughout the cafeteria.
- Annually celebrate National School Breakfast Week and National School Lunch Week.
- Regularly update HSSD website's Health portal to promote awareness and provide resources to the community.

School Health Services

- District responsibilities:
 - Train designated school personnel yearly in assisting with self-administration of medications as well as emergency medications such as glucagon, epinephrine (Epi-Pen), and Diastat.
 - Update Student Health Services Policy, as needed, and ensure all schools are aware of the provisions.
 - Provide parent/guardians with the results of health screenings performed.
 - Implement deadlines for all schools for health and emergency information forms to be turned in from students.
 - Complete the Annual Data & Compliance Report for the State Department of Education.
- School responsibilities:
 - Ensure immunization requirements for each student are complete.
 - Ensure compliance with the Diabetic Care in Schools Policy.
 - Ensure compliance with Seizure Response in Schools Policy.
 - Ensure compliance with Emergency Use of Epi-Pens Policy.
 - Provide adequate clinic space for the school nurse to provide optimal student health care.
 - Provide training for Pre-K, K, and 1st grade classes on hygiene/handwashing.
 - Ensure classes are equipped with hygiene supplies.

Health Promotion for Staff

- District responsibilities:
 - Provide flu shots at schools throughout the district.
 - Conduct voluntary health and wellness assessments (blood pressure, BMI, etc.)
 - Provide opportunities for annual physicals through the certified medical plan.
 - Provide staff wellness resources through district email.
 - Distribute health promotion campaigns.
 - Begin implementation of programs to increase exercise, weight management, good nutrition, and stress management.
- School responsibilities:
 - Communicate participation in staff wellness activities to the Office of Coordinated School Health.

Family and Community Involvement

- District and School responsibilities:
 - Encourage students and families to participate/serve on the Health Advisory Council.
 - Encourage participation in “Healthy Heroes” pod-cast and videos published to the school’s Health portal.
 - Communicate health and wellness requirements (immunizations, health, and emergency information forms) with families and importance of requirements with school compliance.

- Provide families opportunities to connect with resources available such as health insurance (TennCare/Cover Kids), screenings and well checks, mental health, car seat safety, etc.

Pre-Kindergarten Health Services

- District responsibilities:
 - Provide professional development training for staff in universal precautions, first-aid, CPR, and AED.
- School responsibilities:
 - Ensure immunization requirements for each student are complete as indicated in the entrance requirements.

Counseling, Psychological & Social Services

- District responsibilities:
 - Ensure district compliance with Tennessee Comprehensive Schools Counseling Model and Standards State Board Policy.
 - Ensure district compliance with TCA 49-6-3004 Suicide Prevention Training for all certificated staff.
 - Ensure all principals are provided a copy of TCA 37-1-403 explaining the Child Sexual Abuse Law.
- School responsibilities:
 - Ensure all certificated staff submit documentation of completing at least 2 hours of professional development in suicide prevention training.
 - Use of additional individualized and group counseling by a LMSW through a grant with Carey Counseling Services.
 - Ensure school counselors develop, implement, and evaluate a comprehensive school counseling program as outlined in the School Counseling Model and Standards State Board Policy.
 - Ensure all teachers and staff adhere to TCA 37-1-403 and understand the state and district procedures for reporting Child Abuse.

Implementation and Evaluation of Plan

- All principals will be provided with a copy of the Wellness Policy.
- Each principal shall develop a “Healthy School Team” to implement and monitor the Wellness Policy.
- Appropriate district personnel shall report the district’s compliance to the Wellness Policy as required by the State Department of Education.

Appendix A

Healthy Ideas for Classroom Snacks and Parties

Snacks are important for providing children with additional nutrients to aid in growth and learning. Parties are a great opportunity to introduce health snack options. School snacks and parties are not required to be cupcakes, ice cream, potato chips, and cookies. Imagination can play a fun factor in creating a healthy way to celebrate. Snacks and parties can still be fun, while providing nutrient-dense foods. Give healthy partying and snacking a try with the following foods:

- 0% Fat milk, Skim milk, Low-fat milk (plain or flavored)—plain, chocolate, strawberry
- 100% Fruit juice varieties—orange, apple, grape
- Plain water, Water (flavored)
- Fresh fruit with yogurt or peanut butter (emphasis given to any student allergy concerns)
- Sliced apples
- Fruit and cheese
- Fruit with yogurt topping
- Vegetable tray with low-fat yogurt dip
- Celery sticks with peanut butter (emphasis given to any student allergy concerns)
- String cheese
- Low-fat pretzels or popcorn
- Graham or animal crackers
- Pizza with vegetable toppings
- Sandwiches—ham, turkey, cheese
- Low-fat pudding cups
- Yogurt smoothies (low-fat)
- Yogurt parfaits—layered fruit, yogurt, and granola
- Quesadillas with salsa
- Granola bars or breakfast bars
- Trail mix or cereal mixes (emphasis on if trail mix contain tree-nuts)
- Dried fruits