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

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School Nutrition Supervisor

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**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 2021-22**

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

**Action Plan & Progress**

**SES Action 1: Provide more opportunities for parents to provide healthier options for daily snacks and parties.**

Progress: CSH collaborated with School Nutrition to make a healthy snack options handout for parents to improve the content of classroom snacks sent in by parents for parties, etc.

**NES Action 1: Create a wellness room for staff.**

Progress: CSH worked with HST members to implement a Staff Recharge Room in the book storage room in the 5th grade hall. This room comes with a sound machine, mood lighting, coffee bar, and massage chair.

**DWS Action 1: Research healthier options for fundraising efforts to implement.**

Progress: CSH and School Nutrition provided healthy fundraising resources to the principal and are working with staff to implement healthier options or nonfood rewards during the school day. CSH has offered to provide health lessons and snacks for teachers when needed. CSH has provided a MyPlate lesson with healthy snacks as a reward day for all of the Kindergarten classes.

**DWS Action 2: Brainstorm ideas for opportunities for family members to reinforce learning at home that focuses on improving health knowledge and behaviors.**

Progress: Holding more parent involvement nights are a great opportunity to provide take home information and education.  CSH, Health Dept., DeKalb Prevention Coalition, local Dr. offices, etc. can be invited to set up tables with information and giveaways. Providing web links on different health topics on school website/Facebook page, CSH website has several different links/documents.

**DMS Action 1: Incorporate health education standards in grades 6th through 8th.**

Progress: Include the following health standards in PE and Wellness Classes:

Nutrition, Personal Hygiene, Personal Fitness. Include the following health standards in Computer Classes: Technology Safety. Include the following health standards in 7th grade Science: Anatomy & Physiology. CSH is working with HST members to provide health curriculums to teachers. CATCH has already been purchased for 6th-8th grades.

**DMS Action 2: Provide every student with 90 minutes of physical activity per week, including students attending band.**

Progress: Marching during band practice can count towards these students p.a. each day. A list

of physical activity in the classroom links were sent to the principal and HST members to forward to staff to increase p.a. opportunities. CSH also implements a Walking Club in the afterschool program.

**DMS Action 3: Incorporate fundraisers/provide concession stand items that meet the USDA’s nutrition standards.**

Progress: CSH sent the HST an Eat Smart, Play Hard concession stand toolkit with tips and ideas to try new healthier options into the concession stands. Trying one to two items first, and the adjusting upon how well the items sell.

**DMS Action 4: Incorporate parent/student resources to utilize at home focusing on improving health and nutrition.**

Progress: Added links to online resources to our school's website. Provided paper handouts/pamphlets on our parent resource wall CSH.

**DMS Action 5: Increase parent/community involvement that centers on health and nutrition.**

Progress: HST members held a healthy parent open house during the spring parent teacher conference. Several health related community members set up booths, we had healthy snacks, and physical activities set up in the gym.

**DCHS Action 1: Ensure students get and meet proper meal requirements when going through the lunch line.**

Progress: School Nutrition is setting up a staff in-service on proper meal requirements and will communicate this with Mr. Cagle.

**DCHS Action 2: Ensure vending machine snacks and drinks meet all requirements of the USDA Smart Snack guidelines.**

Progress: School Nutrition is working with HST members to ensure all vending machines are updated and are following the Smart Snack guidelines as part of their HST goal.

**DCHS Action 3: Increase community partnerships with local hospitals, food banks, and health organizations.**

Progress: Mr. Cagle is working on a Survey on Health of Students and Staff. Sara Parker is working with local businesses and organizations. Mr. Sanders / Mr. Ferrell are developing an implementation plan. The Back Pack Program and the DeKalb Prevention Coalition were also given as partnerships.