

Bledsoe County Board of Education

Monitoring: Review: Annually, in April	Descriptor Term: Student Wellness	Descriptor Code: 6.411	Issued Date: 08/02/22
		Rescinds: 6.411	Issued: 11/04/19

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 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, and the After School Snack Program.^{4,5,6}

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

17 During the school day, marketing of food products shall be limited to those foods and beverages which meet the
18 Smart Snack requirements.

19 Schools shall implement standards for all food and beverages provided, but not sold, to students during the school day
20 on each participating school campus under the jurisdiction of the local educational agency. Teachers and parents are
21 encouraged to provide healthy options for students for school and classroom celebrations

22 **DISTRICT GOALS**

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

31 **COMMITMENT TO PHYSICAL ACTIVITY AND PHYSICAL EDUCATION⁷**

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

1 Physical education classes shall be offered as part of a standards based program designed to provide
 2 developmentally appropriate moderate to vigorous physical activity as an integral part of the class. All
 3 physical education classes shall comply with the State Board of Education’s Physical Education
 4 Standards. In addition to the district’s physical education program, non-structured physical activity
 5 periods shall be offered as required by law.

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

8 **COMMITMENT TO CURRICULUM³**

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

10 **SCHOOL HEALTH INDEX³**

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

14 **RECORD KEEPING COMPLIANCE**

15 The district’s Coordinated School Health Coordinator shall ensure that records demonstrating
 16 compliance with community involvement requirements are maintained. The Coordinated School
 17 Health Coordinator shall additionally document that the school wellness policy and triennial
 18 assessments are made available to the public.⁸

Legal References

1. TCA 49-6-1022
2. State Board of Education Policy 4.204
3. State Board of Education Policy 4.206
4. 42 USCA § 1758b
5. TRR/MS 0520-01-06
6. 7 CFR § 210; 7 CFR § 220
7. TCA 49-6-1021
8. 7 CFR § 210.31(f)
9. 7 CRF 210.31(c)(2) and (3)
10. 7 CRF 210-31(c)(3)(iii)

Cross References

Student Suicide Prevention 6.415