

Weakley County Board of Education



Monitoring:

Descriptor Term:

Student Wellness

Descriptor Code:

6.411

Issued Date:

08/05/2021

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2 **Policy Intent/Rationale¹**

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4 The wellness policy requirement was established by the Child Nutrition and Special
5 Supplemental Nutrition Program for Women, Infants, and Children (WIC) Reauthorization Act
6 of 2004 and further strengthened by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). It
7 requires each LEA participating in the national School Lunch Program and/or School Breakfast
8 Program to develop a wellness policy. The final rule expands the requirements to strengthen
9 policies and increase transparency. The responsibility for developing, implanting and evaluation
10 a wellness policy is placed at the local level, so the unique needs of each school under the LEA's
11 jurisdiction can be addressed.

12
13 The board recognizes the value of proper nutrition, physical activity, and other health conscious
14 practices and the impact that such practices have on student academic achievement, health and
15 wellbeing. In order to provide an environment conducive to overall student wellness, this policy
16 shall be followed by all schools in the district.²

17
18 Weakley County Schools promotes healthy schools, by supporting wellness, good nutrition, and
19 regular physical activity as part of the total learning environment.

20
21 **Local Wellness Policy Components:**

22
23 **1. Nutrition Standards/Guidelines**

24
25 In order to accomplish all goals and objectives set forth by this policy, the Weakley County
26 Board of Education is committed to ensure that:

- 27
- 28 • All meals served through the National School Lunch and Breakfast Program shall be
29 accessible to all students, appealing and attractive to children, and follow Smarter
30 Lunchroom Techniques.
 - 31 • All meals served to students will meet the USDA's National School Lunch and Breakfast
32 Program meal pattern requirements as a minimum.³
 - 33 • All meals served will be in compliance with local and state regulations regarding safe
34 food preparation, handling, storage, and in accordance with all Hazard Analysis and
35 Critical Control-Procedures (HACCP).
 - 36 • All foods and beverages sold during the school day in grades PreK-12 shall meet the
37 USDA Smart Snacks in School Nutrition standards at a minimum, except during the 20
38 exempt days per semester based on state law.

Legal References:

¹ State Board of Education Policy 4.204, 4.206

² TCA 49-1-1002

³ 7 C.F.R. 210 and 220

- 1 • Schools will make every effort to eliminate any social stigma attached to, and prevent the
2 overt identification of, students who are eligible for free and reduced-price school meals.
3 (3.501 Meal Charge Policy)
- 4 • All in-school marketing of food and beverage items must meet competitive foods
5 standards that are consistent with the USDA Smart Snacks in School Nutrition standards.
6 ○ Marketing is only allowed for those foods and beverages that may be sold on the
7 school campus during the school day (i.e., that meet the competitive foods
8 standards/Smart Snacks, promote student health, and reduce childhood obesity).
9 ○ Marketing and advertisement apply to the following examples (not limited to only
10 these examples): exterior of vending machines, posters, menu boards, coolers,
11 trash cans, and beverage cups.
- 12 • School officials and teachers will encourage parents to provide healthy food selections
13 for school parties, celebrations and other snacks. Healthy snack and party ideas are
14 available on the Weakley County Schools website.
- 15 • Guidelines will be established for all foods available on each school campus to promote
16 student health and help reduce childhood obesity.
- 17 • Hydration stations will be made available to all students in the cafeteria during meal
18 times and in the school building during school hours.
- 19 • Students will be allowed to bring and carry approved water bottles filled only with water
20 throughout the school day.

21 **2. Nutrition Education and Promotion Goals**

22 The Weakley County Board of Education strives to teach, encourage, and support healthy eating
23 habits by all students. Therefore, nutrition education shall:

- 24 • Be in accordance with the Health Standards set by the state, offered at an age-appropriate
25 level, and designed to provide students with the knowledge and skills necessary to
26 promote and protect their health.
- 27 • Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products,
28 healthy food preparation methods, and health-enhancing nutrition practices.
- 29 • Be a cooperative effort between the instructional staff, school nutrition program, and
30 community partners that allow collaboration in the classroom to incorporate agricultural
31 education by
32 ○ Creating and promoting school growing food activities.
33 ○ Promoting education about healthy, local and regional foods.
34 ○ Encouraging farm tours and cooking demonstration.
35 ○ Increasing both local and fresh foods served in the cafeterias.
- 36 • Provide information to families and the community that encourages the teaching of
37 children about nutrition and the importance of healthy food choices.
- 38 • Encourage students to start each day with a healthy breakfast.

39 **3. Physical Activity and Physical Education Goals**

1 The Weakley County Board of Education believes that physical activity and education is a vital
2 part of a student’s overall health and wellness. Therefore, the school system is committed to
3 ensure that:

- 4
- 5 • Physical activity will be encouraged and state guidelines followed.⁴
- 6 • Physical education classes will be an environment where students learn, practice, and are
7 assessed on developmentally appropriate motor skills, social skills and knowledge.
- 8 • Adequate equipment will be available for all students to participate in physical activity.
9 Physical activity facilities on school grounds will be safe.
- 10 • Schools will provide a physical and social environment that encourages safe and
11 enjoyable activity for all students, including those who are not athletically gifted.
- 12 • Information will be provided to families and the community that encourages the teaching
13 of children about physical activity and the importance of a daily exercise regimen.
- 14

15 **4. Other School Based Activities**

16

17 The Weakley County Board of Education understands that the school environment provides
18 consistent wellness messages and is conducive to healthy eating and being physically active.
19 Therefore:

- 20
- 21 • After school programs will encourage physical activity and healthy habit formation.
- 22 • Schools will discourage the use of food as punishment or reward.
- 23 • Schools will discourage the use or restriction of physical activity as punishment.
- 24 • Schools will provide on-going professional training and development for school nutrition
25 staff and teachers in the areas of wellness.
- 26 • School dining areas will be clean, safe and pleasant environments that are reflective of
27 the value of the social aspects of eating.
- 28 • Students will be given adequate time to enjoy eating healthy meals with friends.
- 29 • Schools will develop a way to promote teacher/staff wellness.
- 30 • Coordinated School Health will offer school health screenings for children in Pre-K, K,
31 2nd, 4th, 6th, 8th, and 9th grade. Passive permission for screenings will be sought from
32 parents. Parents/guardians will receive notice of any screening results that indicate a
33 condition that might interfere or tend to interfere with academic success.
- 34
- 35

36 **Wellness Policy implementation, Monitoring and Policy Review**

37 Implementation Plan

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40 A district School Health Advisory Council (SHAC) shall be established to serve as a resource to
41 school sites for implementing policies and programs and develop an active working relationship
42 with the Weakley County Health Council. The SHAC will meet annually and be made aware of

Legal Reference:

⁴ Public Acts of 2017, Chapter No. 669

1 the meeting through email notifications. The SHAC shall consist of individuals representing the
2 school and community, including parents, students, teachers, school administrators, health
3 professionals, school food service representatives, and members of the public. The primary
4 responsibilities of the SHAC include but are not limited to:

- 5
- 6 1. Developing, implementing, monitoring, reviewing and as necessary, making
7 recommendations as to physical activity and nutrition policies;
- 8 2. Ensuring all schools within the district create and implement an action plan related to all
9 School Health Index modules;
- 10 3. Ensuring that the results of the action plan are annually reviewed from each school; and
- 11 4. Ensuring that school level results include measures of progress on each indicator of the
12 School Health Index.
- 13

14 The State Board of Educations' Coordinated School Health and Physical Activity Policies shall
15 be used as guidance by the SHAC to make recommendations. The School Board will consider
16 recommendations of the SHAC in making policy changes or revisions.

17
18 Each school will have a Healthy School Team (HST) consisting of teachers, students, parents
19 and administrators.² HST will hold meetings during the school year to assess needs and oversee
20 planning and implementations of school health efforts using the School Health Index.²

21
22 Additionally, the HST will review and evaluate their school's compliance of the Wellness Policy
23 using the Weakley County Wellness Policy Assessment Tool which will be reported to the
24 Director of Coordinated School Health. Assessments will be repeated annually by the Healthy
25 School Team to help review policy compliance, assess progress, and determine areas in need of
26 improvement.

27 28 Notification of Policy

29
30 Annually, the public will be notified about the content of the wellness policy and any updates to
31 the policy through website notifications. Stakeholders will be encouraged to participate in the
32 Wellness Policy process by providing input through website notifications and emails.

33 At which time, the district will publicize the contact information of the Coordinated School
34 Health Director and the School Nutrition Director, who are responsible for the Wellness Policy
35 updates, as well as information on how the public can get involved in the School Health
36 Advisory Council.

37 38 Triennial Progress Assessments

39
40 At least once every three years, the district will evaluate compliance with the Wellness Policy to
41 assess the implementation of the policy and include:

- 42
- 43 1. The extent to which schools under the jurisdiction of the district are in compliance
44 with the wellness policy.
- 45 2. The extent to which the districts' Wellness Policy compares to the model Wellness
46 Policies.

1 3. A description of the progress made in attaining the goals of the district’s Wellness
2 Policy.
3

4 In each school, the Principal and the Healthy School Team Coordinator will ensure compliance
5 with those policies in his/her school and will report on the school’s compliance to the
6 Coordinated School Health Director. School Nutrition staff, at the school level, will ensure
7 compliance with nutrition policies within school food service areas and will report on this matter
8 to the School Nutrition Director. The Weakley County Director of Schools will ensure
9 compliance with established district-wide nutrition and physical activity wellness policies.
10 The district will notify the public through newspaper announcements, website notifications, and
11 letters sent home to households/families of the availability of the triennial progress report.
12

13 Record Keeping

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15 The district’s Coordinated School Health Director shall maintain at minimum the following:

- 16 1. The written local school wellness policy
 - 17 2. Documentation demonstrating compliance with community involvement requirements
 - 18 3. Documentation of the triennial assessment
 - 19 4. Documentation to demonstrate compliance with the public notification requirements⁵
- 20

21 Revisions and Updating the Policy

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23 The district will update or modify the wellness policy based on the results of the annual School
24 Health Index and triennial assessments and/or as district priorities change; community needs
25 change; wellness goals are met; new health science, information, and technology emerges; and
26 new Federal or state guidance or standards are issued. The Wellness Policy will be assessed and
27 updated as indicated at least every three years, following the triennial assessment.

Legal Reference:

⁵ 7 C. F. R. 210.31(f); TRR/MS 0520-1-6; Healthy, Hunger-Free Kids Act of 2010