

Jackson-Madison County Board of Education

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| Monitoring: Review: Annually, in May | Descriptor Term: Student Wellness | Descriptor Code: 6.411 | Issued Date: 03/07/17 |
| | | Rescinds: 6.411 | Issued: 09/11/12 |

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 Administrator 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 district school 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, school board members, health professionals, school
16 food service representatives, and members of the public. The primary responsibilities of the council
17 include but are not limited to:

- 18 1. Developing, implementing, monitoring, reviewing and as necessary, making recommendations
19 as to physical activity and nutrition policies;
- 20 2. Ensuring all schools within the district create and implement an action plan related to all
21 School Health Index modules;
- 22 3. Ensuring that the results of the action plan are annually reported to the council; and
- 23 4. Ensuring that school level results include measures of progress on each indicator of the School
24 Health Index.

25 The State Board of Education's Coordinated School Health and Physical Activity Policies shall be used
26 as guidance by the council to make recommendations. The board will consider recommendations of the
27 council in making policy changes or revisions.

28 Additionally, each school will have a healthy school team consisting of teachers, students, parents and
29 administrators.² The team will hold healthy school team meetings during the school year to assess
30 needs and oversee planning and implementation of school health efforts.

1 **COMMITMENT TO NUTRITION**

2 All schools within the District shall participate in the USDA child nutrition programs, which may
3 include but not be limited to, the National School Lunch Program, the School Breakfast Program, the
4 Summer Food Service Program (when applicable), and the After School Snack Program.^{4,5,6} When
5 school snack programs are offered they will meet all the USDA program standards. The JMCSS school
6 nutrition supervisor shall be responsible for overseeing the school district's compliance with the State
7 Board of Education Rules and Regulations for sale of food items in the school nutrition department
8 programs that include school breakfast, lunch, a la carte and snack programs.

9 Meals shall be accessible to all students in a non-stigmatizing manner. Foods and beverage will not be
10 used as an incentive, reward, or punishment. Students will be given adequate time to enjoy healthy meals
11 and relax in a pleasant environment. Good nutritional habits shall be encouraged. Additionally, all food
12 sold during school hours including vending machines, fundraising items, and concessions must meet
13 guidelines set forth by the Healthy, Hunger-free Kids Act, 2010, Smart Snacks in Schools.^{4,5,6} The
14 district's coordinated school health administrator/designee shall be responsible for overseeing the
15 schools' compliance with the State Board of Education Rules and Regulations for sale of food items in
16 the school district.^{2,5,6}

17 The District will promote healthy nutrition through various activities, including nutrition related
18 newsletters, informational links on the district website, healthy eating posters and bulletin boards in
19 dining areas, and informational booths at various community functions. Any foods and beverages
20 marketed or promoted to students on the school campus during the school day will meet or exceed the
21 USDA Smart Snacks in school nutrition standards. All schools shall be provided a list of suggested
22 foods and beverages for classroom parties and classroom snacks that are Smart Snack compliant.
23 Nutrition Education will be offered as part of a standards based program designed to provide
24 students with the knowledge and skills needed to promote and protect their health as outlined in
25 the State Board of Education Health Education and Lifetime Wellness Standards.

26 **COMMITMENT TO PHYSICAL ACTIVITY**

27 The board recognizes that physical activity is extremely important to the overall health of a child.
28 Schools shall support and promote physical activity. Physical activity may be integrated into any areas
29 of the school program. Physical Education classes shall be offered as part of a standards based program
30 designed to provide developmentally appropriate moderate to vigorous physical activity as an integral
31 part of the class.

32 The following opportunities for physical activity shall be provided:⁷

- 33 1. Grades K-1: a minimum of three (3) fifteen-minutes periods of non-structured physical activity
34 per day;
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- 36 2. Grades 2-6: a minimum of two (2) twenty-minute periods of non-structured physical activity at
37 lead four (4) days per week; and
- 38
- 39 3. Grades 7-12: a minimum of ninety (90) minutes of physical activity per week.
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1 In addition to the district’s physical education program, non-structured physical activity periods shall
2 be offered as required by law.⁷ Non-structured physical activity will consist of temporary withdrawal
3 or cessation from usual school work or sedentary activities.⁷ During the school day, physical activity
4 shall not be employed as form of discipline or punishment. Schools shall continue to offer after school
5 sports and activities.

6 **COMMITMENT TO CURRICULUM³**

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

8 **SCHOOL HEALTH INDEX³**

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

12 **RECORD KEEPING COMPLIANCE⁸**

13 The district will conduct as assessment of the wellness policy every three years, at a minimum. The
14 assessment will determine: compliance with the wellness policy, how the policy compares to model
15 wellness policies, and progress made in attaining the goals of the wellness policy. Updates or
16 modifications to the wellness policy shall be based on the results of the annual progress reports,
17 changes in district priorities, changes in the community needs, wellness goals met; new health science,
18 information, emerging technologies, and new Federal or state guidance standards issued. Any updates
19 to and about the wellness policy will be made available to the public on an annual basis. The wellness
20 policy will be updated at least every three years, following the Triennial Assessment.

Legal References

1. TCA 49-1-1002
2. State Board of Education Policy 4.204
3. State Board of Education Policy 4.206
4. 42 U.S.C. 1758b (Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296))
5. TRR/MS 0520-1-6, Child Nutrition Programs
6. 7 C.F.R. 210 and 220
7. Public Acts of 2016, Chapter No. 669
8. 7 C.F.R. § 210.31(f)

Cross References