

Stewart County Board of Education

Monitoring: Review: Annually, in April	Descriptor Term: Student Wellness	Descriptor Code: 6.411	Issued Date: 07/14/22
		Rescinds: 6.411	Issued: 01/10/19

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 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, 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 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
27 the Council in making policy changes or revisions.

28 Additionally, each school will have a Healthy School Team consisting of teachers, students, parents
29 and administrators.² The Team will hold Healthy School Team meetings during the school year to
30 assess needs and oversee planning and implementation of school health efforts. The Director of
31 Schools/designee will ensure compliance with the school Wellness Policy, to include an assessment of

1 the implementation of the Wellness Policy and the progress made in attaining the policy goals. The
2 assessment will be made available to the public.

3 **COMMITMENT TO NUTRITION**

4 All schools within the district shall participate in the USDA child nutrition programs, which may
5 include but not be limited to, the National School Lunch Program, the School Breakfast Program, the
6 Summer Food Service Program, and the After School Snack Program.^{4,5,6}

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

13 Health Educators will provide up-to-date educational information as it relates to drinking water. The
14 school district shall provide all students and staff with easy access to clean, safe, and appealing
15 drinking water free of charge at every school campus. Maintenance will service units and replace water
16 filters in accordance with manufacture guidance. Students will be permitted to carry reusable water
17 bottles at school for the specific use of drinking water only.

18 **DISTRICT GOALS**

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

27 **COMMITMENT TO PHYSICAL ACTIVITY AND PHYSICAL EDUCATION⁷**

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

31 Physical Education classes shall be offered as part of a standards based program designed to provide
32 developmentally appropriate moderate to vigorous physical activity as an integral part of the class. All
33 physical education classes shall comply with the State Board of Education's Physical Education
34 Standards. In addition to the district's physical education program, non-structured physical activity
35 periods shall be offered as required by law.

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

1 **COMMITMENT TO CURRICULUM³**

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

3 **COMMITMENT TO MENTAL HEALTH**

4 The Board recognizes that student mental health is extremely important to the overall health of a child.
5 Schools shall support and promote mental well-being through school counseling, guidance classes, and
6 other school-based supports. Mental health activities may be integrated into any areas of the school
7 program through mindfulness and restorative practices.

8 **SCHOOL HEALTH INDEX³**

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

12 **RECORD KEEPING COMPLIANCE**

13 The district's Coordinated School Health Coordinator shall ensure that records demonstrating
14 compliance with community involvement requirements are maintained. The Coordinated School
15 Health Coordinator shall additionally document that the school wellness policy and triennial
16 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)

Cross References

Student Suicide Prevention 6.415