

Stewart County Board of Education

Monitoring: Review: Annually, in April	Descriptor Term: Student Wellness	Descriptor Code: 6.411	Issued Date: 07/10/25
		Rescinds: 6.411	Issued: 07/14/22

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 Centers of Disease Control and Prevention's (CDC) Coordinated
7 School Health (CSH) approach to managing new and existing wellness related programs and services
8 in schools and the surrounding community based on state law and State Board of Education CSH
9 standards and guidelines. The school district's Coordinated School Health Coordinator shall be
10 responsible for overseeing compliance with State Board of Education CSH standards and guidelines in
11 the school district.

12 **SCHOOL HEALTH ADVISORY COUNCIL^{2,3}**

13 A school district health advisory council shall be established to serve as a resource to schools for
14 implementing policies and programs and develop an active working relationship with the county health
15 council. The council shall consist of individuals representing the school and community, including
16 parents, students, teachers, school administrators, health professionals, school food service
17 representatives, and members of the public. The primary responsibilities of the council include, but are
18 not limited to:

- 19 1. Developing, implementing, monitoring, reviewing, and as necessary, making recommendations
20 as to physical activity and nutrition policies;
21
- 22 2. Ensuring all schools within the school district create and implement an action plan related to all
23 School Health Index modules;
24
- 25 3. Ensuring that the results of the action plan are annually reported to the council; and
26
- 27 4. Ensuring that school level results include measures of progress on each indicator of the School
28 Health Index.

29 The State Board of Education's Coordinated School Health and Physical Activity policies shall be used
30 as guidance by the council to make recommendations. The Board will consider recommendations of
31 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 foods and beverages including vending machines, fundraising items, and concessions
14 shall meet guidelines set forth by the Healthy, Hunger-free Kids Act of 2010 and Smart Snacks in
15 Schools.^{4,5,6} The principal/designee shall be responsible for overseeing the school district's compliance
16 with the State Board of Education rules and regulations for sale of food items in the school district.^{2,5,6}

17 **DISTRICT GOALS**

18 The school district will promote healthy nutrition through various activities, including nutrition related
19 newsletters, informational links on the school district website, healthy eating posters and bulletin
20 boards in dining areas, and informational booths at various community functions. Nutrition education
21 will be offered as part of a standards based program designed to provide students with the
22 knowledge and skills needed to promote and protect their health as outlined in the State Board of
23 Education Health Education and Lifetime Wellness Standards. Nutrition education will discourage
24 teachers from using high fat, sugar, and sodium foods as rewards and encourage students to start each
25 day with a healthy breakfast. If a district engages in food or beverage marketing, all marketing shall
26 comply with the Smart Snacks in School nutrition standards.⁷

27 **COMMITMENT TO PHYSICAL ACTIVITY AND PHYSICAL EDUCATION⁸**

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.

35 Unstructured physical activity periods shall be offered in addition to the school district's physical
36 education program. Elementary school students shall receive a minimum of forty (40) minutes of
37 physical activity each full school day. Middle and high school students shall receive a minimum of
38 ninety (90) minutes of physical activity each full school week.

1 Physical activity will be conducted outside if weather permits. The following activities shall not be
 2 considered physical activity: walking to and from class, time spent on an electronic device, and time
 3 spent in a physical education class.

4 Schools shall continue to offer after school sports and activities. Physical activity shall not be
 5 employed as a form of discipline. Physical activity shall not be withheld from a student as a form of
 6 punishment.

7 **COMMITMENT TO CURRICULUM³**

8 All applicable courses of study shall be based on State-approved curriculum standards.

9 **SCHOOL HEALTH INDEX³**

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

13 **RECORD KEEPING COMPLIANCE**

14 The school district's Coordinated School Health Coordinator shall ensure that records demonstrating
 15 compliance with community involvement requirements are maintained. The Coordinated School
 16 Health Coordinator shall additionally document that the school wellness policy and triennial
 17 assessments are made available to the public.⁹

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; TRR/MS 0520-01-06-.04](#)
5. [TRR/MS 0520-01-06](#)
6. [7 CFR § 210; 7 CFR § 220](#)
7. [7 CFR 210.31\(c\)\(3\)\(iii\)](#)
8. [TCA 49-6-1021; Public Acts of 2025, Chapter No. 306](#)
9. [7 CFR § 210.31\(f\)](#)

Cross References

Student Suicide Prevention 6.415