



Tennessee School Boards Association

Descriptor Term:

Student Wellness

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6.411

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Rescinds:

Issued:

1 The Board recognizes the link between nutrition, physical activity and learning. In order to implement
2 overall wellness for students, the plan below shall be followed by all schools in the district.¹

3 4 **SCHOOL HEALTH ADVISORY COUNCIL**

5
6 An advisory council shall be established to serve as a resource to school sites for implementing policies. The
7 council shall consist of individuals representing the school and community, including parents, students,
8 teachers, school administrators, school board members, health professionals, school food service represen-
9 tatives, and members of the public. The primary responsibilities of the council include but are not limited
10 to:

- 11
12 1. Developing, implementing, monitoring, reviewing and as necessary, making recommendations
13 as to physical activity and nutrition policies;
- 14
15 2. Ensuring that all schools within the district create and implement an action plan related to the
16 modules 1, 3 and 4 from the School Health Index;
- 17
18 3. Ensuring that the results of the action plan are annually reported to the council; and
- 19
20 4. Ensuring that school level results include measures of progress on each indicator of the School
21 Health Index.

22
23 The State Board of Education's Physical Education Policy shall be used as guidance by the Council to make
24 recommendations. The Board may consider recommendations of the Council in making policy changes or
25 revisions.^{1,2}

26 27 **COMMITMENT TO NUTRITION**

28
29 All schools shall offer school meal and snack programs with menus that meet the patterns and nutrition
30 standards established by the U.S. Department Of Agriculture and State Board of Education's Minimum
31 Nutritional Standards For Individual Food Items Sold Or Offered For Sale To Pupils In Pre-K Through Eight.
32 The coordinated school health counselor shall be responsible for overseeing the school district's compliance
33 with the State Board of Education Rules and Regulations for sale of food items in the school district and that
34 this Wellness Policy is being fulfilled by all schools in the district. He/she shall register with the State
35 Department of Education.³

36
37 Students will be given adequate time to enjoy healthy meals and relax in a pleasant environment. Good
38 nutritional habits shall be encouraged.

EVALUATION OF EFFECTIVENESS OF NUTRITION PROGRAM

The Board shall monitor the effectiveness of the school nutrition program within a wide-range of student constituency groups. Factors to be considered shall include, but are not limited to:

1. Participation rates in school meal programs;
2. Student satisfaction surveys to monitor the effects of consumption of healthy snacks on children's health, behavior, and school performance and to monitor satisfaction with snack choices;
3. Parent satisfaction surveys to monitor the effects of consumption of healthy snacks on children's health, behavior, and school performance and to monitor satisfaction with snack choices;
4. Frequency and types of health problems noted on school nurse logs;
5. Frequency and types of mental health and behavioral problems noted on counselor logs;
6. Incidence of student behavior infractions;
7. Teacher surveys of student's classroom behavior, attention span, and memory; and
8. Test scores.³

PHYSICAL ACTIVITY

The Board recognizes that physical activity is extremely important to the overall health of a child. Schools shall support and promote physical activity. Physical activity may be integrated into any areas of the school program. Physical Education classes shall be offered with moderate to vigorous physical activity being an integral part of the class. Students shall be encouraged by staff whenever possible to be physically active.

Supervised recess should be offered daily to all elementary school children.²

CURRICULUM

All applicable courses of study should be based on Lifetime Wellness Curriculum Standards, the K-8 Healthful Living Curriculum Standards, and the K-12 Physical Education Curriculum Standards.²

SCHOOL HEALTH INDEX

Beginning July 1, 2006, each school will begin implementation of the School Health Index. The State Board of Education Policy on Implementation of School Health Index shall be followed by each school within the district. (*See, Tenn. State Board of Ed. Physical Activity Policy, Aug. 18, 2005*).²

Legal References:

1. Section 204 of Public Law 108-265; June 30, 2004
Child Nutrition and WIC Reauthorization Act of 2004
2. State Board of Education, Policy 4.206, Physical Activity, August 18, 2005
3. TRR/MS 0520-1-6