

Hamilton County Board of Education

Monitoring: Review: Annually in April	Descriptor Term: Wellness Policy	Descriptor Code: 6.402	Issued Date: 05/24/48
		Rescinded:	Revised: 05/11/23

The Hamilton County Board of Education recognizes the link between student wellness and academic achievement. In order to implement overall wellness for students, the plan below shall be followed by all schools in the district. Teachers, school health professionals, parents, administrators, and interested citizens can participate in the development of wellness policies.

COMMITMENT TO ENSURING A HEALTHY SCHOOL ENVIRONMENT

Hamilton County Schools strives to ensure that all schools offer a healthy, safe and a supportive environment for students, parents, and visitors. To further this goal, Hamilton County Schools shall implement all state and federal laws and regulations to the development, curriculum, services, standards, staffing and assessment of wellness programs.

All schools shall implement the CDC'S Coordinated School Health (CSH) approach to managing new and existing wellness-related programs and services in schools based on State Law, State Board of Education CSH Standards and guidelines. The district Coordinated School Health Coordinator shall be responsible for overseeing compliance with the State Board of Education CSH Standards and Guidelines in the school district.

I. School Health Advisory Council

The advisory council will consist of a group of individuals representing the school and community, including parents, students, teachers, school administrators, school board members, health professionals, school food service representatives and members of the public. The council will serve as a resource to school health committees for implementing the local wellness policy as a part of the school improvement plan. The primary responsibilities of the council include, but not limited to:

- Developing, monitoring, reviewing and as necessary, revising physical activity and nutrition policies;
- Encouraging all schools within Hamilton County Schools to create and implement an action plan related to modules from the School Health Index;
- Ensuring that the results of the action plan are annually reported to the School Health Advisory Council; and
- Ensuring that school level results include measures of progress on each indicator of the School Health Index;

Hamilton County Schools will consider the recommendations of the School Health Advisory Council in making any policy changes that affect the healthy learning environment.

II. Commitment to Nutrition

a. Nutrition Standards Goals for foods or beverages sold on campus:

- i. School meals meet the minimum nutrition standards in accordance with USDA regulations for the National School Breakfast and Lunch Programs as outlined in 7 CFR 210 and 220. Menus will be developed by a Registered Dietitian.
- ii. All foods and beverages sold in a la carte programs, vending machines, and students stores, or concession stands during the school day will meet the nutrition standards for competitive foods as defined by the Smart Snack in Schools nutrition standards.
- iii. Schools may choose to conduct infrequent school-sponsored fundraisers that include the sale of foods or beverages that do not meet the Smart Snacks in Schools nutrition standards as written in the Rule for the State Board of Education for Tennessee § 0520-010-06-04. These specially exempted fundraisers may not exceed 20 days per semester per school site. Foods and beverages sold cannot be in competition with the school meals in the food service area during meal service. All school principals must document the dates of their exempt fundraisers and the items sold.
- iv. All foods and beverages provided as part of the USDA's After School Snack Program or the Fresh Fruit and Vegetable Program will meet the minimum nutrition standards for that program as defined by the USDA regulations.
- v. The School Nutrition Program will work with the vending companies used in the schools and disseminate to the district a list of foods and beverages that meet these standards.
- vi. All School Nutrition Managers in the district will be offered the ServSafe course and will work towards certification.
- vii. All School Nutrition Program staff will regularly receive the minimum required.
- viii. professional development as defined by the USDA Professional Standards through district department meetings and training on site from job related courses.

b. Nutrition Education Goals:

- i. Nutrition education will be integrated into all areas of the curriculum such as math, science, language arts and social studies as appropriate.
- ii. Students will have an awareness to eat a variety of foods (i.e., fruits, grains, vegetables, lower fat food items) and be physically active.
- iii. Nutrition education will involve sharing information with families and the community to positively impact students and the health of the community.
- iv. Schools will provide information to families that encourages them to teach children about health and nutrition and to provide nutritious meals for their families.
- v. The district will participate in farm-to-school activities including purchasing local foods and will incorporate nutrition and agricultural lessons as appropriate.

c. Nutrition Promotion Goals:

- i. The district will promote nutrition through enhancing the school campuses with the addition of posters, displays, bulletin boards, and/or food/nutrition/health-related artwork for students.

- ii. Additionally, televisions in the cafeterias will promote healthy menu items, and display tips on increasing milk, fruit, and vegetable consumption, and the importance of whole grains and lean proteins.
- iii. Participation in school meal programs and healthy options will be promoted to students and families.

d. Food and Beverage Marketing Goals:

- i. The signage displayed on school campuses throughout the district will market foods and beverages that meet the Smart Snack in Schools nutrition standards. This includes but is not limited to the exterior of vending machines, posters, bulletin boards, menu boards, coolers, trashcans, other equipment throughout the school campus, cups for beverages, sporting venues, and concessions stands. All newly purchased or replaced equipment across the school campus must have logos and products marketed that meet the regulations for competitive foods and beverage. The district will strive to market healthy foods including but not limited to fruits, vegetables, whole grains, and low-fat dairy products.

e. Food and Beverages Provided but Not Sold to Students:

- i. School Nutrition and Coordinated School Health will encourage snacks offered as part of classroom celebrations, parties, and student birthdays to include fresh fruits and vegetables, whole grains, water, low-fat milk, and other foods low in fat, sugar, sodium, and caffeine.

f. Other School-Based Activities that Promote Student Wellness:

- i. Students and school staff members will have access to fresh drinking water throughout the school day. When feasible students will be allowed to bring and carry (approved) water bottles filled with only water into the classroom. Staff will be encouraged to model drinking water consumption.
- ii. Students will be given adequate time to enjoy healthy meals and relax in a pleasant environment. Good nutritional habits shall be encouraged.

III. Commitment to Physical Activity and Physical Education

Hamilton County Schools recognize 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. All physical education classes shall comply with the State Board of Education's physical education standards. In addition to the district's physical education program, non-structured physical activity periods shall be offered as required by law.

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

IV. Assessment of Wellness Policy

The Superintendent and administrative cabinet will evaluate and oversee school compliance with the policy. The Hamilton County School Health Advisory Council will monitor progress made toward attaining policy goals. The Coordinated School Health Coordinator will document that the school wellness policy and triennial assessments are made available to the public.

All principals will be encouraged to complete a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of these school assessments will be compiled by the Superintendent or designee to identify and prioritize needs.

Assessments may be repeated annually starting 2017-2018 school year to help review policy compliance, assess progress, and determine areas for improvement. The Superintendent or designee will be responsible for reviewing these assessments and for the enforcement of the wellness policy across the district. The results of these assessments completed for all schools will be reported to the Hamilton County School Health Advisory Council at the end of each school year. The Superintendent or designee will develop a report annually summarizing the district's compliance on the wellness policy and goals for student health and nutrition. This report will be made available to the Health Advisory Council, the school board, parent-teacher-organizations, school principals, and school health services personnel.

The individual schools and the district will, as necessary, review the wellness policy and goals and develop plans to facilitate their implementation. The district will reserve the right to amend this policy as needed to reflect any changes in local, state, or federal regulations that relate to student health, nutrition, or physical activity and education.

Legal References:

Cross References: