

WELLNESS POLICY ASSESSMENT AND MEASUREMENT

This assessment tool and survey was used to measure compliance with objectives and goals stated in the Wellness Policy and Guidelines for Hardin County Schools. Persons representing schools and the community evaluated each goal or objective stated and marked the column that best described the level of compliance. Comments were encouraged to help in the review and update of the Wellness Plan for Hardin County Schools. The assessment was discussed and evaluated at the School Health Advisory Council meeting.

GOAL OR OBJECTIVE	In Compliance	In the Process of Becoming Compliant	Not Compliant	Comments
POLICY - SCHOOL HEALTH ADVISORY COUNCIL				
An advisory council shall be established to serve as a resource to school sites for implementing policies. The council shall consist of individual representing the school and community, including parent, student, teacher, school administrator, school board member, health professional, school nutrition representative and members of the public.	X			The Council (SHAC) has to be updated yearly due to members changing positions and moving schools, etc. We have members representing all schools, school board, healthcare, school nutrition, parents, students and members of our community. These volunteers also represent members who have served on the SHAC since its inception and can provide history of the Wellness Policy and many with fresh new ideas.
The primary responsibilities of the council include but are not limited to: Developing, implementing, monitoring, reviewing and as necessary, making recommendations as to physical activity and nutrition policies.	X			
Ensuring that all schools within the district create and implement an action plan related to the modules 1, 3 and 4 from the School Health Index.	X			Moving to using the Alliance for a Healthier Generation assessment and measurement tool.
Ensuring that the results of the action plan are annually reported to the council; and	X			
Ensuring that school level results include measures of progress on each indicator of the School Health Index.	X			
The State Board of Education's Physical Education Policy shall be used as guidance by the Council to make recommendations. The Board may consider recommendations of the Council in making policy changes or revisions.	X			
POLICY - COMMITMENT TO NUTRITION				

GOAL OR OBJECTIVE	In Compliance	In the Process of Becoming Compliant	Not Compliant	Comments
<p>All schools shall offer school meal and snack programs with menus that meet the patterns and nutrition standards established by the U.S. Department of Agriculture and State Board of Education's Minimum Nutrition Standards for Individual Food Items Sold or Offered For Sale to Pupils in Pre-K Through Eight. The coordinated school health counselor shall be responsible for overseeing the school district's compliance with the State Board of Education Rules and Regulations for the sale of food items in the school district and that this Wellness Policy is being fulfilled by all schools in the district. He/she shall register with the State Department of Education.</p>	X			<p>Menus for meals and snack programs are planned to be in compliance with the USDA Meal Pattern as it changes from year to year.</p>
<p>Students will be give adequate time to enoy healthy meals and relax in a pleasant environment. Good nutritional habits shall be encouraged.</p>	X			
POLICY - EVALUATION OF EFFECTIVENESS OF NUTRITION PROGRAM				
<p>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: Participation rates in school meal programs; Nutrition satisfaction surveys; Frequency and types of health problems which include medical issues, mental health, and behavioral problems; Teacher surverys of student's classroom behavior, attention span and memory; and Test scores.</p>	X			<p>This is being done, but may need to change heading of this section to Wellness instead of Nutrition since it encompasses multiple areas.</p>
POLICY - PHYSICAL ACTIVITY				
<p>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.</p>	X			
POLICY - CURRICULUM				
<p>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.</p>	X			
POLICY - SCHOOL HEALTH INDEX				

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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).	X			
WELLNESS POLICY GUIDELINES				
NUTRITION EDUCATION GOALS				
<ul style="list-style-type: none"> Teachers in Kindergarten – Grade 8 will integrate nutrition education into the curriculum to help students understand the relationship of nutrition to healthful living. (See state curriculum guidelines for specific objectives for each grade level.) The state-approved Michigan Model and Take 10 Curriculum will be used to help meet this goal. 	X			
<ul style="list-style-type: none"> Lifetime Wellness and other teachers in Grades 9-12 will integrate nutrition education into the curriculum to help students determine the effects of nutritional choices that contribute to an improved quality of life. (See state curriculum guidelines for specific objectives.) 	X			
<ul style="list-style-type: none"> A list of nutrition education resources will be provided to Hardin County teachers by the Hardin County School Nutrition Program Director, Coordinated School Health, Hardin County UT Extension, and the Hardin County Health Department Health Educator. 	X			Consider removing names of specific groups that will provide nutrition education resources since these change from time to time.
<ul style="list-style-type: none"> Nutrition education programs and/or lessons will be presented by Coordinated School Health, Hardin County UT Extension, and Hardin County Health Department to students in grades PK-12 during the school year. 	X			Consider removing names of specific groups that will provide nutrition education lessons since these change from time to time.
<ul style="list-style-type: none"> Nutrition education will be evident in the cafeteria and/or lunchroom setting by bulletin boards, posters, and menus that promote fruits and vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices. 	X			

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<ul style="list-style-type: none"> Students will be encouraged to start each day with a healthy breakfast. 	X			
<ul style="list-style-type: none"> All schools will be USDA Team Nutrition Schools. 	X			
<ul style="list-style-type: none"> In order to comply with the Hardin County Wellness Policy Guidelines, all parties and/or special activities where food is served must be approved by the school administration. 	X			
<ul style="list-style-type: none"> Birthday parties for students will not be allowed at school. 	X			
<ul style="list-style-type: none"> Only two holiday parties will be allowed per school year at the elementary level: Christmas and Valentine’s Day. One End-of-the-Year Celebration will be permitted. At least one-half of the foods and beverages served during a party or celebration activity must be pre-packaged from an approved source and must meet the Tennessee Nutrition Standards Guidelines. 	X			Remove references to Tennessee Nutrition Standards Guidelines and replace with USDA SMART Snacks Guidelines.
PHYSICAL ACTIVITY GOALS				
Students in Kindergarten – Grade 5 will engage in physical activity for a minimum of ninety (90) minutes each week.	X			Include Pre-Kindergarten.
Students in Grades 6-8 will engage in physical activity for a minimum of ninety (90) minutes each week.	X			
Physical Education will not be taken away from students as punishment.	X			
All high school students will take Lifetime Wellness which will include both physical activity and health and wellness instruction.	X			
Hardin County High School will offer extracurricular physical activity programs to all students.	X			Reword to reflect that ALL schools now offer extracurricular physical activity programs to their students.
All Physical Education instructors will receive in-service training. P.E. aides will be under supervision of a certified Physical Education teacher.	X			We now have all certified Physical Education teachers in each school and many have their own P.E. aides, so may need to reword or remove.
NUTRITION STANDARDS GOALS				
Meals served through the National School Lunch and Breakfast Program will:				
-be appealing and attractive to children;	X			

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-be served in clean and pleasant surroundings;	X			
-meet, at a minimum, nutrition requirements established by local, state and federal regulations;	X			
-offer a variety of fruits and vegetables daily, including at least one fresh fruit or vegetable daily;	X			
-serve a variety of milk, including fat-free, low fat, flavored, and unflavored on a daily basis;	X			Update to reflect current required milk offerings.
-ensure that at least one whole grain item is offered every day.	X			Update. All grain that is creditable is whole grain.
Schools will engage students and parents, through taste-tests of new entrees and/or surveys, in selecting foods sold through the school nutrition program in order to identify acceptable new, healthful, and appealing food choices.	X			
Foods or beverages will not be used as rewards on campus during the school day. This includes a 30-minute period prior to the start of the school day and a 30-minute period after the school day ends.	X			
Schools will not withhold food or beverages as a punishment.	X			
The nutrition standards and guidelines adopted by the State Board of Education in August, 2005, will be followed by all elementary and middle schools for all foods and beverages sold or served to students.	X			Will need to be updated to USDA SMART Snacks Guidelines. Will now apply to ALL schools.
Individual food items that are a part of that day's reimbursable school lunch or breakfast program may be sold on that day as an a la' carte item.	X			Will need to be updated to USDA SMART Snacks Guidelines.
Foods and beverages offered for sale or served to students at Hardin County High School through the School Nutrition Program shall meet the following guidelines:				Everything in the section below will need to be updated to USDA SMART Snacks Guidelines.
Chips shall be baked, reduced fat or whole grain varieties.				
Beverages may be any size and will be plain water, low calorie beverage with 15 calories or less per 8 oz. serving (non-carbonated and caffeine free), 100% juice, milk and iced tea.				

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Ice cream shall meet the following criteria: 35% or less calories from fat, 10% or less calories from saturated fat and calories from sugar will be 35% or less by weight.				
Foods served as part of the reimbursable breakfast or lunch are exempt from these guidelines.				
Foods and beverages offered for sale to students at Hardin County High School in the school snack machines shall meet the following guidelines:				Everything in the section below will need to be updated to USDA SMART Snacks Guidelines.
At least fifty (50%) percent of the snacks shall meet the following criteria: 35% or less calories from fat, 10% or less calories from saturated fat and calories from sugar will be 35% or less by weight.				
At least fifty (50%) percent of the chips shall be baked, reduced fat or whole grain.				
At least fifty (50%) percent of the beverages shall consist of the following: plain water, electrolyte replacement beverages, low calorie beverages with 15 calories or less per 8 oz. serving, 100% juice, milk or beverages containing at least 15% fruit juice.				
Beverages may be any size.				
Meals through the National School Lunch and Breakfast Program will be available to all students in all schools.	X			
OTHER SCHOOL-BASED ACTIVITIES				
School Health Teams will be set up at each school in Hardin County.	X			
A county-wide School Health Advisory Committee will be set up with representatives from all elementary schools in Hardin County.	X			
The Hardin County School Health Advisory Council will continue to meet and monitor wellness needs of the school system.	X			
Cafeteria Atmosphere:				
-School dining areas will have sufficient space for students to sit and consume meals.	X			

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-School dining areas will be clean, safe, and pleasant environments that reflect the value of the social aspects of eating.	X			
-Enough serving areas will be available to ensure student access to school meals with a minimum of wait time.	X			
-Meal times will be scheduled near the middle of the day.	X			
-Students will be given adequate time to enjoy healthy meals with friends.	X			
At least two schools will meet the Silver Criteria for USDA's Healthier US School Challenge.	X			We currently have six schools that are USDA HUSSC Gold Award of Distinction Schools.
Teachers will be encouraged to utilize the School Nutrition Program's "Paw Paks on the Move" program for field trips.	X			