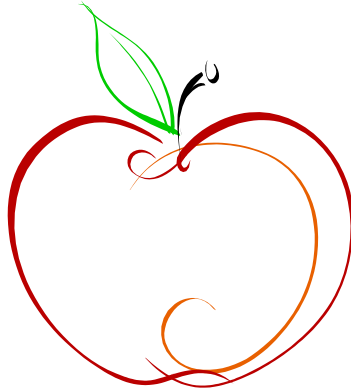


# **HARDIN COUNTY SCHOOLS**



## **WELLNESS POLICY GUIDELINES**

*Approved by the Hardin County Board of Education April 3, 2006.*

*Revised May 25, 2010*

*Revised October 15, 2014*

*Revised June 2017*

On June 30, 2004, President George Bush signed Public Law 108-265, the Child Nutrition and WIC Reauthorization Act of 2004. Section 204 of this law requires school districts participating in the National School Lunch Program and/or School Breakfast Program to develop a local Wellness Policy that addresses student wellness and the growing problem of childhood obesity by the school year 2006.

The Hardin County Board of Education is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

To accomplish these goals:

- The School Nutrition Program will comply with federal, state, and local requirements.
- School Nutrition Programs will be accessible to all children.
- Sequential and interdisciplinary nutrition education will be provided and promoted.
- Patterns of meaningful physical activity will connect to students' lives outside of physical education.
- All school-based activities will be consistent with local wellness policy goals.
- All foods made available on campus will adhere to food safety and security guidelines.
- The school environment will be safe, comfortable, pleasing, and allows ample time and space for eating meals.
- Food will not be used as a reward or punishment.
- Physical education will not be withheld as a punishment.

### **WELLNESS POLICY:**

#### **Development, Implementation, Monitoring and Evaluation**

The District will develop the Wellness Policy to include specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. The wellness policy, assessment and other information can be found on the district website – [hardincoschools.com](http://hardincoschools.com)

The District will actively inform families and the public each year of basic information about this policy and its content. The District will make this information available via the district website and/or district communications. The District will provide as much information as possible about the school nutrition environment. Information on how the public can get involved with the District Wellness Committee will also be made available on the district website.

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to the model wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The Coordinated School Health Coordinator will be responsible for managing the triennial (recurring every three years) assessment. The DWC will update or modify the wellness policy based on the results of the monitoring, reviews and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges and new Federal or state guidance or standards are issued.

### **WELLNESS COMMITTEE:**

#### **Committee Role and Membership**

Hardin County Schools will convene a representative district wellness committee (hereto referred to as the DWC) that meets to establish goals for and oversee school health and wellness policies and programs, including development, monitoring, implementation and periodic review and update of this district-level wellness policy

The DWC membership will represent all school levels and include, but not be limited to: parents and caregivers; student; Coordinated School Health Coordinator; School Nutrition Director; school nutrition manager; physical education teacher; health education teacher; school nurse; school administrator, school board member; health professionals and the general public.

#### **Leadership**

The Director of Schools or his designee will convene the District Wellness Committee and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy.

The designated official for oversight is the Elementary Education Supervisor.

### **NUTRITION:**

#### **School Meals**

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements.

Meals served through the National School Lunch Program, School Breakfast Program, Afterschool Snack Program, Summer Food Service Program, Fresh Fruit and Vegetable Program and others will:

- be accessible to all students;
- be appealing and attractive to children;
- be served in clean and pleasant surroundings;
- meet, at a minimum, nutrition requirements established by local, state and federal regulations;
- offer a variety of fruits and vegetables daily, including at least one fresh fruit or vegetable daily;
- serve a variety of milk, including low-fat unflavored and fat-free, flavored, and unflavored on a daily basis;
- promote healthy food and beverage choices using Smarter Lunchroom techniques.

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.

### **Staff Professional Development**

School nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, the district will provide continuing professional development for all school nutrition professionals in schools as outlined in the USDA Professional Standards for Child Nutrition Professionals. Staff development programs will include appropriate certificate and/or training programs according to their level of responsibility and hours worked.

### **Water**

Drinking / potable water must be available to students and other customers without restriction in the location where meals and afterschool snacks are served. (Public Law 111-296)

### **Competitive Foods and Beverages**

The USDA SMART Snacks Guidelines and applicable state statutes will be followed by all schools for all foods and beverages sold to students. All foods and beverages made available on campus (including vending, a la' carte, student stores and fundraising) during the school day will be consistent with the USDA SMART Snacks Guidelines, applicable state statutes and/or regulations and the Nutrition Standards section of this document.

School Day is defined as the time between midnight the night before to 30 minutes after the end of the instructional day.

### **Celebrations and Rewards**

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. Schools will not withhold food or beverages as a punishment for any reason, such as for performance or behavior.

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. Birthday parties for students will not be allowed at school. 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 SMART Snacks Guidelines.

### **Fundraising**

Foods and beverages that meet the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. LEAs may set special exemptions for infrequent school-sponsored fundraisers that sell foods or beverages that do not meet the nutrition standards for Smart Snacks. Such specially exempted fundraisers shall take place no more than twenty (20) days per semester per school site. No specially exempted fundraiser foods or

beverages may be sold in competition with school meals in the food service area during the meal service. The principal of the school shall ensure that the twenty (20) day limit per semester is not exceeded.

### **Nutrition Promotion**

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques;
- 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;
- Encouraging students to start each day with a healthy breakfast; and
- Ensuring that all schools are USDA Team Nutrition Schools.

### **Nutrition and Health Education**

The District will teach, model, encourage and support healthy eating by all students. School will provide nutrition education in the following methods:

- Teachers in PK – Grade 8 will integrate nutrition and health 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, Take 10, and Go Noodle! Curriculums will be used to help meet this goal.
- Lifetime Wellness and other teachers in Grades 9-12 will integrate nutrition and health 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.)
- A list of nutrition and health education resources will be provided to Hardin County teachers by the Coordinated School Health Specialist, School Nutrition Program Director and other community agencies and partnerships.
- Nutrition and health education programs and/or lessons will be presented by Coordinated School Health and other agencies and partnerships to students in grades PK-12 during the school year.

## **Food and Beverage Marketing in Schools**

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or Smart Snacks Guidelines. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

## **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. In addition to the district's physical education program, non-structured physical activity periods shall be offered in grades K-6. Non-structured physical activity will consist of a temporary withdrawal or cessation from usual school work or sedentary activities.

Students in all grades will engage in physical activity which is in compliance with the Tennessee State laws, at a minimum.

- Students in Pre-Kindergarten – Grade 5 will engage in physical activity for a minimum of one-hundred and thirty (130) minutes each week.
- Students in Grades 6 - 12 will engage in physical activity for a minimum of ninety (90) minutes each week.
- All high school students will take Lifetime Wellness which will include both physical activity and health and wellness instruction.
- Extracurricular physical activity programs to all students at all Hardin County Schools.
- Physical Education will not be taken away from students as punishment for any reason.

## **Physical Education**

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment tool) and will use criterion-based reporting for each student.

## **Classroom Physical Activity Breaks**

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week.

## **Active Academics**

Teachers will incorporate movement and kinesthetic learning approaches into subject instruction when possible and do their part to limit sedentary behavior during the school day.

## **OTHER ACTIVITIES THAT PROMOTE STUDENT WELLNESS:**

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the DWC/SWC.

The District will continue relationships with community partners in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

A School Wellness Committee (SWC) will be set up at each school in Hardin County.

### **Cafeteria Atmosphere:**

- School dining areas will have sufficient space for students to sit and consume meals.
- School dining areas will be clean, safe, and pleasant environments that reflect the value of the social aspects of eating.
- Enough serving areas will be available to ensure student access to school meals with a minimum of wait time.
- Meal times will be scheduled near the middle of the day.
- Students will be given adequate time to enjoy healthy meals with friends.

At least three schools will meet the criteria for USDA's Healthier US School Challenge and/or Alliance for a Healthier Generation.

## **MONITORING AND POLICY REVIEW and ASSESSMENT:**

The Hardin County Director of Schools, school administrators, Coordinated School Health Specialist, school nurses and/or School Health Advisory Council members will work to ensure compliance with established district-wide nutrition, health education, wellness and physical activity policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the Director of Schools or designee.

School nutrition staff in each school will ensure compliance with nutrition policies within the school nutrition program and will report on this matter to the School Nutrition Program Director.

The School Wellness Committee with input from other interested individuals and groups will at least annually review and make recommendations for updates and changes, if needed, to the Hardin County Wellness Policy and Guidelines.

Assessments of the nutrition, health education, wellness and physical activity policies will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. The district will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation. The assessment will be posted on the Hardin County Schools website.

The Director of Schools or designee will in turn report to the Hardin County Board of Education, staff and public on the compliance, progress and implementation of the Wellness Policy, based on input from schools within the district and the triennial assessment.

This institution is an equal opportunity provider.