

Wilson County Board of Education

Policy Description: Student Wellness on Physical Activity and Nutrition Page 1 of 8	Policy Number: 6.411	Amended Date: 02/04/10
	Rescinds:	Reviewed: 01/10 Issued: 7/10/06

1 The Wilson County Schools is committed to providing school environments that promote and protect children's
2 health, well being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the
3 policy of Wilson County Schools that:

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- 5 1. The school district will engage students, parents, teachers, food service professionals, health
6 professionals, and other interested community members in developing, implementing, monitoring, and
7 reviewing district wide nutrition and physical activity policies.
- 8 2. All students in grades K-12 will have opportunities, support, and encouragement to be physically active
9 on a regular basis.
- 10 3. Qualified child nutrition professionals will provide students with access to a variety of affordable,
11 nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate
12 the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean,
13 safe, and pleasant settings and adequate time for students to eat.
- 14 4. To the maximum extent practicable, all schools in our district will participate in available federal school
15 meal programs (including the school breakfast program and national school lunch program).
- 16 5. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating
17 and physical activity, and will establish linkages between health education and school meal programs,
18 and with related community services.

20 TO ACHIEVE THESE GOALS:

21

22 **School Health Councils** – The school district and/or individual schools within the district will create, strengthen, or
23 work within existing school health councils to develop, implement, monitor, review and as necessary, revise
24 school nutrition and physical activity policies. The councils also will serve as resources to school sites for
25 implementing those policies. A school health council consists of a group of individuals representing the school
26 and community, and should include parents, students, and representatives of the school food authority, members
27 of the school board, school administrators, teachers, health professionals, and members of the public.

29 NUTRITIONAL QUALITY OF FOODS AND BEVERAGES SOLD AND SERVED ON CAMPUS:

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31 **School Meals** – meals served through the National School Lunch and Breakfast Programs will:

- 32
- 33 1. Be appealing and attractive to children;

- 1 2. Be served in clean and pleasant settings;
- 2 3. Meet, at a minimum, nutrition requirements established by local, state and federal statutes and
- 3 regulations;
- 4 4. Offer a variety of fruits and vegetables;
- 5 5. Serve a variety of milk, including 2% low fat, 1% low fat and skim, and nutritionally equivalent non dairy
- 6 alternatives (to be defined by USDA); and
- 7 6. Ensure that a portion of the served grains are whole grain.

8
9 Schools should engage students and parents, through taste test of new entrees and surveys, in selecting foods
10 sold through the school meal programs in order to identify new, healthful, and appealing food choices. In
11 addition, schools will share information about the nutritional content of meals with parents, students and school
12 nurses.

13
14 **Breakfast** – to ensure that all children have breakfast, either at home or at school, in order to meet their
15 nutritional needs and enhance their ability to learn:

- 16
17 1. Schools will, to the extent possible, operate the School Breakfast Program;
- 18 2. Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school
- 19 breakfasts that encourage participation;
- 20 3. Schools that serve breakfast to students will notify parents and students of the availability of the School
- 21 Breakfast Program.

22
23 **Free and Reduced Price Meals** – schools will make every effort to eliminate any social stigma attached to, and
24 prevent the overt identification of, students who are eligible for free and reduced price school meals. Toward
25 this end, schools may utilize electronic identification and payment systems, and promote the availability of school
26 meals to all students.

27
28 **Meal Times and Scheduling:**

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30 1. Will provide students with at least ten (10) minutes to eat after sitting down for breakfast and twenty (20)
- 31 minutes after sitting down for lunch;
- 32 2. Should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10:30
- 33 a.m. and 1:00 p.m.;
- 34 3. Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless
- 35 students may eat during such activities;
- 36 4. Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- 37 5. Should take reasonable steps to accommodate the tooth brushing regimens of students with special
- 38 oral health need (e.g., orthodontia or high tooth decay risk).
- 39

1 **Qualifications of School Food Service Staff** – qualified nutrition professionals will administer the school meals
2 programs. As part of the school district’s responsibility to operate a food service program, we will provide
3 continuing professional development for all nutrition professionals in schools. Staff development programs
4 should include appropriate certification and/or training programs for child nutrition directors, school nutrition
5 managers, and cafeteria workers, according to their levels of responsibility.

6
7 **Sharing of foods and beverages** – schools should discourage students from sharing their foods or beverages
8 with one another during meal or snack times, given concerns about allergies and other restrictions on some
9 children’s diets.

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11 **Meals brought from outside** – due to food allergies and food safety issues, outside food (i.e. Wendy’s, Sonic,
12 McDonalds, etc.) should not be brought into the cafeteria while breakfast or lunch is being served.

13
14 Foods and beverages sold individually (i.e., foods sold outside of reimbursable school meals, such as through
15 cafeteria ala carte lines).

16
17 **Elementary Schools** – the school food service program will approve and provide all food and beverage sales to
18 students in elementary schools. Given young children’s limited nutrition skills, food in elementary schools
19 should be sold as balanced meals. If available, foods and beverages sold individually should be limited to a
20 variety of milk including low fat and non fat milk, fruits, and non fried vegetables, and nutritionally acceptable ala
21 carte items.

22
23 **Middle/Junior High Schools** – in middle/junior high schools, all foods and beverages sold individually outside the
24 reimbursable school meals programs (including those sold through ala carte lines and vending machines) during
25 the school day (forty-five (45) minutes before the beginning of the official school day and continuing until thirty
26 (30) minutes after the end of the official school day), will meet the following nutrition and portion size standards:

27
28 **Beverages**

- 29
30 1. **Allowed:** water without added caloric sweeteners; fruit and vegetable juices and fruit based drinks that
31 contain 100% fruit and vegetable juice; unflavored or flavored low fat or fat free fluid milk and
32 nutritionally equivalent non dairy beverages (to be determined by USDA); low calorie beverages
33 (includes flavored, sweetened, and non caffeinated water) that are flavored, non carbonated beverages
34 containing no additional caloric sweeteners and no more than 15 calories per serving.
- 35 2. **Not allowed:** soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit based drinks that
36 contain less than 100% real fruit juice or that contain additional caloric sweeteners; beverages
37 containing caffeine, excluding low fat or fat free chocolate milk (which contain trivial amounts of
38 caffeine).
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1 **Foods** – a food item sold individually:
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- 3 1. Will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut
4 butters) and no more than 10% of its calories from saturated and trans fat combined;
- 5 2. Will have no more than 35% of its weight from added sugars;
- 6 3. Will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries,
7 baked goods, and other snack items;
- 8 4. Will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and
- 9 5. Will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.

10
11 **Portion Sizes** – limit portion sizes of foods and beverages sold individually to those listed below:
12

- 13 1. One and one quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or
14 jerky;
- 15 2. One ounce for cookies;
- 16 3. Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
- 17 4. Four fluid ounces for frozen desserts, including, but not limited to, low fat or fat free ice cream;
- 18 5. Eight ounces for non frozen yogurt;
- 19 6. Eight fluid ounces for beverages (K-8), excluding water;
- 20 7. The portion size of ala carte entrees and side dishes, including potatoes, will not be greater than the
21 size of comparable portions offered as part of school meals. Fruit and non fried vegetables are exempt
22 from portion size limits; and
- 23 8. Individual food items that are part of a day's reimbursable school lunch program may be sold on that
24 day as an ala carte item. All other school ala carte items are not to exceed the State Board of
25 Education's standards for foods sold individually.

26
27 **Snacks** - snacks served during the school day or in after school care or enrichment programs will make a
28 positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the
29 primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on
30 timing of school meals, children's nutritional needs, children's ages, and other considerations. Schools that
31 have vending machines are encouraged to include refrigerated snack vending machines, which can
32 accommodate fruits, vegetables, yogurts, and other perishable items.
33

34 **Competitive Foods Policy** – The Wilson County School Nutrition program is very concerned about providing
35 students with the best possible nutrition at school. Proper nutrition is important for both physical and
36 educational development. Nourishing meals assist children in making the most of their education opportunities.
37

38 Accordingly, it is the policy of Wilson County Schools Nutrition that the sale of foods of minimal nutritional value
39 shall be prohibited in all lunch areas between the start of the school day and ½ hour after the last lunch period

1 ends. Foods of minimal nutritional value include carbonated soft drinks, water ices, chewing gum, and certain
2 types of candies (hard candies, marshmallow candies, fondant, licorice, spun candy and candy coated popcorn).

3
4 It shall also be the policy of Wilson County School Nutrition that the sale of food for fund raising purposes or
5 other activities during the normal daily breakfast and lunch periods shall be prohibited. In addition, schools
6 should make every effort to encourage parents to bring healthier food options for school parties and functions.

7
8 **Celebrations and Parties** – schools should limit celebrations and parties that involve food during the school day.
9 Celebrations and parties should not replace the school lunch. Celebrations and parties that do involve food
10 should occur after the lunch period.

11
12 **Food as Reward** – schools should encourage non-food rewards such as stickers, pencils, extra recess time,
13 activity breaks, etc. Any food that is given as a reward should comply with Tennessee’s Nutrition Standards for
14 Grades K-8.

15
16 **NUTRITION AND PHYSICAL ACTIVITY PROMOTION AND FOOD MARKETING**

17
18 **Nutrition Education and Promotion** – Wilson County Schools aims to teach, encourage and support healthy
19 eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- 20
21 1. Is part of not only health education classes, but also classroom instruction in subjects such as math,
22 science, language arts, social sciences, and elective subjects;
23 2. Includes enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as
24 contests, promotions, taste testing, farm visits, and school gardens;
25 3. Promotes fruits, vegetables, whole grain products, low fat and fat free dairy products, healthy food
26 preparation methods, and health enhancing nutrition practices;
27 4. Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
28 and
29 5. Links with school meal programs, other school foods, and nutrition related community services.

30
31 **Integrating Physical Activity into the classroom setting** – for students to receive the state recommended amount
32 of daily physical activity (i.e., at least ninety (90) minutes per week) and for students to fully embrace regular
33 physical activity as a personal behavior, students need opportunities for physical activity beyond physical
34 education class. Toward that end:

- 35
36 1. Classroom health education will complement physical education by reinforcing the knowledge and self-
37 management skills needed to maintain a physically active lifestyle and to reduce time spend on
38 sedentary activities, such as watching television;
39 2. Opportunities for physical activity will be incorporated into other subject lessons; and

- 1 3. Classroom teachers will provide short physical activity breaks between lessons or classes, as
2 appropriate.

3
4 **Communications with Parents** – the district/school will support parents’ efforts to provide a healthy diet and daily
5 physical activity for their children. The district will provide nutrient analyses of school menus. Schools should
6 also encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods
7 that do not meet the above nutrition standards for individual foods and beverages.

8
9 **PHYSICAL ACTIVITY OPPORTUNITIES AND PHYSICAL EDUCATION**

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11 **Daily Physical Education (P.E.) K-12** – all students in grades K-12 including students with disabilities, special
12 health care needs, and in alternative educational settings, will have the opportunity for physical education. All
13 physical education will be taught by a certified physical education teacher. Student involvement in other
14 activities involving physical activity, such as, but not limited to sports, ROTC, marching band and dance, may be
15 included for meeting the physical activity requirement. Students will spend at least fifty (50) percent of physical
16 education class time participating in moderate to vigorous physical activity.

17
18 **Recess** – it is encouraged that all elementary school students will have daily supervised recess, preferably
19 outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the
20 provisions of space and equipment.

21
22 Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities,
23 such as mandatory school wide testing, make it necessary for students to remain indoors for long periods of
24 time, schools should give students periodic breaks during which they are encouraged to stand and be
25 moderately active.

26
27 **Assessments** – all physical education and wellness classes will include the BMI as a measure to assess the
28 effectiveness of the wellness policy.

29
30 **Physical Activity Opportunities before and after school** - after school child care and enrichment programs will
31 provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of
32 moderate to vigorous physical activity for all participants.

33
34 All high schools and middle schools, as appropriate, will offer interscholastic sports programs. Schools should
35 offer a range of activities that meet the needs, interests and abilities of all students, including boys, girls, and
36 students with disabilities and students with special health care needs.

37
38 **Staff Wellness** - the district and each work site shall provide information about wellness resources and services,
39 and assist in identifying and supporting the health, safety, and well being of site staff.

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- 1 1. Each school and district site shall be in compliance with drug, alcohol and tobacco free policies;
- 2 2. Each school and district site shall provide an accessible and productive work environment free from
- 3 physical dangers or emotional threat that is as safe as possible and consistent with applicable
- 4 occupation and health laws, policies and rules;
- 5 3. Employees shall be encouraged to engage in daily physical activity during the workday as part of work
- 6 breaks and/or lunch periods, before or after work hours in site sponsored programs or as part of
- 7 discounted membership in local fitness facilities.

8
9 **Implementation of School Health Index** – beginning July 1, 2006, each school within the LEA will begin
10 implementation of the School Health Index. The School Health Index is an internationally recognized
11 researched based instrument developed by the Centers for Disease Control and Prevention, Division of School
12 and Adolescent Health. This instrument was developed to provide a self assessment and planning tool to allow
13 schools to assess the healthy learning environment.

14
15 Initially, schools will develop an action plan related to the following modules of the School Health Index:

- 16 Module 1: School Health and Safety and Environment
- 17 Module 2: Health Education
- 18 Module 3: Physical Education and Other Physical Activity Programs
- 19 Module 4: Nutrition Services
- 20 Module 5: School Health Services
- 21 Module 6: School Counseling, Psychological, and Social Services

22
23
24 In subsequent years, schools will complete other modules of the School Health Index including Health Promotion
25 for Staff and Family and Community Involvement.

26
27 Schools will use the School Health Index to:

- 28
- 29 1. Identify the strengths and weaknesses of school health policies and programs;
- 30 2. Develop an action plan for improving the healthy learning environment of the school;
- 31 3. Involve parents, community members, students and others in improving policies and programs;
- 32 4. Develop a local School Health Improvement Plan, using the School Health Index overall score card;
- 33 5. Submit the School Health Improvement Plan to the Director of Schools or his/her designee.

34
35 Schools will use the local School Health Improvement Plan to:

- 36
- 37 1. Facilitate improvement in the areas of physical activity and nutrition at the local school level;
- 38 2. Integrate school health planning into the overall school improvement process;
- 39 3. Provide a report to the School Health Advisory Council.

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1 **MONITORING AND POLICY REVIEW**

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3 **Monitoring** – the Director of Schools or designee will ensure compliance with established district wide nutrition
4 and physical activity wellness policies. In each school, the principal or designee will ensure compliance with
5 those policies in his/her school and will report on the school’s compliance to the Director of Schools or designee.

6
7 School food service staff, at the school or district level, will ensure compliance with nutrition policies within school
8 food service areas and will report on this matter to the Director of Schools (or if done at the school level, to the
9 school principal). In addition, the school district will report on the most recent USDA School Meals Initiative
10 (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state
11 agency within the past five years, the district will request from the state agency that a SMI review be scheduled
12 as soon as possible.

13
14 The Director of Schools or designee will ensure annually that all schools administer a baseline assessment on
15 each of the recommended School Health Index modules. This assessment will summarize the results, identify
16 school strengths, promote discussion regarding areas that need improvement, and facilitate planning for making
17 improvements. The LEA will submit the baseline assessment to the School Health Advisory Council. This
18 information will be reported to the State Department of Education on the Annual Data and Compliance Report, as
19 required by TCA 49-1-1001 et. seq.

20
21 The Director of Schools or designee will develop a summary report every three years on district wide compliance
22 with the district’s established nutrition and physical activity wellness policies, based on input from schools within
23 the district. That report will be provided to the school board and also distributed to all school health councils,
24 parent/teacher organizations, school principals, and school health services personnel in the district.

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