

# Lakeland Board of Education

Monitoring: <b>Review: Annually, in September</b>	Descriptor Term:  <b>Wellness</b>	Descriptor Code: <b>6.411</b>	Issued Date: <b>05/12/14</b>
		Rescinds:	Issued:

1 This policy applies to Lakeland Schools' commitment to providing a school environment that enhances  
2 learning and the development of lifelong wellness practices. This policy will be reviewed and updated  
3 annually.

4 The Superintendent, or his designee, will be responsible for overseeing the school district's compliance  
5 with the Wellness Policy.

6 To accomplish these goals:

- 7 1. School Nutrition Programs shall comply with federal, state and local requirements.
- 8 2. School Nutrition Programs are accessible to all children.
- 9 3. Interdisciplinary nutrition education is provided and promoted.
- 10 4. Patterns of meaningful physical activity connect to student's lives outside of physical  
11 education.
- 12 5. All school-based activities are consistent with local wellness policy goals.
- 13 6. All foods made available on campus follow applicable federal and state regulations.
- 14 7. The school environment is safe, comfortable, pleasing, and allows adequate time and space  
15 for eating meals.
- 16 8. The public will be made aware of results of the assessment via the Lakeland Schools  
17 website.

## 18 **COORDINATED SCHOOL HEALTH**

19 Lakeland Schools is committed to ensure that:

- 20 1. The Center for Disease Control's (CDC's) Coordinated School Health approach is  
21 implemented to managing new and existing wellness-related programs and services at all  
22 schools. Such programs shall be implemented in accordance with State Law and State Board of  
23 Education Coordinated School Health (CSH) Standards and Guidelines.
- 24 2. Each school will complete the CDC's School Health Index annually and base school goals on  
25 the results.
- 26 3. Each school will have a Healthy School Team consisting of teachers, students, parents and  
27 administrators and will be required to hold Healthy School Team meetings four (4) times  
28 during the school year.
- 29 4. An advisory council is established that shall serve as a resource to school sites for  
30 implementing policies and procedures.

- 1 a. The School Health Advisory Council shall consist of individuals representing the school and  
2 community. The primary responsibilities of the council include but are not limited to:
  - 3 i. Developing recommendations as to physical activity and nutrition policies.
- 4 b. Lakeland Schools will consider the recommendation of the Health Advisory Council in making  
5 any policy changes that affect a healthy learning environment

6 **PHYSICAL ACTIVITY**

7 Lakeland Schools recognizes that physical activity is important to the overall health of a child.  
8 Schools shall support and promote physical activity by:

- 9 1. Providing opportunities during the school day for students to be physically active for a  
10 minimum of 90 minutes per week. Opportunities shall be inclusive of integration of physical  
11 activity into curricula areas of the school program (i.e., classroom movement breaks and other  
12 moving activities); and supervised recess/physical education provided in accordance with  
13 federal and/or state requirements.
- 14 2. Not withholding physical activity as a punishment (i.e., recess) or used as a punishment (e.g.,  
15 push-ups, running laps) during the school day.

16 **CURRICULUM**

17 All applicable courses of study should be based on State-approved curriculum standards.

18 **EVALUATION OF EFFECTIVENESS OF NUTRITION PROGRAM**

19 Lakeland Schools Board of Education shall monitor the effectiveness of the school nutrition program  
20 within a wide-range of student constituency groups. Factors to be considered may include, but are not  
21 limited to:

- 22 1. Participation rates in school meal programs;
- 23 2. Student satisfaction surveys to monitor the taste and quality of food and the effects of  
24 consumption of healthy snacks on children’s health, behavior, and school performance and to  
25 monitor satisfaction with snack choices;
- 26 3. Parent satisfaction surveys to monitor the effects of consumption of healthy snacks on  
27 children’s health, behavior, and school performance and to monitor satisfaction with snack  
28 choices;
- 29 4. Frequency and types of health problems noted on school nurse logs;
- 30 5. Frequency and types of mental health and behavioral problems noted on counselor logs;
- 31 6. Incidence of student behavior infractions;
- 32 7. Teacher surveys of student’s classroom behavior, attention span, and memory;
- 33 8. Test scores.

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## Legal References

1. TCA 49-6-1021
2. TN State Board of Education Rule 0520-01-06
3. TN State Board of Education Policy No. 4.206