

Lakeland Board of Education

Monitoring: Review: Annually, in May	Descriptor Term: Student Wellness	Descriptor Code: 6.411	Issued Date:
		Rescinds:	Issued:

1 The Board recognizes the value of proper nutrition, physical activity, and other health conscious
2 practices and the impact that such practices have on student academic achievement, health, and well-
3 being. In order to provide an environment conducive to overall student wellness, this policy shall be
4 followed by all schools in the District.¹

5 **COMMITMENT TO COORDINATED SCHOOL HEALTH**

6 All schools shall implement the CDC's Coordinated School Health approach to managing new and
7 existing wellness related programs and services in schools and the surrounding community based on
8 State law and State Board of Education CSH standards and guidelines. The district's Coordinated
9 School Health Coordinator shall be responsible for overseeing compliance with State Board of
10 Education CSH standards and guidelines in the school district.

11 **SCHOOL HEALTH ADVISORY COUNCIL^{2,3}**

12 A district school health advisory council shall be established to serve as a resource to school sites for
13 implementing policies and programs and develop an active working relationship with the county health
14 council. The council shall consist of individuals representing the school and community, including
15 parents, students, teachers, school administrators, health professionals, school food service
16 representatives, and members of the public. The primary responsibilities of the council include but are
17 not limited to:

- 18 1. Developing, implementing, monitoring, reviewing and as necessary, making recommendations
19 as to physical activity and nutrition policies;
- 20 2. Ensuring all schools within the district create and implement an action plan related to all
21 School Health Index modules;
- 22 3. Ensuring that the results of the action plan are annually reported to the council; and
- 23 4. Ensuring that school level results include measures of progress on each indicator of the School
24 Health Index.

25 The State Board of Education's Coordinated School Health and Physical Activity Policies shall be used
26 as guidance by the Council to make recommendations. The Board will consider recommendations of
27 the Council in making policy changes or revisions.

28 Additionally, each school will have a Healthy School Team consisting of teachers, students, parents
29 and administrators.² The Team is shall hold Healthy School Team meetings during the school year to
30 assess needs and oversee planning and implementation of school health efforts.

1 **COMMITMENT TO NUTRITION**

2 All schools within the District shall participate in the USDA child nutrition programs, including the
3 National School Lunch Program, the School Breakfast Program, the Summer Food Service Program,
4 and the After School Snack Program.^{4,5,6} The school nutrition coordinator shall be responsible for
5 overseeing the school district's compliance with the State Board of Education Rules and Regulations
6 for sale of food items in the school district.^{5,6}

7 Meals shall be accessible to all students in a non-stigmatizing manner. Students will be given adequate
8 time to enjoy healthy meals and relax in a pleasant environment. Good nutritional habits shall be
9 encouraged. All food including vending machines, fundraising items, and concessions must meet
10 guidelines set forth by the Healthy, Hunger-free Kids Act, 2010, Smart Snacks in Schools.^{4,5,6}

11 The District will promote healthy nutrition through various activities, including nutrition related
12 newsletters, informational links on the district website, healthy eating posters and bulletin boards in
13 dining areas, and informational booths at various community functions. Nutrition Education will be
14 offered as part of a standards based program designed to provide students with the knowledge and
15 skills needed to promote and protect their health. Nutrition Education will discourage teachers from
16 using high fat, sugar, and sodium foods as rewards and encourage students to start each day with a
17 healthy breakfast.

18 **COMMITMENT TO PHYSICAL ACTIVITY**

19 The Board recognizes that physical activity is extremely important to the overall health of a child.
20 Schools shall support and promote physical activity. Physical activity may be integrated into any areas
21 of the school program. Physical Education classes shall be offered with moderate to vigorous physical
22 activity being an integral part of the class. In addition to the district's physical education program, non-
23 structured physical activity periods shall be offered in grades K-6. Non-structured physical activity will
24 consist of a temporary withdrawal or cessation from usual school work or sedentary activities.⁷

25 The following opportunities for physical activity shall be provided:⁷

- 26 1. Grades K-1: a minimum of three (3) fifteen-minute periods of non-structured physical activity
27 per day;
- 28 2. Grades 2-6: a minimum of two (2) twenty-minute periods of non-structured physical activity at
29 least four (4) days per week; and
- 30 3. Grades 7-12: a minimum of ninety (90) minutes of physical activity per week.

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

33 **COMMITMENT TO CURRICULUM³**

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

1 SCHOOL HEALTH INDEX³

- 2 All schools within the district shall annually administer a baseline assessment on each of the three
3 recommended School Health Index modules. Results shall be submitted to the School Health Advisory
4 Council and reported to the State Department of Education.

Legal References

1. TCA 49-1-1002
2. State Board of Education Policy 4.204
3. State Board of Education Policy 4.206
4. 42 U.S.C. 1758b (Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296))
5. TRR/MS 0520-1-6, Child Nutrition Programs
6. 7 C.F.R. 210 and 220
7. Public Acts of 2016, Chapter No. 669

Cross References