

Lakeland Board of Education

Monitoring: Review: Annually, in May	Descriptor Term: Student Wellness	Descriptor Code: 6.411	Issued Date: 07/18/16
		Rescinds: 6.411	Issued: 12/14/15

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

1 assess needs and oversee planning and implementation of school health efforts. The director of
2 schools/designee will ensure compliance with the school Wellness Policy, to include an assessment of
3 the implementation of the Wellness Policy and the progress made in attaining the policy goals. The
4 assessment will be made available to the public.

5 COMMITMENT TO NUTRITION

6 All schools within the District shall participate in the USDA child nutrition programs, including which
7 may include but not be limited to, the National School Lunch Program, the School Breakfast Program,
8 the Summer Food Service Program, and the After School Snack Program.^{4,5,6} The school nutrition
9 coordinator shall be responsible for overseeing the school district's compliance with the State Board of
10 Education Rules and Regulations for sale of food items in the school district.^{5,6}

11 Meals shall be accessible to all students in a non-stigmatizing manner. Students will be given adequate
12 time to enjoy healthy meals and relax in a pleasant environment. Good nutritional habits shall be
13 encouraged. All food including vending machines, fundraising items, and concessions must meet
14 guidelines set forth by the Healthy, Hunger-free Kids Act, 2010, Smart Snacks in Schools.^{4,5,6} The
15 school principal/designee shall be responsible for overseeing the school district's compliance with the
16 State Board of Education Rules and Regulations for sale of food items in the school district.^{2,5}

17 DISTRICT GOALS

18 The District will promote healthy nutrition through various activities, including nutrition related
19 newsletters, informational links on the district website, healthy eating posters and bulletin boards in
20 dining areas, and informational booths at various community functions. Nutrition Education will be
21 offered as part of a standards based program designed to provide students with the knowledge and
22 skills needed to promote and protect their health as outlined in the State Board of Education Health
23 Education and Lifetime Wellness Standards. Nutrition Education will discourage teachers from using
24 high fat, sugar, and sodium foods as rewards and encourage students to start each day with a healthy
25 breakfast.

26 COMMITMENT TO PHYSICAL ACTIVITY AND PHYSICAL EDUCATION

27 The Board recognizes that physical activity is extremely important to the overall health of a child.
28 Schools shall support and promote physical activity. Physical activity may be integrated into any areas
29 of the school program. ~~(same paragraph)~~

30 Physical Education classes shall be offered as part of a standards based program designed to provide
31 developmentally appropriate with moderate to vigorous physical activity being as an integral part of
32 the class. All physical education classes shall comply with the State Board of Education's Physical
33 Education Standards. In addition to the district's physical education program, non-structured physical

1 activity periods shall be offered **as required by law**. In grades K-6. Non-structured physical activity
2 will consist of a temporary withdrawal or cessation from usual school work or sedentary activities.⁷

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

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

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

11 **COMMITMENT TO CURRICULUM³**

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

13 **SCHOOL HEALTH INDEX³**

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

17 **RECORD KEEPING COMPLIANCE**

18 The district's Coordinated School Health Coordinator shall ensure that records demonstrating
19 compliance with community involvement requirements are maintained. The Coordinated School
20 Health Coordinator shall additionally document that the school wellness policy and triennial
21 assessments are made available to the public.

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
8. **7 C.F.R. § 210.31(f)**

Cross References

Student Suicide Prevention 6.415