

## **SCHOOL WELLNESS POLICY**

### **Administrative Procedures for Implementing OCSS Student Wellness Board Policy**

The Obion County School System recognizes that good nutrition, physical activity, and other health conscious practices contribute greatly to not only the physical development of a student, but also to the student's ability to learn and succeed in school. Good health fosters student attendance, alertness, and helps to increase a student's capacity for learning.

The Obion County School System is committed to providing a school environment that contributes to the daily success of a student and also provides opportunities for a student to develop good health habits that will last a lifetime. In order to encourage student wellness, the following plan will be implemented by the schools in the Obion County School System.

#### **Nutrition and Physical Education:**

Students need opportunities to be physically active and have access to healthful foods in order to grow, learn, and meet his/her potential in school.

Schools will provide nutrition education that will teach and encourage students to make nutritious, healthy food and beverage decisions. Nutrition education will help students understand the links between healthy food choices and performance in learning activities, testing, and retaining information as well as physical energy and endurance. Nutrition education in schools will assist in fostering lifelong habits of healthy eating and living.

Schools will provide physical education and opportunities for physical activity integrated within the school day and as extracurricular activities. Physical activity has substantial health benefits for students including favorable effects on body weight, blood pressure, endurance capacity and physical strength to promote optimal health. The U.S. Surgeon General maintains that regular physical activity is one of the most important ways that people of all ages can maintain and improve physical, mental, and emotional health and improve overall well-being.

All schools will be in compliance with the Tennessee Board of Education requirements for physical education for pre-k through 12<sup>th</sup> grade.

Guidelines for reaching these goals are attached.

### **Curriculum**

All applicable courses of study should be based on Lifetime Wellness Curriculum Standards, the K-8 Healthful Living Curriculum Standards, and the K-12 Physical Education Curriculum Standards.

### **Nutrition Standards:**

The school breakfast and lunch programs as well as after school snacks will be accessible to all students and will follow the federal, state, and local school nutrition program requirements and laws. School meals will meet the patterns and nutrition standards established by the U.S. Department of Agriculture.

All meals served will be in compliance with local and state regulations regarding safe food preparation, handling, storage, and in accordance with all Hazard Analysis and Critical Control Procedures (HACCP).

### **Other School-Based Activities**

Each school will strive for all school-based activities to be consistent with and enhance the wellness policy goals. (Guidelines are attached.)

### **School Wellness Committees**

Each school shall organize a school wellness committee composed of school staff and interested community members. The school wellness committee will implement this wellness plan by creating a plan of action based on that school's particular needs, goals, and resources. The school wellness committee will work with Coordinated School Health in implementing the action plans.

## **System-Wide Healthy School Team**

The Obion County Healthy School team shall be established and serve as a resource to school sites for implementing school wellness policies and goals. The team shall consist of individuals representing the school and community including parents, teachers, the school nutrition representative, school nurse, guidance counselors, administrator, custodian, and members of the public.

The OCSS Healthy School Team will assist all schools within the district in developing and implementing a School Health Improvement Plan related to the School Health Index module 1 (Healthy and Safe School Environment), module 3 (Physical Activity and Education), module 4 (Nutrition). The School Health Index is an internationally recognized research-based instrument developed by the Centers for Disease Control and Prevention, Division of School and Adolescent Health.

The index instrument was developed to provide a self-assessment and planning tool to allow schools to assess the healthy learning environment in their school. Areas addressed by the index include: the school environment, physical activity and physical education, nutrition, tobacco use prevention, unintentional injury (such as car accidents) and violence prevention, asthma and other illnesses, sun safety, and food safety.

## **Evaluation of the Effectiveness of the School Wellness Plan**

The School Health Advisory Council and School Principals shall monitor the effectiveness of the school wellness plan within a random wide range of student constituency groups. Factors to be considered shall include:

1. Participation rates in school meal programs;
2. Student satisfaction surveys to monitor the effects of consumption of healthy snacks on children's health, behavior, and school performance and to monitor satisfaction with snack choices;
3. Parent satisfaction surveys to monitor the effects of consumption of healthy snacks on children's' health, behavior, and school performances and to monitor satisfaction with snack choices;
4. Frequency and types of health problems noted on school nurse logs;
5. Frequency and types of mental health and behavioral problems noted on counselor's logs;

6. Incidence of student behavior infractions;
7. Teacher surveys of student's classroom behavior, attention span, and memory;
8. Attendance

### **Triennial Progress Assessments and Public Notification**

At least once every three years, the district will evaluate compliance with the Wellness Policy to assess the implementation of the policy. At that time the Wellness Policy will be updated as necessary.

Annually, the public will be notified about the content of the Wellness Policy and any updates to the policy through website notifications. Stakeholders will be encouraged to participate in the Wellness Policy process. Results of the most recent assessment will also be made available on the District's website.

### **Monitoring**

In each school, the Principal and the Healthy School Team Coordinator will ensure compliance with these policies in his/her school and will report on the school's compliance to the Coordinated School Health Director. School Nutrition staff at the school level will ensure compliance with nutrition policies within school food service areas and will report on this matter to the School Nutrition Supervisor. The Obion County Director of Schools will ensure compliance with established district-wide wellness policies.

## To Achieve the Wellness Policy Goals Component 1

### Nutrition Education Guidelines

- The current OCSS nutritional and health related curriculum program meets state standards. All applicable courses of study are based on Lifetime Wellness Curriculum Standards, and the K-12 Physical Education Curriculum Standards.
- When possible, nutrition education will be integrated into other areas of the curriculum such as math, science, language arts, and social studies. The USDA Dietary Guidelines for Americans and the Food Pyramid will be emphasized.
- The Obion County Health Department presents wellness programs to pre-K through high school classes with teacher referral. Topics include healthy eating habits, diet and exercise, and eating disorders. Educational materials and videos are available and utilized.
- The school nurses provide educational information to students and parents as needed for related student health issues.
- Through school newsletters, the web sites, etc., nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- When possible, positive role models for health will be invited into the schools to speak to students.
- Through the school nutrition program, the TNCEP, and coordinated school health programs, OCSS will provide information to families that encourage them to teach their children about health and nutrition and how to provide nutritious meals for their families.

## Component 2

### Physical Activity Guidelines

- The primary goal for a school's physical activity component is to provide opportunities for students to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity and understand the short and long term benefits of physically active and healthful lifestyle.
- Physical activity will be integrated across curriculum and throughout the school day. For example: Physical activity breaks can be incorporated within the classroom.
- Supervised recess will be offered daily to all elementary school children.
- Physical education courses will be held in an environment where students learn, practice, and are assessed on developmentally appropriate motor skills, social skills, and knowledge.
- State certified physical education instructors will teach all physical education classes.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage lifelong physical activities.
- Adequate equipment will be available for all students to participate in physical education. Physical activities facilities on school grounds will be safe.
- The school provides a physical and social environment that encourages safe and enjoyable activity for all students.
- The Obion County Health Department, the school nurses, P.E. teachers, wellness teachers and coordinated school health will provide information for families to help them incorporate physical activity into their students' lives. Families and community members will be encouraged to institute programs that support physical activity, such as a neighborhood walking program.

## Component 3

### Nutrition Standards Guidelines

#### School Meals and Other Food Criteria

#### Meals and Foods/Beverages Offered During the School Day

- All meals served to students will meet the USDA's National School Lunch Program and School Breakfast Program meal pattern requirements.
- Be appealing and attractive to children and teenagers at an affordable price.
- Be served in clean and pleasant settings.
- Emphasize the 210 Dietary Guidelines for Americans and the My Plate standards.
- Offer a choice of entrees each day for lunch
- Offer a variety of chilled fruits and vegetables daily.
- Offer a fresh fruit or raw vegetable each day.
- Half of all grains offered are whole grain.
- Continue to offer salad bars in the middle and high schools.
- Prepare vegetables with non-fat seasoning.
- Serve only low-fat and skim milk.
- Offer fiber rich and nutrient dense choices such as whole grains, beans, peas, dark green and red/orange vegetables etc. weekly.
- Bake, steam or roast in an effort to reduce frying
- Utilize USDA approved recipes.
- Strive to offer new healthy choices that appeal to students.
- 4 out of 7 schools serve breakfast in the classroom.
- Student surveys and taste testing opportunities may be used to find student preferences.
- Student artwork may be displayed in the service or dining areas.
- Schools will follow the USDA Smart Snacks Standards for Competitive Foods in Schools and Fund Raising Effective July 1, 2014. This includes vending a la carte, and all foods and beverages made available on campus during the school day.

- All in-school marketing of food and beverage items must meet competitive foods standards that are consistent with the USDA Smart Snacks in School nutrition standards. This includes, but not limited to:
  1. Brand names, trademarks, logos
  2. Displays, such as on vending machine exteriors
  3. Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards (Note: immediate replacement of these items are not required; however, the district will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that it is financially possible over time so that items are in compliance with the marketing policy.)

## Component 4

### Other School Based Activities Guidelines

- **Fast Food will NOT be allowed. Parents or others are not to deliver fast foods to the students during meal times or during the school day.**
- **Carbonated beverages such as sodas are not allowed for student consumption in elementary and middle schools during the school day.**
- **Each teacher has the discretion to use small incentives as motivation that do not impact breakfast or lunch. These will be used with reservation. Our cafeterias are a good source of purchasing healthy items.**
- **Withholding physical activity and recess as a form of punishment is discouraged.**
- **Classroom parties and snacks will promote healthy food and beverage choices and will be at the end of the day. Parties on abbreviated days should be planned so as not to interfere with breakfast.**
- **Sales of any foods or beverages outside of the cafeteria shall be limited to the time period following the end of the last lunch period and must meet Smart Snack regulations.**
- **Create a school environment that provides consistent wellness messages that are conducive to health eating and being physically active.**
- **Ensure that the “café concept” is implemented and maintained in each school cafeteria. Through the use of food choices, educational themes and/or striking wall murals, students are provided a comfortable and pleasing environment in which to enjoy their meals. Providing an attractive and interesting cafeteria atmosphere for children conveys to them that OCSS cares and considers students to be very important to the nutrition program and to the school.**
- **All school-based activities will be consistent with the OCSS wellness policy goals.**
- **After-school and before-school programs will encourage physical activity and other healthy practices.**
- **Local wellness policy goals will be considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).**

- Schools organize local wellness committees comprised of families, teachers, administrators, and students to plan, implement and improve wellness in the school environment.
- Provide adequate time for students to enjoy eating healthy meals.
- Provide enough space and serving areas to ensure student access to school meals with a minimum of wait time.
- Strive for fundraising efforts to be supportive of healthy eating.
- Provide on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education.
- Develop strategies for parents, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.