**Polk County Schools Wellness Policy**

Updated 8/1/16

**Preamble**

The Polk County School District is committed to providing school environments that promote and protect children’s health, well-being, and ability to learn by supporting healthy eating and physical activity. The District has developed the following wellness policy to meet the minimum Federal standards for local school wellness policy implementation under the final rule of the Healthy, Hunger-Free Kids Act of 2010.

This policy outlines the District’s approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures that ensure that:

* Students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus-in accordance with Federal and state nutrition standards
* Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors
* Students have opportunities to be physically active before, during and after school
* Schools engage in nutrition and physical activity promotion and other activities that promote student wellness
* School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school
* The district establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives

This policy applies to all students, staff and schools in the District. Specific measurable goals and outcomes are identified within each section below.

1. **School Health Advisory Council**

**Committee Role and Membership**

The council will convene a representative school health advisory council (hereto referred to as the SHAC) that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this wellness policy.

The SHAC membership will represent all school levels and include, but not be limited to: parents and caregivers, students, teachers, school administrators, school board members, health professionals, school food service representatives and members of the public.

**Leadership**

The designee(s) will convene the SHAC and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy.

The designated official for oversight is Jill Nix, Food Service Director; [jnix@polkcountyschools.com](mailto:jnix@polkcountyschools.com).

The current members of the SHAC are as follows:

James Jones – Director of Schools – [jjones@polkcountyschools.com](mailto:jjones@polkcountyschools.com)

Mark Williams – School Board Member – mwilliams@bellsouth.com

Natalie DiDona – School Nurse – [ndidona2@yahoo.com](mailto:ndidona2@yahoo.com)

Wally Hindman – School Counselor – wallyhindman@gmail.com

Jason Bell – Testing Supervisor – [jbell@polkcountyschools.com](mailto:jbell@polkcountyschools.com)

Jill Nix – Food Service Director – [jnix@polkcountyschools.com](mailto:jnix@polkcountyschools.com)

Louetta Moats – Curriculum Director – [lmoats@polkcountyschools.com](mailto:lmoats@polkcountyschools.com)

Pam Hindman – PE Teacher – [phindman@polkcountyschools.com](mailto:phindman@polkcountyschools.com)

Jean Bramlett – Parent – jbramlett@polkcountyschools.com

Corina Jones – CSH Director – [crjones@polkcountyschools.com](mailto:crjones@polkcountyschools.com)

Wilma Pippenger – CSH Assistant – [wpippenger@polkcountyschools.com](mailto:wpippenger@polkcountyschools.com)

Jonathon Pippenger – Student – [jhpipp@comcast.net](mailto:jhpipp@comcast.net)

Bryce Bramlett – Student – [jbramlett@polkcountyschools.net](mailto:jbramlett@polkcountyschools.net)

Each school will designate a school wellness policy team that will ensure compliance with the policy.

**Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

**Implementation Plan**

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines; as well as specific objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. It is recommended that the school use the Healthy Schools Program online tools to complete a school level assessment based on the Centers for Disease Control and Prevention’s School Health Index, create an action plan that fosters implementation and generates an annual progress report.

This wellness policy and the progress reports can be found at polk-schools.com.

**Recordkeeping**

The District will retain records to document compliance with the requirements of the wellness policy at the District’s central office 131 Stephens Street in Benton, Tennessee. Documentation maintained in this location will include but will not be limited to:

* The written wellness policy
* Documentation demonstrating that the policy has been made available to the public
* Documentation of efforts to review and update the Wellness Policy including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the SHAC
* Documentation to demonstrate compliance with the annual public notification requirements
* The most recent assessment of the implementation of the Wellness Policy
* Documentation demonstrating the most recent assessment of the implementation of the Wellness Policy has been made available to the public

**Annual Notification of Policy**

The District will actively inform the public each year of basic information about this policy, including its content and any updates to the policy and implementation status. The District will make this information available via the district website. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District’s events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District/school officials leading and coordinating the committee, as well as information on how the public can get involved with the SHAC.

**Triennial Progress Assessments**

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

* The extent to which schools in the District are in compliance with the wellness policy
* The extent to which the District’s wellness policy compares to the alliance for a Healthier Generation’s model wellness policy; and
* A description of the progress made in attaining the goals of the District’s wellness policy

The person responsible for managing the triennial assessment and contact information is Jill Nix, Food Service Director, [jnix@polkcountyschools.com](mailto:jnix@polkcountyschools.com)

The SHAC, in collaboration with individual schools, will monitor schools’ compliance with this wellness policy.

The District will actively notify the public of the availability of the triennial progess report.

**Revisions and Updating the Policy**

The SHAC will update the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years following the triennial assessment.

**Community Involvement, Outreach and Communications**

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of SHAC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District will also inform parents of the improvements that have been made to school meals and compliance with the school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use its website or send information home to parents to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy as well as how to get involved and support the policy.

The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

1. **Nutrition**

**School Meals**

Our district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat free and low fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans fat per serving; and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

* Are accessible to all students
* Are appealing and attractive to children
* Are served in clean and pleasant settings
* Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations
* Promote healthy food and beverage choices using the following techniques:
* Daily fruit options are displayed in a location in the line of sight and reach of students
* All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
* White milk is placed in front of other beverages in all coolers
* Menus will be posted on the District website
* The District child nutrition program will accommodate students with special dietary needs
* Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated
* Students are served lunch at a reasonable and appropriate time of day
* Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children’s school

**Community Eligibility Provision**

Community Eligibility Provision (CEP) lunch and breakfast will be served to students at no cost. The CEP has made it possible to eliminate any social stigma and prevent the overt identification of students who are eligible for free and reduced price school meals. Promotion and the availability of school meals are for all students.

**Staff Qualifications and Professional Development**

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. The school nutrition personnel will refer to USDA’s Professional Standards for School nutrition Standards website to search for training that meets their learning needs.

**Water**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The District will make drinking water available where school meals are served during mealtimes.

**Competitive Foods and Beverages**

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal program will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with the implementation of Smart Snacks available at [www.foodplanner.healthiergeneration.org](http://www.foodplanner.healthiergeneration.org).

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores and snack or food carts.

**Celebrations and Rewards**

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards, including:

1. Celebrations and parties. The District will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA.
2. Classroom snacks brought by parents. The District will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
3. Rewards and incentives. The District will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

**Nutrition Promotion**

Nutrition promotion and education positively influences lifelong eating behaviors by using evidence-based techniques and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through implementing evidence-based healthy food promotion techniques through the school meal programs and ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.

**Nutrition Education**

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

* Is designed to provide students with the knowledge and skills necessary to promote and protect their health
* Is part of not only health education classes, but also integrated into other classroom instruction
* Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products
* Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise)

**Food and Beverage Marketing in Schools**

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. It is the intent of the District to protect and promote student’s health by permitting advertising for only those foods and beverages that are permitted to be sold on school campus, consistent with the District’s wellness policy.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statement made for the purpose of promoting the sale of a food or beverage made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

* Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container
* Displays such as on vending machine exteriors
* Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in compliance with the marketing policy)
* Corporate brand , logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District
* Advertisements in school publications or school mailings
* Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product

As the District/school nutrition services/Athletics Department/PTA/PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

1. **Physical Activity**

Physical education plays a critical role in helping children learn necessary skills and develop confidence in their physical abilities. Schools can help children and adolescents become more physically active and fit by providing a wide range of accessible, safe and affordable opportunities to be active. Appropriate practices guided by competent, knowledgeable and supportive adults influence the extent to which students choose to engage in activities, enjoy physical activity and develop healthy lifestyles.

The District will provide students with a variety of opportunities for daily physical activity and quality physical education. The school’s physical activity component will provide opportunities for every student to develop the knowledge and skills for specific physical activities, and to maintain physical fitness, to regularly participate in physical activity, and to understand the short and long term benefits of a physically active and healthy lifestyle.

**Standards-Based, Sequential Physical Education**

Physical education shall be standards-based, using national or state-developed standards, such as Connecticut’s Healthy and Balanced Living Curriculum Framework and National Association for Sport and Physical Education (NASPE) guidelines. Physical education classes shall be sequential, building from year to year, and content will include motor skills, concepts and strategies, engagement in physical activity, physical fitness, responsible behavior and benefits of physical activity. Students shall be able to demonstrate competency through application of skills, health wellness literacy, concepts and plans, and advocacy.

**Physical Education Prekindergarten to Grade 12**

All students in pre-kindergarten to Grade 12, including students with disabilities and special health-care needs and in alternative educational settings, shall receive physical education per week for the entire school year. Currently, all students are required to have 90 minutes physical activity per week. A new state law, Public Chapter 669 changed the physical activity requirements for students. Students in grades K-1 must receive at least three (3) fifteen (15) minute periods of non-structured physical activity per day. Students in grades 2-6 must receive a minimum of two (2) twenty (20) minute periods of non-structured physical activity at least four days per week. This law took effect on July 1, 2016. Schools are prohibited from counting physical activity time walking to and from class for all grades. All secondary students (middle and high school) are required to take the equivalent of one academic year of physical education.

**Recess (Elementary)**

All elementary schools will offer at least 20 minutes of recess on all days during the school year. Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the school must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education classes. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

**Physical Activity Opportunities Before and After School**

All elementary, middle and high schools shall offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, shall offer interscholastic sports programs. Districts shall offer a range of activities that meet the needs, interests and abilities of all students, including boys, girls, students with physical and cognitive disabilities, and students with special health care needs.

**Physical Activity and Punishment**

Teachers and other school personnel shall not use physical activity or exercise (e.g., running laps or pushups) or withhold opportunities for physical activity (e.g., recess and physical education) as punishment. Recess or other opportunities for physical activity should not be withheld as a measure to enforce the completion of academic work. Appropriate alternate strategies shall be developed as consequences for negative or undesirable behaviors. One of the prime goals of physical education programs, exercise and opportunities to engage in physical activity is to provide students with positive experiences that will motivate them to pursue and develop active lifestyles. The practice of using physical activity as punishment develops student attitudes that are contrary to this goal. Teachers do not punish children with reading and then expect them to develop a love of reading. Neither should teachers punish with exercise and expect children to develop a love of physical activities.

**Incorporating Physical Activity into the Classroom**

For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Students in all grades shall be provided with opportunities for physical activity beyond and in addition to physical education. Classroom health education shall complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television. Opportunities for physical activity shall be incorporated into other subject lessons and can be used as reinforcement, reward and celebration for achievement, positive behavior and completion of assignments. Classroom teachers shall provide short physical activity breaks between lessons or classes, as appropriate. GoNoodle, Brain Gym, Take Ten, and Michigan Model are great programs to enhance physical activities.

**Physical Activity Topic in Health Education**

Health education will be required in all grades (elementary) and the district will require middle and high school students to take and pass at least one health education course. The District will include in the health education curriculum a minimum of 12 of the following essential topics on physical activity:

* The physical, psychological, or social benefits of physical activity
* How physical activity can contribute to a healthy weight
* How physical activity can contribute to the academic learning process
* How an inactive lifestyle contributes to chronic disease
* Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
* Differences between physical activity, exercise and fitness
* Phases of an exercise session, that is, warm up, workout and cool down
* Overcoming barriers to physical activity
* Decreasing sedentary activities, such as TV watching
* Opportunities for physical activity in the community
* Preventing injury during physical activity
* Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
* How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
* Developing an individualized physical activity and fitness plan
* Monitoring progress toward reaching goals in an individualized physical activity plan
* Dangers of using performance-enhancing drugs, such as steroids
* Social influences on physical activity, including media, family, peers and culture
* How to find valid information or services related to physical activity and fitness
* How to influence, support, or advocate for others to engage in physical activity
* How to resist peer pressure that discourages physical activity