

Polk County Schools Wellness Policy

Updated 5/1/2023

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.

I. 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 one time a 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.

The current members of the SHAC are as follows:

James Jones – Director of Schools – jjones@polkcountyschools.com

Jill Rose – School Board Member – jillrose560@yahoo.com

Natalie DiDona – School Nurse – ndidona2@yahoo.com

Wally Hindman – School Counselor – wallyhindman@gmail.com

Jason Bell – Testing Supervisor – jbelle@polkcountyschools.com

Jill Nix – Food Service Director – jnix@polkcountyschools.com

Pam Hindman – PE Teacher – phindman@polkcountyschools.com

Brittney Firestone – Parent – bfirestone@polkcountyschools.com

Wilma Pippenger – CSH Director – wpippenger@polkcountyschools.com

Deborah Burgess – CSH Assistant – dburgess@polkcountyschools.com

Alexis Hyatt - Student – ahyatt412@yahoo.com

Each school will designate a school health 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.

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

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 progress report.

Revisions and Updating the Policy

The SHAC will update the wellness policy based on the results of the 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.

II. 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>

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.

III. Physical Activity

The district shall integrate the following periods of physical activity into the instructional day for all students.

(A) For elementary school students, a minimum of one hundred thirty (130) minutes of physical activity per full school week; and

(B) For middle and high school students, a minimum of ninety (90) minutes per full school week.

Districts shall offer elementary students at least one (1) fifteen (15) minute period of physical activity per day. Physical activities shall promote fitness and well-being. Activities that may be used to meet the requirements for physical activity include but are not limited to:

(A) Walking, jumping rope, playing volleyball, or other forms of physical activity that promote fitness and well-being;

(B) Recess, free play, or other times provided within the school day for play;

(C) Any type of classroom physical activity breaks, such as Go Noodle, Fit Wizard, Take 10!, SPARK, Energizing Brain Breaks, Chair Yoga, Fuel up to Play 60 Classroom Activity Breaks, Action for Healthy Kids, Brain Breaks, Active Academics, Adventure to Fitness, Move to Learn, Take a Break!, Brain and Body Boost, Minds in Bloom, Read and Ride programs, Action Based Learning Labs, bike desks, etc.; or

(D) Physical activity that takes place during physical education class.

Walking to and from class is not considered physical activity and shall not be counted toward the required minutes for physical activity. Physical activity shall not be withheld from a student as a punishment. Physical activity is separate and distinct from physical education. Physical education is a planned, sequential pre-k-12 curriculum program that follows state standards in providing

developmentally appropriate, cognitive content, and learning experiences in a variety of physical activity areas. Recess should be offered daily to all elementary school children.

Physical Education

In addition to the integration of physical activity into the instructional school day, the district shall require each student in elementary school to participate in a physical education class that meets at least (2) times per full school week during the school year. The total physical education class time each full school week shall be no less than sixty (60) minutes.

The physical education class shall meet the needs of students of all physical ability levels, including students with disabilities who shall participate in moderate physical activity to the extent appropriate as determined by the Individuals with Disabilities Act (29 U.S.C. S 701 et seq.), or the student's Individualized Education Program. An accommodation or alternative physical activity plan shall be provided for students with disabilities, if necessary. The physical education class shall be taught by a licensed teacher with an endorsement in physical education or by a specialist in physical education.

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 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

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