

## **6.411 Student Wellness Policy Triennial Review March 2023**

A sub-committee of the Trousdale County School Health Advisory Committee (SHAC) conducted the Triennial Review of the Student Wellness Policy of Trousdale County Schools in March 2023. Those participating were:

Mrs. Betty Payne, *Community Volunteer*

Ms. Claricee Hickey, *Parent*

Ms. Whitney Cook, *Wilson County Health Department*

Mrs. Sheila Everett, *School Nurse Assistant*

Ms. Kathy Atwood, *Advisor, School Health Supervisor*

Each of the participants used the Wellness Policy Evaluation Tool to evaluate both the Student Wellness Policy and the Wellness Guidelines in relation to the stated guidelines of the School Health initiative as directed by the state. The evaluation tool lists the objectives and gives selections of “In compliance”, “In the process of becoming compliant”, or “Not compliant” for each objective.

The committee rated the items separately then submitted their answers to the advisor, who compiled the results.

The committee rated the policy and guidelines “Compliant” in all objectives identified by the evaluation.

The Assessment follows this page.

# **Trousdale County Schools Wellness Policy Assessment March 2023**

Trousdale County School Wellness Plan states the board recognizes the value of proper nutrition, physical activity, and other health conscious practices and the impact that such practices have on student academic achievement, health and wellbeing. In order to provide an environment conducive to overall student wellness, this policy shall be used as a guideline by schools in the district.

The purpose of this assessment is to determine how well the policy and related guidelines conform to the state mandated objectives related to school health.

## **Commitment to Coordinated School Health**

1. Objective:

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

In compliance       In the process of becoming compliant       Not compliant

## **School Health Advisory Council**

1. Objective:

A district school health advisory council shall be established to serve as a resource to school sites for implementing policies and programs and develop an active working relationship with the county health council. The council consist of individuals representing the school and community, including parents, students, teachers, school administrators, health professionals, school food service representatives, and members of the public.

In compliance       In the process of becoming compliant       Not compliant

2. Objective:

The Health Advisory Council can assist in developing, implementing, monitoring, reviewing and as necessary, making recommendations as to physical activity and nutrition policies.

In compliance       In the process of becoming compliant       Not compliant

3. Objective:

Ensure all schools within the district create and implement an action plan related to all School Health Index modules. The results of the action plans will be reported to the council annually. Each school will have a Healthy School Team that consist of teachers, students, parents and administrators. The team will hold meetings during the school year to assess needs and oversee planning and implementation of school health efforts.

In compliance       In the process of becoming compliant       Not compliant

**Commitment to Nutrition:**

1. Objective:

All schools within the District shall participate in the USDA child nutrition programs, which may include but not be limited to, the National School Lunch Program, the School Breakfast Program, the Summer Food Service Program, and the After School Snack Program.

In compliance       In the process of becoming compliant       Not compliant

2. Objective:

Meals shall be accessible to all students in a non-stigmatizing manner. Students will be given adequate time to enjoy healthy meals and relax in a pleasant environment.

In compliance       In the process of becoming compliant       Not compliant

3. Objective:

Good nutritional habits shall be encouraged. All food including vending machines, fundraising items, and concessions must meet guidelines set forth by the Healthy, Hunger-free Kids Act, 2010, Smart Snacks in Schools. The principal /designee shall be responsible for overseeing the school district's compliance with the State Board of Education Rules and Regulations for sale of food items in the school district.

In compliance       In the process of becoming compliant       Not compliant

**District Goals:**

1. Objective:

The district will promote healthy nutrition through various activities, including nutrition related newsletters, informational links on the district website, healthy eating posters and bulletin boards in dining areas, and informational booths at various community functions.

In compliance       In the process of becoming compliant       Not compliant

2. Objective:

Nutrition Education will be offered as part of a standards based program designed to provide students with the knowledge and skills needed to promote and protect their health as outlined in the State Board of Education Health Education and Lifetime Wellness Standards.

In compliance       In the process of becoming compliant       Not compliant

3. Objective:

Nutrition Education will discourage teachers from using high fat, sugar and sodium foods as rewards and encourage students to start each day with a healthy breakfast.

In compliance       In the process of becoming compliant       Not compliant

## **Commitment to Physical Activity and Physical Education:**

### 1. Objective:

The board recognizes that physical activity is extremely important to the overall health of a child. Schools shall support and promote physical activity. Physical Activity may be integrated into any areas of the school program.

In compliance     In the process of becoming compliant     Not compliant

### 2. Objective:

Physical Education classes shall be offered as part of a standards based program designed to provide developmentally appropriate moderate to vigorous physical activity as an integral part of the class. All PE classes shall comply with the State Board of Education's Physical Education Standards.

In compliance     In the process of becoming compliant     Not compliant

### 3. Objective:

In addition to the district's physical education program, non-structured physical activity periods shall be offered as required by law.

In compliance     In the process of becoming compliant     Not compliant

### 4. Objective:

Schools shall continue to offer after school sports and activities.

In compliance     In the process of becoming compliant     Not compliant

### 5. Objective:

Physical activity shall not be employed as a form of discipline or punishment.

In compliance     In the process of becoming compliant     Not compliant

## **Commitment to Curriculum:**

### 1. Objective:

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

standards.

In compliance     In the process of becoming compliant     Not co