

Robertson County Board of Education

Monitoring: Review: Annually, in May	Descriptor Term: Promoting Student Welfare	Descriptor Code: 6.4003	Issued Date: 07/11/16
		Rescinds: 6.402	Issued: 09/03/13

The Board recognizes the link between student wellness and academic achievement. In order to implement overall wellness for students, the plan below shall be followed by all schools in the district.¹ The Board shall permit teachers, school health professionals, parents, administrators, and any interested citizens to participate in the development of wellness policies.

COMMITMENT TO COORDINATED SCHOOL HEALTH

All schools shall implement 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 coordinated school health coordinator shall be responsible for overseeing compliance with State Board of Education CSH Standards and Guidelines in the school district. He/she shall register with the State Department of Education.¹

SCHOOL HEALTH ADVISORY COUNCIL

An advisory council shall be established to serve as a resource to school sites for implementing policies. The council shall consist of individuals representing the school and community, including parents, students, teachers, school administrators, school board members, health professionals, school food service representatives, and members of the public. The primary responsibilities of the council include but are not limited to:

1. Developing, implementing, monitoring, reviewing and as necessary, making recommendations as to wellness policies;
2. Ensuring all schools within the district create and implement an action plan related to all School Health Index modules;
3. Ensuring results of the action plan are annually reported to the council; and,
4. Ensuring school level results include measures of progress on each indicator of the School Health Index.

The State Board of Education's Coordinated School Health and Physical Education Policies shall be used as guidance by the Council to make recommendations. The Board may consider recommendations of the Council in making policy changes or revisions.^{1, 2}

EVALUATION OF EFFECTIVENESS OF WELLNESS PROGRAM

The Board shall monitor the effectiveness of the wellness program within a wide-range of student constituency groups. Factors to be considered shall include, but are not limited to:

1. Participation rates in school meal programs;
2. Nutrition satisfaction surveys;
3. Frequency and types of health problems which include medical issues, mental/emotional and behavioral health;
4. Teacher surveys of student's classroom behavior, attention span, and memory; and
5. Test scores.

COMMITMENT TO NUTRITION

All schools shall offer school meal and snack programs with menus that meet the patterns and nutrition standards established by the U.S. Department of Agriculture and State Board of Education's Minimum Nutritional Standards For Individual Food Items Sold or Offered for Sale To Pupils In Pre-K Through Eight.³ The coordinated school health coordinator 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. Students will be given adequate time to enjoy healthy meals and relax in a pleasant environment. Good nutritional habits shall be encouraged.

COMMITMENT TO PHYSICAL ACTIVITY

The Board recognizes 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. Physical Education classes shall be offered with moderate to vigorous physical activity being an integral part of the class. Students shall be encouraged by staff whenever possible to be physically active. Supervised recess/physical activity should be offered daily to all elementary school children.²

1 COMMITMENT TO ENSURING A HEALTHY SCHOOL ENVIRONMENT

2 The Board strives to ensure that all schools offer healthy, safe, and supportive environments for
3 students, staff, parents, and visitors. To further this goal, the Board and each school shall implement
4 all state and federal laws and regulations related to the development, curriculum, services, standards,
5 staffing and assessment of wellness programs.

Legal References

1. TCA 49-1-1002; TCA 49-6-1022.
2. Tennessee State Board of Education Policy 4.204,
*Standards and Guidelines for Tennessee's Coordinated
School Health Program*
3. TCA 49-6-2302, 2303; TRR/MS 0520-01-06-.04