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## Wellness Plan for Fayetteville City Schools

The Fayetteville City School System understands that healthy eating and physical activity are essential components of the education process and that good health fosters student attendance, achievement, and success. Because our school system recognizes the link between nutrition, physical activity, and learning, we have developed a policy to improve the wellness of students.

This policy outlines our District's approach on ensuring safe and appropriate environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. Specifically, this policy establishes goals and procedures to ensure that:

- All students in the District shall have access to healthy foods throughout the school day – both through school meals and other foods available throughout campus – in accordance with Federal and state nutrition standards
- All students have the opportunity to be physically active before, during, and after school
- All students shall receive quality nutrition information in helping develop healthy eating behavior
- All schools shall engage in nutrition and physical activity promotion and other activities that help promote student wellness
- All school staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school
- The community is involved in supporting the District's work in creating other setting's outside of school to encourage students and staff in practicing lifelong healthy habits

Our system has formed a team made up of various professionals, parents, and students. The job of this team is to establish and maintain a wellness policy that will promote healthy living for students. This policy will be reviewed annually to assure that it is up-to-date and meets current standards. The plan below will be followed by all schools in the system.

### COMMITMENT TO COORDINATED SCHOOL HEALTH (CSH)

All Fayetteville City Schools shall implement the CDC's Coordinated School Health approach to managing new and existing wellness related programs and services in schools. 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.

CSH is an evidence-based model developed by the Center for Disease Control (CDC) designed to promote healthy school environments so children arrive at school ready to learn and work towards reducing the obesity rate statewide. Schools play a critical role in promoting the health and safety of young people in helping them establish lifelong healthy behaviors. Research also has shown that

school health programs can reduce the prevalence of health risk behaviors among young people and have a positive effect on academic performance.

### **SCHOOL HEALTH ADVISORY COUNCIL**

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 shall 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. The primary responsibilities of the council include but are not limited to:

1. Developing, implementing, monitoring, reviewing and as necessary, making recommendations as to physical activity and nutrition policies;
2. Ensuring all schools within the district create and implement an action plan related to all School Health Index modules;
3. Ensuring that the results of the action plan are annually reported to the council; and
4. Ensuring that 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 Activity policies shall be used as guidance by the Council to make recommendations. The board will consider recommendations of the Council in making policy changes or revisions.

Additionally, each school will have a Healthy School Team consisting of teachers, students, parents and administrators. The Team will hold Healthy School Team meetings during the school year to assess needs and oversee planning and implementation of school health efforts. The director of schools/designee will ensure compliance with the school Wellness Policy, to include an assessment of the implementation of the Wellness Policy and the progress made in attaining the policy goals. The assessment will be made available to the public.

### **COMMITMENT TO NUTRITION**

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 and the School Breakfast Program, Farm to School program, school gardens, Grab 'n' Go Breakfast and Second Chance Breakfast.

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The Fayetteville City School District is committed to offering school meals through the NSLP and SBP along with other applicable Federal child nutrition programs that:

- Are accessible to all students in a non-stigmatizing manner
- Are appealing and attractive to students
- Are served in a clean and pleasant environment
- Meet or exceed the current requirements in accordance with local, state. And Federal statutes and regulations.
- Encourage healthy food and beverage choices utilizing the following Smarter Lunchroom techniques ( including but not limited to):
  - Sliced or cut fruit is available daily
  - Daily fruit options are in a location in the line of sight and reach of students
  - All staff members have been trained on politely encouraging students to select the daily vegetable with their meal
  - White milk is placed in front of other beverages in the coolers
  - Student artwork is displayed in the service and/or dining areas
  - Daily announcements are used to promote and market the menu options
  - Ensure that free, safe, unflavored drinking water is available to all students during meal times as well as throughout the day.

Students will be given adequate time to enjoy healthy meals and relax in a pleasant environment. Good nutritional habits shall be encouraged. All food made available during the school day 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 school principal/designee shall be responsible for overseeing the school district's compliance with the State Board of Education Rules and Regulations for the sale of food items in the school district.

### **Nutrition Promotion**

The Fayetteville City Board of Education believes that providing services, resources and support is the best approach to strengthening family nutrition, so

- Cafeterias will encourage families and the community to join students at school meals.
- Schools will send home nutrition information and post nutrition tips on the school websites.
- Cafeterias will include activities such as contests, promotions, and food tastings.
- Schools will make available, upon request, a list of foods that meet the school system's snack standards, ideas for healthy celebrations/parties, rewards, and fundraising.
- The District will make available the school menus by posting them on the school websites and send home copies upon request.

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- 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
- The District's child nutrition program will accommodate students with special dietary needs.
- Schools will host field trips to help encourage agriculture and nutrition promotion through local farms/gardens.

## **Nutrition Education**

The Fayetteville City School System aims to teach, encourage, and support healthy eating by students; consequently,

- Nutrition education will be a part of health education classes, and it will also be integrated into other areas of the curriculum such as math, science, language arts, social studies, etc.
- Nutrition education will discourage teachers from using high fat, sugar, and sodium foods as a reward.
- Staff providing nutrition education will have appropriate training
- Nutrition information will be shared with parents/guardians and the community to positively impact students' health. This will be done in the form of handouts, school newsletters, posters, bulletin boards, and postings on the district website.

## **Nutrition Guidelines**

All foods and beverages made available on campus (including vending, concessions, a la carte, student stores and fundraising) during the school day will be consistent with the U.S. Dietary Guidelines for Americans. Upon request the school shall provide staff/parents with a list of foods that meet Smart Snack qualifications according to the USDA regulations. The Fayetteville City School System shall provide school breakfasts and lunches that meet the nutritional standards required by state and federal school breakfast and lunch programs.

The sale of competitive foods must be in compliance with all local procedures but at a minimum must be as stringent as the current state and federal regulations concerning competitive foods.

Procedures for implementing guidelines established by the Tennessee State Department of Education School Nutrition Program are on file in the district food service procedures manual.

## **DISTRICT GOALS**

The district will promote healthy nutrition through various activities, including but not limited to:

- **Nutrition related news letters**
- **Informational links on the district website**
- **Healthy eating posters and bulletin boards in dining areas**
- **Informational booths at various community functions**
- **Enhancing the partnership of Fayetteville City Schools and the Lincoln County Health Council by collaborating with health professionals in the opportunities to promote health and nutritional topics during Wellness and Guidance classes.**
- **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.**

## **COMMITMENT TO PHYSICAL ACTIVITY AND PHYSICAL EDUCATION**

The board recognizes that physical activity is extremely important to the overall health of a child. Schools shall support and promote physical activity, and may be integrated into any area of the school program. The District will ensure that its grounds and facilities are safe and that equipment is available to students to be active.

The District will provide a physical education curriculum that will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. All physical education classes shall comply with the State Board of Education's Physical Education Standards.

### **Physical Activity**

Fayetteville City Schools recognize that physical activity is vitally important to the overall health of a child; therefore,

- **Each school will strive to see that all students in each grade receive at a minimum, the required minutes of physical activity per week.**
- **Physical activity will be integrated across the curricula and throughout the school day as appropriate.**
- **Schools will provide developmentally appropriate physical educational opportunities each year as required.**
- **Moderate to vigorous physical activity shall be an integral part of the physical education program.**

## **Other School-Based Activities**

**Fayetteville City Schools shall strive to create and maintain a healthy school environment in each school that promotes healthy eating, physical activity, and well-being; thus,**

- **Students and staff will be provided pleasant eating areas with adequate time for unhurried eating.**
- **The use of food as a reward or punishment is highly discouraged.**
- **Denial of participation in recess or physical activities is strongly discouraged as a form of discipline.**
- **School-based marketing will be consistent with nutrition education and health programs.**
- **Participation from the Lincoln County Health Council in activities such as Nutrition education.**
- **Students are encouraged to wash their hands before meals to prevent the spread of germs and reduce the risk of illness.**
- **Students should be encouraged to start each day with a healthy breakfast in order to stay alert and learn**

## **Policy Review**

**The Wellness Assessment will be reviewed every year. The Triennial Assessment will be repeated every three years to ensure Fayetteville City Schools is in compliance with state requirements. A team made up of various professionals, parents, and students will complete the policy assessment tool. Results and findings will be reviewed by the food services supervisor and the coordinated school health supervisor. These results will help ensure policy compliance, assess programs, and determine areas in need of improvement. The outcome of the policy assessment will be reported to the Director of Schools and the Fayetteville City School Board and a summary report will be made available to the public via the district website.**

## **SCHOOL HEALTH INDEX**

**All schools within the district shall annually administer a baseline assessment on each of the three recommended School Health Index modules. Results shall be submitted to the School Health Advisory Council and reported to the State Department of Education.**

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## **RECORD KEEPING COMPLIANCE**

**The districts Coordinated School Health Coordinator shall ensure that records demonstrating compliance with community involvement requirements are maintained. The Coordinated School Health Coordinator shall additionally document that the school wellness policy and triennial assessments are made available to the public.**