

<u>Section I:</u> Instructional Goals and Objectives	Knox County Board of Education Policy		
	Descriptor Term: Wellness Policy	Descriptor Code:	Issued:
		I-440	4/06
		Reviewed:	Revised:
		5/25	7/25

The Board of Education 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. Teachers, school health professionals, parents, administrators, and interested citizens can participate in the development of wellness policies.

COMMITMENT TO ENSURING A HEALTHY SCHOOL ENVIRONMENT

Knox County Schools strives to ensure that all schools offer a healthy, safe and supportive environment for students, staff, parents and visitors. To further this goal, Knox County Schools shall implement all state and federal laws and regulations related to the development, curriculum, services, standards, staffing, and assessment of wellness programs.

All schools shall implement the CDC's Coordinated School Health (CSH) approach to managing new and existing wellness-related programs and services in schools based on State Law, State Board of Education CSH Standards and Guidelines. The district Coordinated School Health Coordinator shall be responsible for overseeing compliance with the State Board of Education CSH Standards and Guidelines in the school district.

I. School Health Advisory Council

The advisory council will consist of a group 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 council will serve as a resource to school health committees for implementing the local wellness policy as a part of the school improvement plan. The primary responsibilities of the council include, but are not limited to:

- developing, monitoring, reviewing, and, as necessary, revising physical activity and nutrition policies;
- ensuring that all schools within KCS create and implement an action plan related to modules from the *School Health Index*;
- ensuring that the results of the action plan are annually reported to the School Health Advisory Council;
- ensuring that school level results include measures of progress on each indicator of the *School Health Index*.

KCS will consider the recommendations of the School Health Advisory Council in making any policy changes that affect the healthy learning environment.

II. Commitment to Nutrition

A. Nutrition Standards Goals for foods and beverages sold on campus:

Knox County Schools 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 (nutrition label or manufacturer's specification); 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 providing options within menu offerings for cultural food preferences and accommodating special dietary needs.

Menus are written to meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. Knox County Schools offers reimbursable school meals that meet USDA nutrition standards.

The Smart Snacks in Schools nutrition standards are developed for foods and beverages sold or offered for sale during the school day in schools that include students in grades pre-kindergarten through 12. The school day will be defined as starting at midnight before the beginning of the official school day and continuing until 30 minutes after the end of the official school day.

These standards apply to food items sold or offered for sale during the school day including but not limited to school store items, a la carte items, vending machine items, and snack bar items. The Smart Snacks in Schools nutrition standards do not apply to foods served as a federally reimbursable meal to students.

Schools may choose to conduct infrequent school-sponsored fundraisers that include the sale of foods or beverages that do not meet the Smart Snacks in Schools nutrition standards; however, these specially exempted fundraisers must not exceed the allowed number of exemptions granted by the state agency. All school principals must document the dates of their exempt fundraisers and items sold.

B. Foods and Beverages Provided but Not Sold to Students:

School Nutrition and Coordinated School Health will encourage snacks offered as part of classroom celebrations, parties, and student birthdays to follow Smart Snacks in Schools nutrition standards and include fresh fruits and vegetables, whole grains, water, low-fat milk, and other foods low in fat, sugar, sodium, and caffeine.

School principals should consult with school cafeteria managers on any questions pertaining to the Smart Snacks in Schools nutrition standards.

C. Nutrition Education Goals

Knox County Schools shall ensure the following: (1) Tennessee State Nutrition Standards are included in middle school health and high school wellness instruction. Nutrition education will be integrated into all areas of curriculum such as math, science, language arts, and social studies as appropriate, (2) Students will have an awareness to eat a variety of foods (i.e. fruits, grains, vegetables, lower fat food items) and be physically active, (3) Nutrition education will involve sharing information with families and the community to positively impact students and the health of the community, and (4) the District will provide information to families that promote the benefits of proper nutrition and how to provide nutritious meals for their families.

D. Nutrition and Student Wellness Promotion Goals

In-school marketing for food and beverage items must only be for items meeting the Smart Snacks in Schools nutrition standards.

Activities for promoting nutrition will also include:

1. Taste test opportunities for students;
2. Student survey groups;
3. Posting nutrition and health posters in school cafeterias;
4. Access to fresh drinking water throughout the school day; and
5. Adequate time to enjoy healthy meals in a pleasant environment.

III. Commitment to Physical Activity

Knox County Schools recognizes that physical activity is extremely important to the overall health of a child. Schools shall support and promote physical activity. Physical activity may include moderate to vigorous activity such as walking, jumping rope, playing volleyball, or other forms of physical activity that promote fitness and well-being.

Students in kindergarten through grade five shall receive a minimum of 40 minutes of physical activity each full day of school. Supervised physical activity should be offered daily to all elementary (K-5) school children. For elementary school, physical activity must include unstructured play outside, unless weather conditions negatively impact the reasonable execution of physical activity outside. Physical activity shall not be withheld from, nor imposed upon, a student as punishment, and should not include the following: a) time during which a student is permitted to use an electronic device; or b) time spent by a student in a physical education class; or c) time spent walking to and from class.

Students in middle and high schools shall receive 90 minutes of physical activity each full school week. For grades 6-12, physical activity may include time spent by students in a physical education class but may not include time spent walking to and from class.

IV. Physical Education

Physical activity is separate and distinct from physical education. 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.

Elementary school students shall participate in a physical education class that meets at least two times per full school week. The total physical education class time each full school week shall be no less than 60 minutes.

V. Assessment of Wellness Policy

To evaluate compliance with this policy, the Executive Director of School Nutrition and the Coordinated School Health Coordinator will develop an assessment tool. This assessment will be conducted triennially

1 and will be made available to the public. The Knox County School Health Advisory Council will also
2 monitor progress made toward attaining policy goals.
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42 Legal References:

- 43 1. T.C.A. § 49-6-2307.
- 44 2. Public Law 111-296.
- 45 3. State Board of Education Rule 0520-01-06-.04.
- 46 4. State Board of Education Policy 4.206.
- 47 5. T.C.A. § 49-6-1021.
- 48 6. T.C.A. § 49-6-1022.
- 49 7. 7 CFR § 210.11.