

ROGERSVILLE CITY SCHOOL

WELLNESS POLICY

Healthy School Team Members:

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Endorsed by:
ROGERSVILLE CITY
Board of Education

Reed Matney, Board Chairman
EDWIN JARNAGIN, Director of Schools

Revised January 2026

Preamble

Rogersville City School recognizes that:

- Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive.
- Good health fosters student attendance and education.
- Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity.
- Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood.
- Only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid/MyPyramid/Dietary Guidelines.
- Nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes.
- School districts/LEAs around the country are facing significant fiscal and scheduling constraints.
- Community participation is essential to the development and implementation of successful school wellness policies.

Thus, the Rogersville City 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. Therefore, it is the policy of the Rogersville City School District that:

- The school district will engage students, parents, teachers, school nutrition professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- Opportunities for nutrition education will be provided and promoted.
- Opportunities for physical activity will be supported and encouraged as a daily component of the school day as well as outside the parameters of the school day.
- Foods and beverages sold or served at school will meet the recommendations of the *U.S. Dietary Guidelines for Americans* and the Nutritional Standards set forth by the Tennessee State Board of Education.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs

of students; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

- Our district will participate in the available federal school meal programs including the School Breakfast Program and National School Lunch Program, and such programs will comply with federal, state, and local requirements.
- Our district will participate in the Coordinated School Health initiative as funding allows.

TO ACHIEVE THESE POLICY GOALS:

The school district will establish a healthy school team consisting of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public. This team will work to develop, implement, monitor, review, and, revise school wellness policies and will serve as a resource to for implementing those policies.

These policies will address four components:

1. Nutrition Education
2. Physical Activity
3. Nutrition Standards
4. Other School-Based Activities

COORDINATED SCHOOL HEALTH MISSION:

The RCS Coordinated School Health initiative is dedicated to improving the lives of staff, students, and their families through the CSH eight component model. Connecting health and learning will constitute a systems change evident by improved health and academic achievement.

COMPONENT 1 – NUTRITION EDUCATION

- Students in grades pre-K-8 are offered nutrition education that is part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Nutrition education is integrated into the core curriculum, including math, science and language arts;
- Nutrition education will be included as a part of school field trips that are enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste-testing, farm visits, and school gardens;
- Consistent nutrition messages will be evident in the cafeteria/lunchroom setting by bulletin boards, posters, and menus that promote fruits, vegetables, whole grain products, and low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;

- School will provide community outreach through the use of the district's website, parent menus and flyers, articles in district and school newsletters, and other available media;
- Staff who provide nutrition education will have appropriate training;
- School will continue to be enrolled as a Team Nutrition School, and will conduct nutrition education and promotions that involve parents, students, and the community; and
- The school district will provide opportunities for on-going professional training and development for foodservice staff and teachers in the area of nutrition.
- The USDA Professional Standards for State and Local Nutrition Programs are followed to ensure that professional development in the area of food and nutrition is provided for food service directors, managers and staff. New and current food service directors must have at least 12 hours; new and current managers must have at least 10 hours; new and current staff must have at least 6 hours"

COMPONENT 2 – PHYSICAL ACTIVITY

Public Chapter 306, the legislation that became the new 40-minute recess law in Tennessee, amends Tennessee Code Annotated (TCA), Section 49-6-1021.

Specifically, the law deleted the existing language of TCA § 49-6-1021(a) and substituted a new subsection to:

- Increase the required physical activity for elementary students from 130 minutes per week to 40 minutes per day.
- Stipulate that the time must include unstructured outdoor play, if weather permits.
- Exclude physical education classes and time using electronic devices from the activity calculation.
- Prohibit withholding physical activity as a form of punishment.

Tennessee's physical education law, specifically in TCA § 49-6-1021, remains unchanged regarding official PE class requirements. The new Public Chapter 306, effective July 1, 2025, focused on increasing *unstructured physical activity*, not structured PE class time.

The current law regarding mandatory physical education classes for elementary school students is based on the 2020 Tom Cronan Act.
Elementary school PE requirements

- Frequency: Students must participate in a formal physical education class at least two times per full school week.
- Duration: The total PE class time must be no less than 60 minutes per week.
- Instructor: PE classes must be taught by a licensed teacher with a physical education endorsement.
- Recess vs. PE: The new 40-minute daily recess mandate from Public Chapter 306 is separate from PE class requirements. Time spent in a PE class does not count toward the 40 minutes of unstructured activity.

Middle and high school physical activity requirements

- Minimum time: Students in middle and high school are required to have a minimum of 90 minutes of physical activity per full school week.
- Flexibility: This activity can be integrated into the instructional day and may include time spent in a PE class.

Summary of updates for physical activity:

While the PE class requirements did not change under Public Chapter 306, the overall physical activity requirements did, creating a clear distinction between structured PE and unstructured play.

COMPONENT 3 – NUTRITION STANDARDS

- School Meals:

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirement established by local, state, and federal regulations;
- offer a variety of fruits and vegetables
- serve a variety of milk, including fat-free, 1% lowfat, flavored and unflavored, on a daily basis; and
- offer whole grain foods at all grade levels whenever possible to meet grain/bread requirements.

Students are allowed to bring in bottled water from home.

School will utilize USDA-approved nutritional software to analyze menus.

- To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:
 - School will operate the USDA School Breakfast Program.

- School will notify parents and students of the availability of the USDA School Breakfast Program.
- School will encourage students to eat a healthy breakfast daily
- School will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.
- School will offer a Grab-n-Go breakfast which can be eaten in the classroom as appropriate.
- The school district shall have procedures in place for providing to families, on request, information about the ingredients and nutritional value of foods served.
- Minimum Nutritional Standards – Foods and Beverages Sold Individually:
 - The school district will follow the standards established by the State Board of Education (Chapter 0520-1-6.04 Child Nutrition Programs – Minimum Nutritional Standards for Individual Food Items Sold or Offered for Sale to Pupils in Grades Pre-Kindergarten through Eight) for foods and beverages sold in a la carte sales, vending machines, school stores, fund raising and concession stands on the school campus during the school day.
 - The USDA Smart Snack Guidelines are provided on the school website by clicking here: <https://www.fns.usda.gov/school-meals/nutrition-standards/smartsnacks>

Nutrition standards for food sold/marketed during the school day will be followed in accordance to the Smart Snacks guidelines.

COMPONENT 4 – OTHER SCHOOL-BASED ACTIVITIES

- Comprehensive Health Education
 - Comprehensive Health Education will be taught in grades pre-k through 8th grades according to the Tennessee Academic Standards.
 - Research based curriculum will be utilized in grades K-8 for health education by teachers, physical education instructors, and the school guidance counselor throughout the school year.
 - Periodic training will be provided to teachers in the area of health education.
- Cafeteria Atmosphere:
 - School dining areas have sufficient space for students to sit and consume meals.
 - School dining areas are clean, safe, and pleasant environments that reflect the value of the social aspects of eating.
 - Enough serving areas are provided to ensure student access to school meals with a minimum of wait time.
 - Meal times are scheduled near the middle of the day.
 - Students are given adequate time to enjoy eating healthy meals with friends.

- The school district encourages all students to participate in the school meals programs and protect the identity of students who eat free and reduced-price meals.
- Time is allowed and facilities are available for students to wash their hands before and after meals.

- Meal Times and Scheduling:

School:

- will ensure an adequate time (at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch) for students to enjoy eating healthy foods with friends in school;
- will schedule lunch time as near the middle of the day as possible;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities; and,
- will not allow food/drinks from commercial restaurants or soft drinks to be brought or delivered to the cafeteria dining area by adults or students.

- Fundraising Activities:

- Schools will encourage fundraising activities that promote physical activity.
- The school district will make available a list of ideas for acceptable fundraising activities.
- Smart Snacks nutrition standards apply to all foods and beverages sold to students through district-sponsored fundraisers, unless an exemption applies. Each school will be allowed to hold 10 exempt fundraisers per school year during which any food or beverages may be sold
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- Snacks:

- Snacks served during the school day or in after-school enrichment/tutoring programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.
- Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.
- In an effort to maintain the health and protect the safety of children who have life-threatening food allergies, homemade foods may not be distributed class-wide for snacks and/or parties during the school day. Pre-packaged food items are the best choice.

- Reward and/or Punishment:

- Schools will not use foods or beverages as rewards for academic performance or good behavior, and will not withhold food or beverages as a punishment. Many of our students have life-threatening food allergies and/or health issues in which food rewards could cause harm or be detrimental to the student's health.
- Schools will not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time.
- Schools will not use physical activity as a punishment.

- Celebrations:
 - A list of 'suggested' party food items will be disseminated to parents.
 - When celebrations occur, parents should bring non-homemade pre-packaged foods that are nutritious and safe.
- School-Sponsored Events (examples: athletic events, dances, or performances):
 - Foods and beverages offered or sold at school-sponsored events outside the school day should include healthy choices.
 - Teachers will be encouraged to utilize the school cafeterias student sack lunch program for field trips.
- Communications with Parents:
 - The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children by:
 - sending home nutrition information;
 - posting nutrition tips on school websites;
 - providing parents with a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities;
 - providing information about physical education and other school-based physical activity opportunities before, during, and after the school day; and,
 - supporting parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.
- Use of School Facilities Outside of School Hours:
 - The school district will make efforts to keep school or district-owned physical activity facilities open for use by students, staff, and community members during, after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.
- The school district encourages parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active both in school and at home.
- School will ensure that the required food safety practices are followed in the receiving, storage, preparation, and service of all foods at school or school-sponsored events.

Monitoring and Policy Review

Monitoring: The Coordinated School Health Director of the ROGERSVILLE CITY School will ensure Wellness Policy review and updates every three years or as needed during the school year.

Policy Review: Assessments will be repeated every three years or as needed by the Healthy School Team to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. Rogersville City School will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Public Participation: The school Wellness Policy will be available for public review on the school web-site. The general public is encouraged to participate in implementing our school wellness policy, as well as provide in-put during the school year.