

Cocke County Schools Wellness Policy

Updated March 10, 2022

Board chair signature *John Johnson*

Cocke County School Wellness Policy

Preamble

Cocke County Schools 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.
- Most children do not eat a healthy diet consistent with the five main recommendations in line with "Choose My Plate" (choosemyplate.gov).
- 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 Cocke County 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 Cocke County 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.

Wellness Policy Leadership

- The superintendent or designees will implement and ensure compliance with the policy by leading the review, update, and evaluation of the policy.
- The Coordinated School Health Director and the School Nutrition Director will assist in updating the policy and the assessment checklist.

- The principal will assess the wellness policy checklist for monitoring goals and give information to the School Nutrition Department.
- The principal will ensure compliance with those policies in the school and will report on the school's compliance to the school district Director of Schools.
- The School will ensure compliance with established school-wide nutrition and physical activity wellness policies.
- The School nutrition staff, at the school level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the school nutrition supervisor.

Public involvement

The district will invite a diverse group of stakeholders from the list below to participate in the development, implementation, and periodic review and update the policy.

- Administrator
- Classroom Teacher
- Physical Education Teacher
- SFA representative
- School Nurse
- Community member/parent
- Medical/Health care professional
- Student

Assessments will be repeated every three years 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. Coker County Schools will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

School Meals

- All meals shall meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010 (www.fns.usda.gov/sites/default/files/dietaryspecs.pdf.)

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

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

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:

- The School will operate the School Breakfast Program.
- The School will notify parents and students of the availability of the School Breakfast Program.

- The School will encourage students to eat a healthy breakfast daily
- The school district shall have procedures in place for providing to families, on request, information about the ingredients and nutritional value of foods served.
- School should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students are given access through the cafeteria line and may eat during such activities; and,

Cafeteria Atmosphere:

- o School dining areas have sufficient space for students to sit and consume meals.
- o School dining areas are clean, safe, and pleasant environments that reflect the value of the social aspects of eating.
- o Enough serving areas are provided to ensure student access to school meals with a minimum of wait time.
- o Meal times are scheduled near the middle of the day.
- o Students are given adequate time to enjoy eating healthy meals with friends.
- o 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.
- o Time is allowed and facilities are available for students to wash their hands before and after meals.

Foods sold outside of school meals program-

- To support children's health and school nutrition-education efforts All food and beverages sold outside of the school meal programs and for fundraisers shall meet the standards established in USDA's Nutrition Standards for All Foods Sold In Schools (Smart Snacks) rule. The smart snack calculator should be used to determine whether an item is smart snack compliant or not.
- Schools will be allowed to designate 20 days per semester to sell non-smart snack foods. The principal will make sure the school knows these days. Foods that are not smart snack approved may only be sold on these designated days.
- Schools will encourage fundraising activities that promote physical activity and that have nonfood rewards.

Foods provided but not sold (e.g., class parties, class snacks, rewards) –

The district encourages foods offered on the school campus to meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members. Non-food celebrations will be promoted and a list of ideas is available to staff and family members.

- o 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.

- o 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.

o The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

Celebrations:

o Celebrations should be done after students have had access to the nutritional lunch that is offered in the cafeteria.

o 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):

o Foods and beverages offered or sold at school-sponsored events outside the school day are encouraged to include healthy choices.

Field Trips:

Teachers should utilize the school cafeteria's student bag lunch and breakfast programs for fieldtrips so that students can have a nutritional meal.

Food and Beverage Marketing

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule.

Schools 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.

Nutrition Education

Teachers shall integrate nutrition education into other classroom subjects, such as math, science, language arts, social sciences, and elective subjects.

The Cocke County School System (CCSS) recognizes the value of student wellness and proper nutrition and its impact on students' physical, mental, emotional and social well-being. CCSS is committed to providing a healthy school environment that promotes the knowledge and skills necessary for students to make informed decisions regarding their health and well-being. CCSS also promotes student wellness through proper nutritional and physical education practices, outstanding staff and curriculum standards, and productive opportunities for parent/community involvement.

- ✓ Provide professional development training for health and wellness teachers in grades K-12
- ✓ Offer AED/CPR trainings to faculty and staff
- ✓ Ensure implementation of the Tennessee Lifetime Wellness Standards (grades 9-12) and Tennessee Health Education Standards (grades K-8)
- ✓ Ensure compliance with the Family Life and Sexuality Education Policy
- ✓ Use community resources to promote health education
- ✓ Work with community partners to provide and/or promote opportunities for family participation in health education programs whenever possible

Healthy School Environment

- ✓ Annual review of the District Crisis Response Plan
- ✓ Annual review of school AED's
- ✓ Provide principals, teachers, parents, community with a listing of ideas for healthy snacks (see attached)
- ✓ Form emergency core team, consisting of school and district personnel
- ✓ Form a Healthy School Team to complete the school health index modules
- ✓ Develop goals and action steps to improve the health of students, staff, and community
- ✓ Submit required reports to the Office of Coordinated School Health
- ✓ Provide training for faculty and staff in the identification of and response to allergy and/or asthma triggers
- ✓ Consider fundraisers activities that don't include food

School Health Services

- ✓ Develop as appropriate Student Services related policies in compliance with State law and State Guidelines from the Tennessee Department of Education and the Tennessee Department of Health
- ✓ Develop procedures for getting health and emergency information forms returned from students
- ✓ Complete the Annual Data and Compliance Report for the State Department of Education
- ✓ Ensure immunization requirements for each student are complete as indicated in Entrance Requirements Policy
- ✓ Ensure compliance with Guidelines for Diabetic Care in Schools policy
- ✓ Ensure compliance for Vision and Hearing Screenings
- ✓ Ensure compliance for Health Screenings for schools with Coordinated School Health
- ✓ Ensure compliance for administration for medication and assisting with self-administration of medication
- ✓ Ensure Head Lice Plan

Health Promotion for Staff

- ✓ Offer opportunity for flu shots at various schools throughout district whenever possible
- ✓ Conduct voluntary health and wellness assessments (e.g. blood pressure, blood cholesterol, BMI)
- ✓ Provide opportunities for annual physicals through certificated medical plan
- ✓ Promote programs to increase exercise, weight management, good nutrition and stress management
- ✓ Distribute health promotion campaigns
- ✓ Disseminate staff wellness material

Nutrition Promotion

School nutrition services shall use the Smarter Lunchroom Self-Assessment Scorecard to determine ways to improve the school meals environment.

School nutrition services shall implement at least 28 Smarter Lunchroom techniques at each school.

Water

Potable water will be available to all students during mealtimes and throughout the school campus during the day. Approved water sources include: water fountains, water pitchers or urns with cups furnished at no cost to students, faucets that allow students to fill their own cups or bottles, and or water refill stations.

Physical Activity

The district shall provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The district shall also provide opportunities for students to participate in physical activity in addition to physical education.

- ✓ Provide professional development training for physical education teachers in grades K-12
- ✓ Complete and submit the Physical Activity Compliance Report to the TN State Department of Education annually
- ✓ Ensure compliance with the Physical Activity Law for grades K-12 as indicated in TCA 49-6-1021:
ELEMENTARY SCHOOLS: (1) a minimum of 130 minutes of structured or unstructured physical activity per full school week (2) must offer at least one 15 minutes physical activity break each day
MIDDLE AND HIGH SCHOOLS: (1) a minimum of 90 minutes of structured or unstructured physical activity per full school week
- ✓ Complete and submit the Physical Activity Compliance Report to the TN Department of Education each semester
- ✓ Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any reason
- ✓ Physical activity and recess will complement, not substitute, physical education class
- ✓ Physical activity (running laps, push-ups, etc.) shall not be used as a form of punishment
- ✓ Provide safe and adequate equipment, facilities and resources for physical education classes
- ✓ Encourage student and staff involvement in community physical activity programs

Other School-Based Strategies for Wellness

The district will offer 2 family-focused events supporting health promotion (e.g., health fair, nutrition/physical activity open house) each year.

Family and Community Involvement

- ✓ Partner with families and community members to institute programs that support nutrition education and physical activity
- ✓ Encourage parents to serve on Healthy School Teams
- ✓ Encourage parents/families to attend School Health Advisory Council meetings
- ✓ Communicate health and wellness requirements (i.e. immunizations, emergency forms, etc.) with families

Counseling, Psychological and Social Services

- ✓ Ensure district compliance with Tennessee School Counseling Model and Standards State Board Policy
- ✓ Ensure district compliance with suicide prevention training for all certified staff and submit proper documentation
- ✓ Ensure all principals are provided with a copy of TCA 37-1-403 explaining the Child Sexual Abuse Law
- ✓ Ensure all teachers and staff understand the district procedures for reporting child abuse
- ✓ All principals will be provided a copy of the Wellness policy.

Triennial Assessment

The district will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture.

Update/Inform the Public

The district will actively inform families and the public about the content of and any updates to the policy through the school website and Board of Education meetings.

Resources for Local School Wellness Policies on Nutrition and Physical Activity

Crosscutting:

- *School Health Index*, Centers for Disease Control and Prevention, <<http://apps.nccd.cdc.gov/shi/>>
- Local Wellness Policy website, U.S. Department of Agriculture, <<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>>
- *Fit, Healthy, and Ready to Learn: a School Health Policy Guide*, National Association of State Boards of Education, <www.nasbe.org/HealthySchools/fithealthy.mgi>
- *Preventing Childhood Obesity: Health in the Balance*, the Institute of Medicine of the National Academies, <www.iom.edu/report.asp?id=22596>
- *The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools*, Action for Healthy Kids, <www.actionforhealthykids.org/docs/specialreports/LC%20Color%20_120204_final.pdf>
- *Ten Strategies for Promoting Physical Activity, Healthy Eating, and a Tobacco-free Lifestyle through School Health Programs*, Centers for Disease Control and Prevention, <www.cdc.gov/healthyyouth/publications/pdf/ten_strategies.pdf>
- *Health, Mental Health, and Safety Guidelines for Schools*, American Academy of Pediatrics and National Association of School Nurses, <<http://www.nationalguidelines.org>>
- *Cardiovascular Health Promotion in Schools*, American Heart Association [link to pdf] **School Health Councils:**
- *Promoting Healthy Youth, Schools and Communities: A Guide to Community-School Health Councils*, American Cancer Society [link to PDF]
- *Effective School Health Advisory Councils: Moving from Policy to Action*, Public Schools of North Carolina, <www.nchealthyschools.org/nchealthyschools/htdocs/SHAC_manual.pdf>

Nutrition:

General Resources on Nutrition

- *Making it Happen: School Nutrition Success Stories*, Centers for Disease Control and Prevention, U.S. Department of Agriculture, and U.S. Department of Education, <<http://www.cdc.gov/HealthyYouth/nutrition/Making-It-Happen/>>
- *Changing the Scene: Improving the School Nutrition Environment Toolkit*, U.S. Department of Agriculture, <www.fns.usda.gov/tn/Healthy/changing.html>
- *Dietary Guidelines for Americans 2005*, U.S. Department of Health and Human Services and U.S. Department of Agriculture, <www.health.gov/dietaryguidelines/dga2005/document/>
- *Guidelines for School Health Programs to Promote Lifelong Healthy Eating*, Centers for Disease Control and Prevention, <www.cdc.gov/mmwr/pdf/rr/rr4509.pdf>

Fruit and Vegetable Promotion in Schools

- *Fruits and Vegetables Galore: Helping Kids Eat More*, U.S. Department of Agriculture, <www.fns.usda.gov/tn/Resources/fv_galore.html>
- *School Foodservice Guide: Successful Implementation Models for Increased Fruit and Vegetable Consumption*, Produce for Better Health Foundation. Order on-line for \$29.95 at <www.shop5aday.com/acatalog/School_Food_Service_Guide.html>.
- *School Foodservice Guide: Promotions, Activities, and Resources to Increase Fruit and Vegetable Consumption*, Produce for Better Health Foundation. Order on-line for \$9.95 at <www.shop5aday.com/acatalog/School_Food_Service_Guide.html>
- National Farm-to-School Program website, hosted by the Center for Food and Justice, <www.farmtoschool.org>
- Fruit and Vegetable Snack Program Resource Center, hosted by United Fresh Fruit and Vegetable Association, <<http://www.uffva.org/fvpilotprogram.htm>>
- Produce for Better Health Foundation website has downloadable fruit and vegetable curricula, research, activity sheets, and more at <www.5aday.org>

Fundraising Activities

- *Creative Financing and Fun Fundraising*, Shasta County Public Health, <www.co.shasta.ca.us/Departments/PublicHealth/CommunityHealth/projlean/fundraiser1.pdf>
- *Guide to Healthy School Fundraising*, Action for Healthy Kids of Alabama, <www.actionforhealthykids.org/AFHK/team_center/team_resources/AL/N&PA%2031%20-%20Fundraising.pdf>

Snacks

- *Healthy School Snacks*, (forthcoming), Center for Science in the Public Interest
- Materials to Assist After-school and Summer Programs and Homeless Shelters in Using the Child Nutrition Programs (website), Food Research and Action Center, <www.frac.org/html/building_blocks/afterschsummertoc.html>

Rewards

- *Constructive Classroom Rewards*, Center for Science in the Public Interest, <www.cspinet.org/nutritionpolicy/constructive_rewards.pdf>
- *Alternatives to Using Food as a Reward*, Michigan State University Extension, <www.tn.fcs.msue.msu.edu/foodrewards.pdf>
- *Prohibition against Denying Meals and Milk to Children as a Disciplinary Action*, U.S. Department of Agriculture Food and Nutrition Service [Link to PDF]

Celebrations

- *Guide to Healthy School Parties*, Action for Healthy Kids of Alabama, <www.actionforhealthykids.org/AFHK/team_center/team_resources/AL/N&PA%2032%20-%20parties.pdf>
- *Classroom Party Ideas*, University of California Cooperative Extension Ventura County and California Children's 5 A Day Power Play! Campaign, <<http://ucce.ucdavis.edu/files/filelibrary/2372/15801.pdf>>

Nutrition and Physical Activity Promotion and Food Marketing: Health Education

- *National Health Education Standards*, American Association for Health Education, <http://www.aahperd.org/aahe/pdf_files/standards.pdf>

Nutrition Education and Promotion

- U.S. Department of Agriculture Team Nutrition website (lists nutrition education curricula and links to them), <www.fns.usda.gov/tn/Educators/index.htm>
- *The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions*, U.S. Food and Drug Administration and U.S. Department of Agriculture's Food and Nutrition Service, <www.fns.usda.gov/tn/resources/power_of_choice.html>
- *Nutrition Education Resources and Programs Designed for Adolescents*, compiled by the American Dietetic Association, <www.eatright.org/Public/index_19218.cfm>

Integrating Physical Activity into the Classroom Setting

- *Brain Breaks*, Michigan Department of Education, <www.emc.cmich.edu/brainbreaks>
 - *Energizers*, East Carolina University, <www.ncpe4me.com/energizers.html> **Food Marketing to Children**
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- *Pestering Parents: How Food Companies Market Obesity to Children*, Center for Science in the Public Interest, <www.cspinet.org/pesteringparents>

- *Review of Research on the Effects of Food Promotion to Children*, United Kingdom Food Standards Agency, <www.foodstandards.gov.uk/multimedia/pdfs/foodpromotiontochildren1.pdf>
- *Marketing Food to Children* (a report on ways that different countries regulate food marketing to children [including marketing in schools]), World Health Organization (WHO), <<http://whqlibdoc.who.int/publications/2004/9241591579.pdf>>
- *Guidelines for Responsible Food Marketing to Children*, Center for Science in the Public Interest, <<http://cspinet.org/marketingguidelines.pdf>>
- *Commercial Activities in Schools*, U.S. General Accounting Office, <www.gao.gov/new.items/d04810.pdf>

Eating Disorders

- Academy for Eating Disorders, <www.aedweb.org>
- National Eating Disorders Association, <www.nationaleatingdisorders.org>
- Eating Disorders Coalition, <www.eatingdisorderscoalition.org>

Staff Wellness

- *School Staff Wellness*, National Association of State Boards of Education [link to pdf]
- *Healthy Workforce 2010: An Essential Health Promotion Sourcebook for Employers, Large and Small*, Partnership for Prevention, <www.prevent.org/publications/Healthy_Workforce_2010.pdf>
- *Well Workplace Workbook: A Guide to Developing Your Worksite Wellness Program*, Wellness Councils of America, <www.welcoa.org/wellworkplace/index.php?category=7>

- *Protecting Our Assets: Promoting and Preserving School Employee Wellness*, (forthcoming), Directors of Health Promotion and Education (DHPE)

Physical Activity Opportunities and Physical Education: General Resources on Physical Activity

- *Guidelines for School and Community Programs to Promote Lifelong Physical Activity among Young People*, Centers for Disease Control and Prevention, <www.cdc.gov/mmwr/preview/mmwrhtml/00046823.htm>

- *Healthy People 2010: Physical Activity and Fitness*, Centers for Disease Control and Prevention and President's Council on Physical Fitness and Sports, <www.healthypeople.gov/document/HTML/Volume2/22Physical.htm#_Toc49038080>
- *Physical Fitness and Activity in Schools*, American Academy of Pediatrics, <<http://pediatrics.aappublications.org/cgi/reprint/105/5/1156>>

Physical Education

- *Opportunity to Learn: Standards for Elementary Physical Education*, National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=368§ion=5>>
- *Opportunity to Learn: Standards for Middle School Physical Education*. National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/Template.cfm?template=ProductDisplay.cfm&Productid=726§ion=5>>
- *Opportunity to Learn: Standards for High School Physical Education*, National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=727§ion=5>>
- *Substitution for Instructional Physical Education Programs*, National Association for Sport and Physical Education, <www.aahperd.org/naspe/pdf_files/pos_papers/substitution.pdf>
- *Blueprint for Change, Our Nation's Broken Physical Education System: Why It Needs to be Fixed, and How We Can Do It Together*, PE4life, <www.pe4life.org/articles/blueprint2004.pdf>

Physical Activity

- *Recess in Elementary Schools*, National Association for Sport and Physical Education, <www.aahperd.org/naspe/pdf_files/pos_papers/current_res.pdf>
- *Recess Before Lunch Policy: Kids Play and then Eat*, Montana Team Nutrition, <www.opi.state.mt.us/schoolfood/recessBL.html>
- *Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools*, National Food Service Management Institute, <www.nfsmi.org/Information/Newsletters/insight24.pdf>
- The American Association for the Child's Right to Play, <<http://www.ipausa.org/recess.htm>>

Monitoring and Policy Review:

- *School Health Index*, Centers for Disease Control and Prevention (CDC), <<http://apps.nccd.cdc.gov/shi/>>
- *Changing the Scene: Improving the School Nutrition Environment Toolkit*, U.S. Department of Agriculture, <www.fns.usda.gov/tn/Healthy/changing.html>

- *Criteria for Evaluating School-Based Approaches to Increasing Good Nutrition and Physical Activity*, Action for Healthy Kids, <www.actionforhealthykids.org/docs/specialreports/report_small.pdf>
- *Opportunity to Learn: Standards for Elementary Physical Education*, National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=368§ion=5>>
- *Opportunity to Learn: Standards for Middle School Physical Education*. National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/Template.cfm?template=ProductDisplay.cfm&Productid=726§ion=5>>
- *Opportunity to Learn: Standards for High School Physical Education*. National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=727§ion=5>>

Physical Activity Opportunities Before and After School

- *Guidelines for After School Physical Activity and Intramural Sport Programs*, National Association for Sport and Physical Education, <www.aahperd.org/naspe/pdf_files/pos_papers/intramural_guidelines.pdf>
- *The Case for High School Activities*, National Federation of State High School Associations, <www.nfhs.org/scriptcontent/va_custom/vimdisplays/contentpagedisplay.cfm?content_id=71>
- *Rights and Responsibilities of Interscholastic Athletes*, National Association for Sport and Physical Education, <www.aahperd.org/naspe/pdf_files/pos_papers/RightandResponsibilities.pdf>

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WELLNESS POLICY CHECKLIST FOR MONITORING GOALS

COMPONENT 1: Nutrition Education

GOAL	Person(s) Responsible	Date(s) Complete	Documentation Evaluation Tools
Offer at each grade level nutrition education as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.	Teachers Supervisor of Instruction Guidance Aides	On-going	Curriculum in-service on Nutrition and Wellness Michigan Model
Bulletin board or posters and menus posted that promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health enhancing nutrition practices.	Teachers School Nutrition Staff	On-going	Maintain sample menus, flyers, take pictures of bulletin boards
Include community outreach by the use of Cocks County Schools website, the Newport Plain Talk newspaper, Open Houses, newsletters and flyers	School Nutrition Supervisor and Staff Teachers	On-going	Update website, keep copies of menus, flyers, newsletters sent to parents/community
Promote collaboration between School Nutrition and teachers to ensure nutrition requirements for each student are met.	School Nutrition Supervisor and Staff Teachers	On-going	Invite staff to faculty meeting or inservice, Professional Development

WELLNESS POLICY CHECKLIST FOR MONITORING GOALS

COMPONENT 2: Physical Activity			
GOAL	Person(s) Responsible	Date(s) Complete	Documentation Evaluation Tools
<p>Students in grades K-8, including students with disabilities and special health-care needs, will receive physical education for a minimum of one time per week. Tennessee Health and Wellness standards will be followed as part of a sequential and comprehensive program specific to the grade level to provide developmentally appropriate cognitive content and learning experiences. Students in grades 9-12 will complete one credit of Wellness that will include a physical education component. All physical education should be taught by a certified physical education teacher.</p>	<p>Director of Schools PE Teachers Principals</p>	<p>Updated May 2022</p>	<p>PE schedules on file</p>
<p>Students in grades K-3 will be using the Power Up Fitness curriculum and PE teachers will receive the required training to facilitate the use of this program.</p>	<p>PE Teachers Trainer for Power Up</p>	<p>On-going</p>	<p>Class schedules Teacher Lesson plans</p>
<p>Elementary students will meet the required 130 minutes of physical activity per week, including PE class time. Students will be encouraged to participate in moderate to vigorous physical activity while outdoors and be provided with equipment and the space necessary.</p>	<p>Board of Education Director of Schools Principals Teachers CSH</p>	<p>Updated May 2022</p>	<p>Class schedules duplicated for files PE/PA Calendars Teacher Lesson plans will reflect physical education/activity time</p>

<p>Schools should discourage extended periods of inactivity (2 hours or more). When activities such as mandatory testing make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.</p>	<p>Teachers Principals</p>	<p>Updated May 2022</p>	<p>Class schedules Teacher Lesson plans will reflect physical activity breaks.</p>
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WELLNESS POLICY CHECKLIST FOR MONITORING GOALS

COMPONENT 3: Nutrition Standards			
GOAL	Person(s) Responsible	Date(s) Complete	Documentation Evaluation Tools
<p>School meals served through the National School Lunch and Breakfast Program meet the standards of those programs.</p>	<p>School Nutrition Supervisor and Staff</p>	<p>On-going</p>	<p>Documentation of Program available in School Nutrition office. Menus Production Records Invoices</p>
<p>Food and Beverages sold meet the minimum nutritional standards established by the State of Tennessee.</p>	<p>Principals School Nutrition Supervisor Teachers</p>	<p>On-going</p>	<p>Smart snack calculator sheets</p>

WELLNESS POLICY CHECKLIST FOR MONITORING GOALS

COMPONENT 4: Other School-Based Activities

GOAL	Person(s) Responsible	Date(s) Complete	Documentation Evaluation Tools
<p>The district will offer a minimum of two (2) family-focused events supporting health education each year.</p>	<p>Coordinated School Health</p>	<p>On-going</p>	<p>Flyers, newspaper, or website</p>
<p>The district will partner with East Tennessee Mental Health Association to teach Mental Health 101 to grades 5-8 and Wellness classes in high school each year to cover state required mental health standards.</p>	<p>Coordinated School Health East Tennessee Mental Health Association</p>	<p>On-going</p>	<p>Class schedules to reflect implementation of lessons</p>

<p>The district will partner with Safe Harbor, the Cocke County Health Educator, and other approved agencies as necessary to provide Family Life Education required by TN State law.</p>	<p>Safe Harbor Cocke County Health Educator</p>	<p>On-going</p>	<p>Class schedules to reflect implementation of lessons</p>
<p>Coordinated School Health and School Nutrition will work together to provide one (1) in-school activity or promotion to support the students physical and emotional health.</p>	<p>Coordinated School Health School Nutrition</p>	<p>On-going</p>	<p>Media, menus, or newsletter</p>