

Cocke County School District



Wellness Plan

Updated July 2025

Cocke County School Wellness Policy

The Cocke County Board of Education is committed to student wellness as a vital component of the District's education program. It is the Board's belief 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.
- Using statistics from 2021-2022, 49.4% of Cocke County students screened were found to be overweight or obese. Physical inactivity and excessive calorie intake are the predominant causes of obesity.
- Heart disease, cancer, stroke, and diabetes are responsible for 45.3% of all deaths in the USA 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" <https://www.myplate.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, After School Snacks and Summer Food Service Program and such programs will comply with federal, state, and local requirements.

To achieve these objectives, the Board establishes nutritional and physical activity education standards and goals as outlined herein.

I. Nutritional Standards and Goals

A. Nutrition Education and Promotion.

The Cocke County School District aims to teach, encourage, and support healthy eating. Schools should provide nutrition education and engage in nutrition promotion that is in accordance with the state curriculum.

B. Quality of District Meals and Cafeteria Settings.

Meals served in District schools shall: be age appropriate, appealing and attractive to children; be served in clean and pleasant settings; meet, as a minimum, nutritional requirements established by local, state, and federal statutes and regulations; offer a variety of fruits and vegetables at each meal; include low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives, as defined by the USDA; and, Students and parents are encouraged to participate in meal planning in order to identify new, healthful, and appealing food choices. The school nutrition program will continually evaluate and procure items which can enhance the nutritional value of district meals.

C. District Meal Schedules and Time Allocation:

District schools shall serve breakfast and lunch. Breakfast and lunch menus shall consist of items which fulfill established minimum nutritional requirements for reimbursable school meal programs. Breakfast and lunch options may include sale of a la carte items, provided such items meet the nutritional standards required. These items are offered in addition to the meal, not as a substitute for the District's planned meal. Breakfast should be scheduled to begin no less than 30 minutes prior to the start of school. To the extent practical, depending on the arrival times of buses, students should be given no less than 10 minutes after being seated to eat breakfast. Lunch should be scheduled between the hours of 10:15 A.M. and 1:45 P.M., depending on class schedules, number of students, and other influencing factors. Interferences with this time allotment should be minimized and not occur on a regular basis. Students should be given no less than 20 minutes after being seated to eat lunch.

D. Meals at No Cost to the student. Cocke County is currently classified as a CEP school, therefore there is no cost for students. Our CEP status is in effect until July 2028.

E. Summer Food Service Program. Schools in which more than 50% of students are eligible for free or reduced-price school meals will, to the extent possible, sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year.

F. Sharing of Foods and Beverages.

Schools shall discourage students from sharing or trading their foods or beverages with others, given concerns about allergies and restrictions on some children's diets. Trading foods can create an unhealthy imbalance in the nutritional value of a child's meal.

G. Qualifications of District Food Service Staff.

Qualified nutrition professionals will manage and administer the District nutrition and meal programs. Continuing professional development shall be provided for all nutrition professionals. Staff development programs should include appropriate certification and/or training programs for the District nutrition director, nutrition coordinators, managers, and cafeteria workers, according to their levels of responsibility.

H. Foods and Beverages Sold or Provided Individually.

The following standards apply to beverages and foods sold or provided to students outside of reimbursable school meals.

1. Beverages Not allowed during breakfast and lunch:

Carbonated beverages containing calorie and non-calorie sweeteners are not allowed during breakfast and lunch. Advertisements on vending machines shall be limited to the allowed items outlined above.

2. Foods. Individual food items:

—shall contain no more than one serving based on the Nutrition Facts on the packaging

I. Extra-Curricular Fundraising Events.

Schools will be encouraged to give priority to fundraisers which involve the sale of non-food items. For fundraisers which involve the sale of food, deliveries will be made after the meal service periods. Concessions, which provide food and beverages during optional-attendance school events including after school events such as dances, sporting events, talent shows, PTA events are exempt from the guidelines contained herein. However, healthy choices should be offered during these events.

J. Snacks.

Snacks served during the school day or in after-school care or enrichment programs should make a positive contribution to children's diets and health. 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.

K. Rewards

Food as a reward should be kept to a minimum and approved by the building administrator.

L. Classroom Parties

Celebrations that occur during the school day should be limited, must be approved by the school principal, and will be conducted under the supervision of the responsible teacher. Such celebrations shall not interfere with classroom instructional time. Celebrations that include food shall follow the guidelines below. All non-hazardous and potentially hazardous foods must be enclosed in sealed packages from a licensed commercial source. Examples of potentially hazardous foods include foods made with poultry, meats, rice, pasta, beans, potatoes, eggs, seafood, mayonnaise, dairy products, casseroles and sauces containing meat. Baked foods prepared by a licensed and inspected commercial source are allowable (i.e., bakery). Individual birthday celebrations must be approved by the building administrator.

M. Outside Deliveries

All outside deliveries to be consumed on campus will be prohibited during a regular school day when school food services are available. Staff and students will be allowed to bring breakfast and lunch to

school as long as it is not in containers with or without logos of eating establishments that are in competition with the National School Lunch and Breakfast Program (i.e., local eating establishments). Staff social gatherings and in-service days are exceptions to the rule.

II. Policy Compliance

A. Wellness Leadership

The Director of Schools, Coordinated School Health Supervisor, and Food Service Supervisor will, along with school nurses and building principals, will have the authority and responsibility to ensure each school complies with the Wellness policy.

B. 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

C. Healthy School Environment

- ✓ Annual review of the District Crisis Response Plan
- ✓ Annual review of school AEDs
- ✓ Provide principals, teachers, parents, community with a listing of ideas for healthy snacks
- ✓ 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

D. 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

E. 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

F. Nutrition Promotion

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

<https://www.healthyeating.org/docs/default-source/3.0-our-cause/slm-pages/smarter-lunchrooms-scorecard.pdf>

G. 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.

H. 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

I. 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.

J. 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

K. 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.

L. 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.

III. 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

Resources for Local School Wellness Policies on Nutrition and Physical Activity

- *School Health Index*, Centers for Disease Control and Prevention, <https://www.cdc.gov/healthyschools/shi/index.htm>
- Local Wellness Policy website, U.S. Department of Agriculture, <https://www.fns.usda.gov/tn/local-school-wellness-policy>
- *Fit, Healthy, and Ready to Learn: a School Health Policy Guide*, National Association of State Boards of Education, <https://eric.ed.gov/?id=ED465734>
- *Preventing Childhood Obesity: Health in the Balance*, the Institute of Medicine of the National Academies, <https://nap.nationalacademies.org/catalog/11015/preventing-childhood-obesity-health-in-the-balance>
- *The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools*, Action for Healthy Kids, <https://www.actionforhealthykids.org/the-learning-connection/>
- SNP Local School Wellness Policy, <https://www.tn.gov/education/districts/snp-resources/snp-program-requirements/snp-local-school-wellness.html>

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3. email:
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