

Tennessee School Boards Association

Monitoring: Review: Annually, in May	Descriptor Term: Student Wellness	Descriptor Code: 6.411	Issued Date:
		Rescinds:	Issued:

1 The Board recognizes the link between student wellness and academic achievement. In order to implement
2 overall wellness for students, the plan below shall be followed by all schools in the district.¹ The Board
3 shall permit teachers, school health professionals, parents, administrators, and any interested citizens to
4 participate in the development of wellness policies.

5 6 **COMMITMENT TO COORDINATED SCHOOL HEALTH**

7
8 All schools shall implement CDC's Coordinated School Health approach to managing new and existing
9 wellness-related programs and services in schools and the surrounding community based on State law and
10 State Board of Education CSH Standards and Guidelines. The district's coordinated school health coordi-
11 nator shall be responsible for overseeing compliance with State Board of Education CSH Standards and
12 Guidelines in the school district. He/she shall register with the State Department of Education.¹

13 14 **SCHOOL HEALTH ADVISORY COUNCIL**

15
16 An advisory council shall be established to serve as a resource to school sites for implementing policies.
17 The council shall consist of individuals representing the school and community, including parents, students,
18 teachers, school administrators, school board members, health professionals, school food service representa-
19 tives, and members of the public. The primary responsibilities of the council include but are not limited to:

- 20
21 1. Developing, implementing, monitoring, reviewing and as necessary, making recommendations as
22 to wellness policies;
- 23
24 2. Ensuring all schools within the district create and implement an action plan related to all School
25 Health Index modules;
- 26
27 3. Ensuring results of the action plan are annually reported to the council; and,
- 28
29 4. Ensuring school level results include measures of progress on each indicator of the School Health
30 Index.

31
32 The State Board of Education's Coordinated School Health and Physical Education Policies shall be used
33 as guidance by the Council to make recommendations. The Board may consider recommendations of the
34 Council in making policy changes or revisions.^{1,2}

35 36 **EVALUATION OF EFFECTIVENESS OF WELLNESS PROGRAM**

37
38 The Board shall monitor the effectiveness of the wellness program within a wide-range of student constitu-
39 ency groups. Factors to be considered shall include, but are not limited to:

- 40
41 1. Participation rates in school meal programs;

- 1 2. Nutrition satisfaction surveys;
- 2
- 3 3. Frequency and types of health problems which include medical issues, mental/emotional and be-
- 4 havioral health;
- 5
- 6 4. Teacher surveys of student's classroom behavior, attention span, and memory; and
- 7
- 8 5. Test scores.³
- 9

10 **COMMITMENT TO NUTRITION**

11 All schools shall offer school meal and snack programs with menus that meet the patterns and nutrition
12 standards established by the U.S. Department Of Agriculture and State Board of Education's Minimum
13 Nutritional Standards For Individual Food Items Sold Or Offered For Sale To Pupils In Pre-K Through
14 Eight.⁴ The coordinated school health coordinator shall be responsible for overseeing the school district's
15 compliance with the State Board of Education Rules and Regulations for sale of food items in the school
16 district.

17
18 Students will be given adequate time to enjoy healthy meals and relax in a pleasant environment. Good
19 nutritional habits shall be encouraged.

21 **COMMITMENT TO PHYSICAL ACTIVITY**

22
23 The Board recognizes physical activity is extremely important to the overall health of a child. Schools shall
24 support and promote physical activity. All students shall receive 90 minutes of physical activity per week
25 during the school day.² Physical activity may be integrated into any areas of the school program. Physical
26 Education classes shall be offered with moderate to vigorous physical activity being an integral part of the
27 class. Students shall be encouraged by staff whenever possible to be physically active. Supervised recess/
28 physical activity should be offered daily to all elementary (K-6) school children.²

30 **COMMITMENT TO ENSURING A HEALTHY SCHOOL ENVIRONMENT**

31
32 The Board strives to ensure that all schools offer healthy, safe, and supportive environments for students,
33 staff, parents, and visitors. To further this goal, the Board and each school shall implement all state and
34 federal laws and regulations related to the development, curriculum, services, standards, staffing, and as-
35 sessment of wellness programs.

39 **Legal References:**

- 40 1. T.C.A. 49-1-1001-1006, T.C.A. 49-6-1022, State Board of Education CSH Standards and Guidelines Policy 4.204
- 41 2. State Board of Education, Physical Activity Policy 4.206, Physical Activity, August 18, 2005
- 42 3. TRR/MS 0520-1-6
- 43 4. U.S.D.A.'s The Healthy, Hunger-Free Act of 2010, Section 204; State Board of Education 0520-1-6
- 44 5. State Board of Education Mental Health Standards and Guidelines, July 31, 2009
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