

# Williamson County Board of Education



**Adopted Date:**  
3/20/06

6.412

Student Wellness

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Williamson 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 habits and physical activity. It is the policy of the Williamson County School that:

The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.

All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.

Foods and beverages sold or served at school will meet the nutrition recommendations of the U. S. Dietary Guidelines for Americans and all Tennessee State Board of Education minimal nutritional standards.

Child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutritional needs of students; accommodate the religious, ethnic, and cultural diversity of the student body in meal planning when requested; and will provide clean, safe, and pleasant settings to eat.

To the extent practical and when warranted, all schools in our district will participate in any and all available federal school meal programs.

Schools will provide nutrition education, physical education/activities and health education to foster lifelong habits of healthy eating and physical activity. Schools will establish linkages between health education, school meal programs, and related community services.