

# Williamson County Board of Education



**Adopted Date:**

3/20/06  
Rev. 9/17/18

6.412

STUDENT WELLNESS  
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1 Williamson County School District recognizes the value of proper nutrition, physical activity, and  
2 other health conscious practices and the impact that such practices have on student academic  
3 achievement, health and well-being. To provide an environment conducive to overall student  
4 wellness, this policy shall be followed by all schools in the District.  
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6 **COMMITMENT TO COORDINATED SCHOOL HEALTH**  
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8 All schools shall implement the CDC's Coordinated School Health (CSH) approach to managing  
9 new and existing wellness-related programs and services in schools and the surrounding  
10 community based on Tennessee law and State Board of Education CSH standards and guidelines.  
11 The district's Coordinated School Health Coordinator shall be responsible for overseeing  
12 compliance with State Board of Education CSH standards and guidelines in the school district.  
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14 **SCHOOL HEALTH ADVISORY COUNCIL**  
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16 A district school health advisory council shall be established to serve as a resource to school sites  
17 for implementing policies and programs and develop an active working relationship with the county  
18 health council. The council may consist of individuals representing the school and community,  
19 including parents, students, teachers, school administrators, health professionals, school food  
20 service representatives, and members of the public. The primary responsibilities of the council  
21 include but are not limited to:  
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- 23
- 24 1. Developing, implementing, monitoring, reviewing and as necessary, making
  - 25 recommendations as to physical activity and nutrition policies;
  - 26 2. Ensuring all schools within the district create and implement an action plan related to all
  - 27 School Health Index modules;
  - 28 3. Ensuring that the results of the action plan are annually reported to the council; and
  - 29 4. Ensuring that school level results include measures of progress on each indicator of the
  - 30 School Health Index.  
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33 Additionally, each school will have a Healthy School Team consisting of teachers, students, parents  
34 and administrators. The Team will hold Healthy School Team meetings during the school year to  
35 assess needs and oversee planning and implementation of school health efforts.  
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38 All schools within the district shall annually administer an assessment on each of the three  
39 recommended School Health Index modules. Results shall be submitted to Coordinated School  
40 Health and reported to the State Department of Education.  
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42 The State Board of Education's Coordinated School Health and Physical Activity Policies shall be  
43 used as guidance by the Council to make recommendations. The Board will consider  
44 recommendations of the Council in making policy changes or revisions.  
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1     **COMMITMENT TO NUTRITION**

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All schools within the District shall offer school meals through the National School Lunch Program (NSLP) and School Breakfast Program (SBP), and other applicable Federal child nutrition programs, that:

- Are accessible to all students
- Are appealing and attractive to children
- Are served in clean and pleasant settings
- Meet or exceed current nutrition requirements established by local, state and federal statutes and regulations

The school nutrition director shall be responsible for overseeing the school district's compliance with the State Board of Education Rules and Regulations for sale of food items in the school district.

Meals shall be accessible to all students in a non-stigmatizing manner. Students will be given adequate time to enjoy healthy meals and relax in a pleasant environment. Good nutritional habits shall be encouraged. All food including vending machines, fundraising items, and concessions must meet guidelines set forth by the Healthy, Hunger-free Kids Act, 2010, Smart Snacks in Schools. The school principal or his or her designee shall be responsible for overseeing the school district's compliance with the State Board of Education Rules and Regulations for sale of food items in the school district.

## DISTRICT GOALS

The District will promote healthy nutrition through various activities which may include informational links on the district website, healthy eating posters and bulletin boards in dining areas, and informational booths at various community functions. Nutrition education will be offered as part of a standards-based program designed to provide students with the knowledge and skills needed to promote and protect their health as outlined in the State Board of Education Health Education and Lifetime Wellness Standards. Nutrition education will discourage teachers from rewarding students with food or candy. Teachers will request that only non-food items be permitted to be brought in for any child's birthday celebration. In addition, food brought in for scheduled school-wide celebrations or fundraisers must be pre-packaged or commercially prepared with product ingredients listed.

## COMMITMENT TO PHYSICAL ACTIVITY AND PHYSICAL EDUCATION

The Board recognizes that physical activity is extremely important to the overall health of a child. Schools shall support and promote physical activity. Physical activity may be integrated into any areas of the school program.

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1 Physical Education classes shall be offered as part of a standards-based program designed to  
2 provide developmentally appropriate moderate to vigorous physical activity as an integral part of  
3 the class. All physical education classes shall comply with the State Board of Education's Physical  
4 Education Standards.  
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7 Physical activity shall not be employed as a form of discipline or punishment.  
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## 9 COMMITMENT TO CURRICULUM

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11 All applicable courses of study should be based on State-approved curriculum standards.  
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## 13 SCHOOL HEALTH INDEX

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15 All schools within the district shall administer a baseline assessment and annual updates on each  
16 of the recommended School Health Index modules. Results shall be submitted to the Coordinated  
17 School Health Coordinator and reported to the State Department of Education.  
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## 19 RECORD KEEPING COMPLIANCE

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21 At least once every three years, the District shall evaluate compliance with the wellness policy and  
22 make those results available on the district website. The district's Coordinated School Health  
23 Coordinator shall ensure that records demonstrating compliance with community involvement  
24 requirements are maintained.  
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### 41 Legal References:

42 TCA 49-1-1002  
43 State Board of Education Policy 4.204  
44 State Board of Education Policy 4.206  
45 42 U.S.C. 1758b (Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296))  
46 TRR/MS 0520-1-6, Child Nutrition Programs  
47 7 C.F.R. 210 and 220  
48 Public Acts of 2016, Chapter No. 669  
49 7 C.F.R. § 210.31(f)  
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