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| **Germantown Municipal School District** | | | |
| Monitoring:  **Review: Annually, in September** | Descriptor Term:  **Student Wellness** | Descriptor Code:  **6.411** | Issued Date:   **12/09/19**  **09/16/19**  **08/21/17** |
| Rescinds:  **SP 6.411** | Issued:  **07/11/16** |

The Board recognizes the link between student wellness and academic achievement. In order to provide an environment conducive to overall student wellness, this policy shall be followed by all schools in the District.1 The board shall permit teachers, school health professionals, parents, administrators, and any interested citizens to participate in development of wellness polices.

**COMMITMENT TO COORDINATED SCHOOL HEALTH**

All schools shall implement the CDC's Coordinated School Health approach to managing new and existing wellness related programs and services in schools and the surrounding community based on State law and State Board of Education CSH standards and guidelines. The district's Coordinated School Health Coordinator shall be responsible for overseeing compliance with the State Board of Education CSH standards and guidelines in the school district.

**SCHOOL HEALTH ADVISORY COUNCIL**2, 3

A school health advisory council shall be established to serve as a resource at school sites for implementing policies and programs and to develop an active working relationship with the community health council. The council shall consist of individuals representing the school and community, including parents, students, teachers, school administrators, health professionals, school food service representatives, and members of the public. The primary responsibilities of the council include but are not limited to:

1. Making recommendations regarding student physical activity and nutrition policies;
2. Ensuring that all schools within the district create and implement an action plan related to all School Health Index modules;
3. Ensuring that the results of the action plan are annually reported to the council; and
4. Ensuring that school level results include measures of progress on each indicator of the School Health Index.

The State Board of Education's Coordinated School Health and Physical Activity Policies shall be used as guidance by the Council to make recommendations. The board will consider recommendations of the Council in making policy changes or revisions.

Additionally, each school will have a Healthy School Team consisting of teachers, students, parents, community members, and administrators.2 The Team will hold Healthy School Team meetings during the school year to assess needs and oversee planning and implementation of school health efforts. The Director of Schools/designee will ensure compliance with school wellness policy, to include an assessment of the implementation of the wellness policy and the progress made in attaining policy goals. The assessment will be made available to the public.

**SCHOOL HEALTH INDEX**

All schools within the district shall annually administer a baseline assessment on each of the recommended School Health Index modules. Results shall be submitted to the School Health Advisory Council and reported to the State Department of Education.

**NUTRITION GUIDLELINES**

The nutrition guidelines for all food and beverages offered for sale to students are follows:

* Will be consistent with the meal pattern requirements and nutrition standards for competitive foods developed by USDA Smart Snacks in School nutrition standards.
* For other, non-sold foods and beverages made available on the school campus during the school day, each school Principal shall monitor all such foods and beverages to ensure that non-sold food and beverages comply as much as possible with USDA Smart Snack in School national standards. However, it shall be the responsibility of each school Principal to ensure that non-sold food and beverages that do not comply with the Smart Snacks guidelines are kept to a minimum.

**COMMITMENT TO NUTRITION**

All schools within the District shall participate in the USDA child nutrition programs, which may include but not be limited to, the National School Lunch Program, the School Breakfast Program, the Summer Food Service Program, and the After-School Snack Program.4,5,6

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 during the school day, must meet guidelines set forth by the Healthy, Hunger-free Kids Act, 2010, Smart Snacks in Schools.4,5,6 The school principal/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.2,5,6

**DISTRICT GOALS**

The district will provide healthy nutrition through various activities, including nutrition related newsletters, 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 a part of a standard based program designed to provide students with the knowledge and skills needed to promote optimum health as outlined in the State Board of Education Health Education and Lifetime Wellness Standards. Nutrition education will discourage teachers from using high fat, sugar, and sodium foods as rewards and encourage student to start each day with a healthy breakfast.

**FOOD AND BEVERAGE MARKETING**

Only those foods and beverages that meet the nutritional standards 7 C.F.R. § 210.11 may be marketed on GMSD campuses. Marketing and advertising of food and beverages other than that sold on the school campus is prohibited

**COMMITMENT TO PHYSICAL ACTIVITY AND PHYSICAL EDUCATION**7

The board recognizes that physical activity is extremely important to the overall health of a child. Schools will provide students with certain periods of physical activity depending on grade level:

* 130 minutes of physical activity each full school week for all elementary school students. Elementary schools must offer at least one period of physical activity that is at least 15 minutes each day.
* 90 minutes of physical activity each full school week for middle and high school students.
* Physical activity may be integrated into any areas of the school program
* Physical activity shall not be employed as a form of discipline or punishment.

Physical Education classes shall be offered as part of a standards based program designed to provide developmentally appropriate, moderate to vigorous physical activity as an integral part of the class. All physical education classes shall comply with the State Board of Education’s Physical Education standards.

**COMMITMENT TO CURRICULUM**3

All applicable courses of study should be based on Lifetime Wellness Curriculum Standards, the K-8 Healthful Living Curriculum Standards, and the K-12 Physical Education Curriculum Standards.

**RECORD KEEPING COMPLIANCE**

The district’s Coordinated School Health Supervisor shall ensure that records demonstrating stakeholder’s involvement requirements are maintained. The Coordinated School Health Supervisor shall additionally document the school wellness policy and ensure triennial assessments are made available to the public.

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| Legal References |  |
| 1. TCA 49-1-1002 2. State Board of Education Policy 4.204 3. State Board of Education Policy 4.206 4. 42 USCA § 1758b (Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296)) 5. TRR/MS 0520-01-06 6. 7 C.F.R. § 210 and 220 7. TCA 49-6-1021 8. 7 C.F.R. § 210.31(f) |  |