

Dyer County Board of Education

Descriptor Term:

Student Wellness

Descriptor Code:

EI

Board Approved:

9/4/18

Rescinds:

EI

Board Approved:

4/4/17

1 The Board recognizes the value of proper nutrition, physical activity, and other health conscious
2 practices and the impact that such practices have on student academic achievement, health, and well-
3 being. In order to provide an environment conducive to overall student wellness, this policy shall be
4 followed by all schools in the District.¹ Details are outlined in the wellness plan.

6 **COMMITMENT TO COORDINATED SCHOOL HEALTH**

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

14 **SCHOOL HEALTH ADVISORY COUNCIL**^{2,3}

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

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

31 Additionally, each school will have a Healthy School Team consisting of teachers, students, parents
32 and administrators.² The Team shall hold Healthy School Team meetings during the school year to
33 assess needs and oversee planning and implementation of school health efforts. The director of schools/
34 designee will ensure compliance with the school wellness policy, to include an assessment of the
35 implementation of the wellness policy and the progress made in attaining the policy goals. The
36 will be made available to the public.

1 COMMITMENT TO NUTRITION

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3 All schools within the District shall participate in the USDA child nutrition programs, including the
4 National School Lunch Program, the School Breakfast Program, the Summer Food Service Program,
5 and the After School Snack Program.^{4,5,6} The school nutrition coordinator shall be responsible for
6 overseeing the school district's compliance with the State Board of Education Rules and Regulations
7 for sale of food items in the school district.^{5,6}

8
9 Meals shall be accessible to all students in a non-stigmatizing manner. Good nutritional habits shall be
10 encouraged. All food including vending machines, fundraising items, and concessions must meet
11 guidelines set forth by the Healthy, Hunger-free Kids Act, 2010, Smart Snacks in Schools.^{4,5,6}
12 The school/principal designee shall be responsible for overseeing the school district's compliance with
13 the State Board of Education Rules & Regulations for sale of food items in the school district.^{2,5,6}

14
15 The District shall promote healthy nutrition through various activities, including nutrition related
16 newsletters, informational links on the district website, healthy eating posters and bulletin board sin
17 dining areas, and informational booths at various community functions. Nutrition Education will be
18 offered as part of the Health Education & Lifetime Wellness Curriculum.

19 COMMITMENT TO PHYSICAL ACTIVITY

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22 The Board recognizes that physical activity is extremely important to the overall health of a child.
23 Schools shall support and promote physical activity. Physical activity may be integrated into any areas
24 of the school program. Physical Education classes shall be offered with moderate to vigorous physical
25 activity being an integral part of the class. In addition to the district's physical education program, non-
26 structured physical activity periods shall be offered in grades K-6. Non-structured physical activity will
27 consist of a temporary withdrawal or cessation from usual school work or sedentary activities.⁷

28 COMMITMENT TO CURRICULUM³

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31 All applicable courses of study should be based on State-approved curriculum standards.

32 SCHOOL HEALTH INDEX³

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

38 RECORD KEEPING COMPLIANCE

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41 The district's Coordinated School Health Coordinator shall ensure that records demonstrating
42 compliance with community involvement requirements are maintained. The Coordinated School
43 Health Coordinator shall additionally document that the district and school wellness policies and
44 triennial assessments are made available to the public.⁸

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Legal References:

Cross References:

1. TCA 49-1-1002
2. State Board of Education Policy 4.204
3. State Board of Education Policy 4.206
4. 42U.S.C. 1758b (Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296))
5. TRR/MS 0520-1-6, Child Nutrition Programs
6. 7 C.F.R 210 and 220
7. Public Acts of 2016, Chapter No. 669
8. 7 C.F.R. 210.31(f)