

# Youth Town Wellness Policy Assessment

*Administrative Guidelines to achieve the student wellness policy goals:*

## I. School Health Councils:

The Tennessee State Board of Education has determined that each Local Education Agency (LEA) may establish a School Health Advisory Council. The advisory council may consist of a group of individuals representing the school and community, including parents, students, teachers, school administrators, school board members, health professionals, schools' nutritional program representatives, and members of the public. The council serves as a resource to school sites for implementing policies. LEAs will consider the recommendations of the School Health Advisory Council in making policy changes that affect the healthy learning environment. The individual school will create, strengthen, or work within an existing framework for a school health council to serve as a resource to the school health, nutrition and wellness program. (A school health council may consist of a group of individuals representing the school, the community, parents, students, representatives of the school's nutrition program, members of the school board, school administrators, teachers, health professionals, and members of the public.)

Fully in Place	Partially in Place	Not in Place	Review Date
x			3/18/2020

## II. Nutritional Quality of Foods and Beverages Sold and Served on Campus:

### **School Meals:**

Meals served through the National School Lunch and Breakfast Programs will be appealing and attractive to children; be served in clean and pleasant settings; meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations; offer a variety of fruits and vegetables; offer low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA) as needed upon request and ensure that half of the offered grains are whole grain or enriched whole grain. Schools may engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools will share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

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**Breakfast:** Schools will, to the extent possible and as warranted, operate the School Breakfast Program in an effort to meet nutritional needs and enhance the students' ability to learn. Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program. Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

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**Free and Reduced-priced Meals:** Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, schools are currently utilizing electronic identification and payment systems.

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**Meal Times and Scheduling:** Schools will provide students with at least 20 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch. Schools will schedule meal periods at appropriate times, based on school start time schools will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities. Schools will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

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**Qualifications of the Nutritional Services Staff:** Nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, the district will provide continuing professional development for all nutrition professionals in schools. Staff development programs will include appropriate certification and/or training programs for child nutrition directors, school cafeteria managers, and cafeteria workers, according to their levels of responsibility.

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**Food sold in Schools:** There is no food sold at school

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**Sharing of Foods and Beverages:** schools will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

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### III. Nutrition and Physical Activity Promotion:

#### ***Nutrition Education and Promotion:***

Overton County School District will teach, encourage, and support healthy eating habits by students. Schools will provide nutrition education and engage in nutrition promotion that:

- ✓ Is part of health education.
- ✓ Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens; promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- ✓ Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise); links with school meal programs, other school foods, and nutrition-related community services;
- ✓ Teaches media literacy with an emphasis on food marketing

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#### ***Integrating Physical Activity into the Classroom Setting 9-12:***

For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 30 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

Toward that end:

- ☞ students will be encouraged to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television, computers and video games.
- ☞ opportunities for physical activity will be incorporated into other subject lessons; and
- ☞ classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

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#### ***Staff Wellness:***

Youth Town highly values the health and well-being of every staff member and supports the implementation of activities and policies that support personal efforts by staff to maintain a healthylifestyle.

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#### IV. Physical Activity, Physical Education, and Health Education Opportunities

##### **Daily Physical Activity 9-12**

All students in grades 9-12 shall receive daily physical activity for at least 120minutes per week.

(this recommended time is inclusive of physical education and recess) for the entire school year. Physical education classes will be taught by a certified physical education teacher when possible. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

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##### **High School Physical Activity, Physical Education and Health Education –grades 9-12:**

All students in grades 9-12, will participate, during the school day, in physical activity for a combined total of 90 minutes of physical activity weekly.

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##### **Physical Activity and Punishment:**

Teachers and other school and community personnel should not use physical activity or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

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## V. Monitoring and Policy Review

### **Monitoring:**

In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee. Youth town will use the Center for Disease Control's School Health Index Program. School nutrition staff, at the school or district level, will ensure compliance with nutrition policies within the Nutritional Services program. The school district will review findings and any resulting changes on the most recent USDA School Meals Initiative. The superintendent or designee will develop a summary report annually on district-wide compliance with the district's established nutrition, physical activity, health education and wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all school health councils, school principals, and school health services personnel in the district.

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### **Policy Review:**

To help with the initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs. Assessments will be repeated yearly to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review the nutrition, physical activity, health education and wellness policies; provision of an environment that supports healthy eating and physical activity; nutrition, physical education, health education, and program elements. The district, and individual schools within the district, will, as necessary, review the wellness policies and develop work plans to facilitate their implementation

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