

Hawkins County Schools Local Wellness Policy

Preamble

The Hawkins County School District recognizes that:

- Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive.
- Good health fosters student attendance and education.
- Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity.
- Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States. Risk factors for those diseases include unhealthy eating habits, physical inactivity, and obesity. These risk factors are often established in childhood.
- Only two percent of children (2 – 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid/My Pyramid Dietary Guidelines.
- Nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes.
- School districts/LEA's around the country are facing significant fiscal and scheduling constraints.
- Community participation is essential to the development and implementation of successful school wellness policies.

Thus, the Hawkins 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 and physical activity. Therefore, it is the policy of the Hawkins County School District that:

- The school district will engage students, parents, teachers, school nutrition professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical education policies.
- Opportunities for nutrition education will be provided and promoted.
- Opportunities for physical activity will be supported and encouraged as a daily component of the school day as well as outside the perimeters of the school day.
- Foods and beverages sold or served at school will meet the recommendations of the U.S. Dietary Guidelines for Americans and the Nutritional Standards set forth by the Tennessee State Board of Education.
- Qualified child nutrition professionals will provide students with the access to a variety of affordable, nutritious, and appealing foods that will meet the health and nutrition needs of students; and will provide clean, safe, and pleasant settings with adequate time for students to eat.
- All schools in the district will participate in the available federal school meal programs including the School Breakfast Program and National School Lunch Program, and such programs will comply with the federal, state, and local requirements.

To Achieve These Policy Goals:

The school district and/or individual schools within the district will establish a team consisting of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public. The team will work to develop, implement, monitor, review, and revise school wellness policies and will serve as a resource to school sites for implementing those policies.

These policies will address four components:

1. Nutrition Education
2. Physical Activity
3. Nutrition Standards
4. Other School – Based Activities

COMPONENT 1 – NUTRITION EDUCATION

- Students in grades K – 8 will be offered nutrition education that is part of a sequential, comprehensive, standards – based program designed to provide students with the knowledge and skills necessary to promote and protect their health. Nutrition Education will be integrated into the core curriculum, including math, science, and language arts.
- Nutrition education is based on the most recent Dietary Guidelines for Americans.
- Current nutrition educational materials will be prominently displayed in the cafeteria/dining area that promote fruits, vegetables, whole grain products, low – fat and fat – free dairy products, and health – enhancing nutrition practices.
- To promote family and community involvement in supporting and reinforcing nutrition education, schools will provide community outreach through use of the district website, parent menus, school newsletters, and other available media.
- The school district will provide opportunities for on-going professional training and development for foodservice staff and teachers in the area of nutrition.

COMPONENT 2 – PHYSICAL ACTIVITY

- Physical activity should be incorporated into each schools daily education program for grades K – 8. The program should include regular instructional physical education, co – curricular activities, and recess. Substituting any of these components for the other is not appropriate. It is strongly suggested that physical activity will not be used (laps or push – ups) or withheld (recess or physical education) as punishment for misconduct or lack of academic performance.
- Ideally, and where possible, all K – 8 students should have daily physical education all year. The NASPE (National Association for Sports and Physical Education) recommends that elementary students

have physical education 150 minutes per week and middle and secondary student have 225 minutes per week. It is recommended that each school in our district attempt to follow these guidelines as closely as possible.

- All classroom teachers will provide short activity breaks between lessons or classes, as appropriate. Classroom teachers will also complement physical education classes by reinforcing knowledge and self management skills needed to maintain a physically active lifestyle.
- All elementary school students will have at least 20 minutes per day for recess. At least one – third of recess time should be spent in supervised, moderate to vigorous physical activity.
- All school personnel will encourage students to participate in extracurricular programs that provide physical activity (i.e. physical activity clubs, interscholastic sports, and recreation programs).
- The Hawkins County School System will provide opportunities for on-going professional training for teachers in the area of Physical Education.

COMPONENT 3 – NUTRITION STANDARDS

Meals served through the National School Lunch and Breakfast Programs will continue to:

- Be appealing to students;
- Be served in clean and pleasant surroundings;
- Meet nutrition guidelines established by state and federal regulations;
- Offer a variety of fruits and vegetables daily;
- Offer a variety of milk, including fat – free, low fat, flavored and unflavored;
- Offer whole grain foods in both breakfast and lunch at all grade levels.

School menus are followed and analyzed using USDA – approved guidelines.

The school district shall have procedures in place for providing to families, on request, information about the ingredients and nutritional value of foods served.

Minimum Nutritional Standards – food and beverages sold individually:

- The school district will follow the standards established by the State Board of Education (Chapter 0520 – 1 – 6.04) Child Nutrition Programs – Minimum Nutrition Standards for Individual Food Items Sold or Offered for Sale to Pupils in Grades Pre – Kindergarten through Eight) for foods and beverages

sold in a la carte sales, vending machines, snack bars, school stores, fund raising, and concession stands on school campuses during the school day.

- Schools will engage students through taste tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify acceptable new, healthful, and appealing food choices.
- To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:
 - Schools will operate the School Breakfast Program
 - Schools will notify parents and students of the availability of the School Breakfast Program
 - Schools will encourage students to eat a healthy breakfast daily
 - Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home material, or other means.

COMPONENT 4 – OTHER SCHOOL – BASED ACTIVITIES

- Schools will ensure that the required safety practices are followed in receiving, storage, preparation, and service of all foods at school or school sponsored events.
- School dining areas are clean, safe, and pleasant environments and reflect the value of the social aspects of eating.

Meal Times and Scheduling

School:

1. Will ensure an adequate time (at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch) for students to enjoy eating meals.
2. Will schedule lunch time as near the middle of the day as possible.
3. The school district will encourage all students to participate in the school meals program and protects the identity of students who eat free and reduced meals.
4. Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.

Fundraising Activities

1. To support children's health and school-nutrition efforts, schools will be strongly encouraged to support fundraising activities that do not involve food or that only include foods that

- meet the nutrition and portion size standards for foods and beverages sold individually.
2. Schools will support fundraising activities that promote physical activity.
 3. The school district will provide a list of ideas for available fundraising activities.
 4. Fundraising bake sales may be held at the principal's discretion.

Snacks

1. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.
2. The district will disseminate a list of healthful snack items to teachers and parents.
3. School snacks offered should be nutritious.

Reward and/or Punishment

1. Schools will be strongly encouraged not to use foods or beverages, especially those that do not meet nutrition standards for foods or beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverages as punishment.
2. Schools will not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time.
3. Schools will not use physical activity as punishment.

Celebrations

1. Schools will be strongly encouraged to limit school wide celebrations to 2 times yearly.
2. The district will disseminate a list of healthy party ideas to parents and teachers.
3. When celebrations occur, the use of non-homemade, pre-packaged, unopened items that are nutritious and safe is required.
4. Food oriented cultural celebrations may take place in class provided that foods are pre-packaged or recipes are prepared in class.
5. Teachers and school staff will be permitted to bring fresh fruits and vegetables to be served to the class at school celebrations or as part of educational cultural lessons.

Communication with Parents

The district/schools will support parents' efforts to provide a healthy diet and daily physical activity for their children by:

1. Sending home nutrition education.
2. Posting nutrition tips on school websites.
3. Providing parents with a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.
4. Providing information about physical education and other school based physical activity opportunities before, during, and after the school day.
5. Supporting parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity through a website, newsletter, or other take-home materials, special events, or other physical education homework.