

Trousdale County Schools Wellness Policy Assessment

Trousdale County School Wellness Plan states the board recognizes the value of proper nutrition, physical activity, and other health conscious practices and the impact that such practices have on student academic achievement, health and wellbeing. In order to provide an environment conducive to overall student wellness, this policy shall be followed by schools in the district.

Commitment to Coordinated School Health

1. Objective:

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 CSH Coordinator shall be responsible for overseeing compliance with State Board of Education CSH standards and guidelines in the school district.

In compliance In the process of becoming compliant Not compliant

School Health Advisory Council

1. Objective:

A district school health advisory council shall be established to serve as a resource to school sites for implementing policies and programs and develop an active working relationship with the county health council. The council 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.

In compliance In the process of becoming compliant Not compliant

2. Objective:

The Health Advisory Council can assist in developing, implementing, monitoring, reviewing and as necessary, making recommendations as to physical activity and nutrition policies.

In compliance In the process of becoming compliant Not compliant

3. Objective:

Ensure all schools within the district create and implement an action plan related to all School Health Index modules. The results of the action plans will be reported to the council annually. Each school will have a Healthy School Team that consist of teachers, students, parents and administrators. The team will hold meetings during the school year to assess needs and oversee planning and implementation of school health efforts.

In compliance In the process of becoming compliant Not compliant

Commitment to Nutrition:

1. Objective:

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.

X In compliance In the process of becoming compliant Not compliant

2. Objective:

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.

X In compliance In the process of becoming compliant Not compliant

3. Objective:

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 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.

X In compliance In the process of becoming compliant Not compliant

District Goals:

1. Objective:

The district will promote 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.

X In compliance In the process of becoming compliant Not compliant

2. Objective:

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.

X In compliance In the process of becoming compliant Not compliant

3. Objective:

Nutrition Education will discourage teachers from using high fat, sugar and sodium foods as rewards and encourage students to start each day with a healthy breakfast.

In compliance In the process of becoming compliant Not compliant

Commitment to Physical Activity and Physical Education:

1. Objective:

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.

In compliance In the process of becoming compliant Not compliant

2. Objective:

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 PE classes shall comply with the State Board of Education's Physical Education Standards.

In compliance In the process of becoming compliant Not compliant

3. Objective:

In addition to the district's physical education program, non-structured physical activity periods shall be offered as required by law.

In compliance In the process of becoming compliant Not compliant

4. Objective:

Schools shall continue to offer after school sports and activities.

In compliance In the process of becoming compliant Not compliant

5. Objective:

Physical activity shall not be employed as a form of discipline or punishment.

In compliance In the process of becoming compliant Not compliant

Commitment to Curriculum:

1. Objective:

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

In compliance In the process of becoming compliant Not compliant