

# McNairy County Wellness Policy

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# McNairy County School District Wellness Policy

## Preamble

The McNairy County *School District* (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students. In addition, students who are physically active through recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically. Finally, there is evidence that adequate hydration is associated with better cognitive performance.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and State nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- 
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in the District. Specific measureable goals and outcomes are identified within each section below

- The District will coordinate the wellness policy with other aspects of school management, including the District's School Improvement Plan, when appropriate.
- Will also include any relevant data or statistics from state or local sources supporting the need for establishing and achieving the goals in this policy.

## **I. School Wellness Committee**

### ***Committee Role and Membership***

The District will convene a representative district wellness committee, hereto referred to as the DWC that meets at least one time per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy, heretofore referred as “wellness policy”.

The DWC membership will represent all school levels, elementary and secondary schools, and include, to the extent possible, but not be limited to: parents and caregivers, students, representatives of the school nutrition program, representatives of coordinated school health, physical education teachers, school health professionals, mental health professionals, school administrators, school counselors, school board members; health professionals; industrial professionals and the general public. To the extent possible, the DWC will include representatives from each school building and reflect the diversity of the community.

- Each school within the District will establish an ongoing School Wellness Committee (SWC) that convenes to review school-level issues, in coordination with the DWC.

### ***Leadership***

The Director of Schools will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy.

The designated official for oversight is Wayne Henry, Director of McNairy County Schools.

The name, title and contact information of the DWC is listed below:

| <b>Name</b>       | <b>Title/Relationship to the School or District</b> | <b>Email address</b> | <b>Role on Committee</b>                                    |
|-------------------|---|----------------------|---|
| Wayne Henry       | Director of Schools                                 |                      | Assists with implementation & evaluation of wellness policy |
| Dr. Brian Jackson | Assistant Director of Schools                       |                      | Assists with implementation & evaluation of wellness policy |
| Shelva Moore      | Coordinated School Health                           |                      | Assists with implementation & evaluation of wellness policy |

|                     |   |  |   |
|---------------------|---|--|---|
| Gayle Brooks        | School Nutrition Director               |  | Assists with implementation & evaluation of wellness policy |
| Ray Deming          | Monogram Refrigeration Plant Manager    |  | Assists with implementation & evaluation of wellness policy |
| Marlin Medlin       | Director -Quinco Mental Health Centers  |  | Assists with implementation & evaluation of wellness policy |
| Janet Rail          | Owner-Independent-Appeal                |  | Assists with implementation & evaluation of wellness policy |
| Dr. John Vinson     | Doctor – Prime Care Adamsville, Tn.     |  | Assists with implementation & evaluation of wellness policy |
| Jay Hendrix         | School Board Member                     |  | Assists with implementation & evaluation of wellness policy |
| Shannon Rodgers     | Physical Education Teacher - RES        |  | Assists with implementation & evaluation of wellness policy |
| Jerry (Bo) Seago    | Assistant Principal Selmer Elem. School |  | Assists in implementation & evaluation of wellness policy   |
| Mandy Blakely       | Parent                                  |  | Assists in implementation and evaluation of wellness policy |
| Dr. Ronnie Fullwood | Dentist                                 |  | Assists with implementation & evaluation of wellness policy |

|                  |   |  |   |
|------------------|---|--|---|
| Debbie Smith     | Nurse - AES                               |  | Assists in implementation & evaluation of wellness policy   |
| Dr. Matt Alred   | Principal – Michie Elem. S                |  | Assists in implementation & evaluation of wellness policy   |
| Schancey Chapman | UT Extension Agent                        |  | Assists with implementation & evaluation of wellness policy |
| Sybil Dancer     | Selmer City Park & Recreation Director    |  | Assists with implementation & evaluation of wellness policy |
| Beth Hamilton    | Health Department Public Health Education |  | Assists with implementation & evaluation of wellness policy |
| Dee Ann Sparks   | Cafeteria Manager Bethel Springs Elem.    |  | Assists with implementation & evaluation of wellness policy |
| Lynda Walters    | Federal Projects Director                 |  | Assists with implementation & evaluation of wellness policy |
| Tucker Case      | Student – Adamsville High School          |  | Assists with implementation & evaluation of wellness policy |
| Lauren Phillips  | Student – Adamsville High School          |  | Assists with implementation & evaluation of wellness policy |
| Jeanne Moore     | Parent                                    |  | Assists with implementation & evaluation of wellness policy |

|                      |                                     |  |  |
|----------------------|-------------------------------------|--|--|
| Len Phegley          | School Counselor<br>MES             |  | Assists with implementation & evaluation of wellness policy  |
| Katie Brown          | Teacher – Bethel<br>Springs Elem.   |  | Assists with implementation & evaluation of wellness policy  |
| Jayeshkumar Patel    | Business                            |  | Assists with implementation & evaluation of wellness policy  |
| Molly Stanfield      | Health Science<br>McNairy Central   |  | Assists with implementation & evaluation of wellness policy  |
| Greg Martin          | Principal<br>Adamsville High        |  | Assists with implementation & evaluations of wellness policy |
| Terry Moore          | Principal Bethel<br>Springs Elem.   |  | Assists with implementations & evaluation of wellness policy |
| Danny Combs          | Principal<br>Adamsville Elem.       |  | Assists with implementation & evaluation of wellness policy  |
| Dr. Brenda Armstrong | Principal – Selmer<br>Middle School |  | Assists with implementation & evaluation of wellness policy  |
| Claudela Stackins    | Grandparent                         |  | Assists with implementation & evaluation of wellness plan    |
| Allen Youngerman     | UT-Selmer-<br>McNairy Center        |  | Assists with implementation & evaluation of wellness policy  |

|                  |  |  |   |
|------------------|--|--|---|
| Brian Franks     | Athletic Director<br>McNairy Central                     |  | Assists with implementation & evaluation of wellness policy |
| Mickey Murphy    | Principal –<br>McNairy Central                           |  | Assists with implementation & evaluation of wellness plan   |
| Dr. Sondra Kiser | Principal Ramer<br>Elementary                            |  | Assists with implementation & evaluation of wellness policy |
| Pamela Simon     | Principal Selmer<br>Elementary                           |  | Assists with implementation & evaluation of wellness policy |
| Alicia Burns     | Student McNairy<br>Central High<br>School                |  | Assists with implementation & evaluation of wellness policy |
| Ronnie Brooks    | McNairy County<br>Mayor                                  |  | Assists with implementation & evaluation of wellness policy |
| Ruth Neal Teague | McNairy County<br>Health Dept. WIC<br>Nutrition Educator |  | Assists with implementation & evaluation of wellness plan   |
|                  |  |  |   |

Each school's principal will ensure compliance with the policy. A list of school-level wellness committee members will be available at each school.

## **II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

### ***Implementation Plan***

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

### ***Recordkeeping***

The District will retain records to document compliance with the requirements of the wellness policy at the Director of Schools' Office and the School Nutrition Office.

Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

### ***Annual Notification of Policy***

The District will inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website. The District will also publicize the name and contact information of the District/School Officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.



### ***Triennial Progress Assessments***

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy and;
- A description of the progress made in attaining the goals of the District's wellness policy.

The persons responsible for managing the triennial assessment and contact information is Shelva Moore, Coordinated School Health, 530 Mulberry Avenue, Suite 2, Selmer, Tn. 38375, Telephone 731-645-3267, e-mail [moores@mcnairy.org](mailto:moores@mcnairy.org) or Gayle Brooks, School Nutrition Director, 530 Mulberry Avenue, Suite 2, Selmer, Tn.38375 Telephone – 731-645-7731 e-mail [brooksg@mcnairy.org](mailto:brooksg@mcnairy.org).

The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

The District will make available, through the district website, the triennial progress report.

### ***Revisions and Updating the Policy***

The DWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

### ***Community Involvement, Outreach and Communications***

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for the district. *Anyone* interested in serving on the committee, please contact the School Nutrition Office at 731-645-7731. The District will ensure that communications are appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.

The District will make available to the public, through the [mcnairycountyschools.com](http://mcnairycountyschools.com) website, the content of /or any updates to the wellness policy.

## II. Nutrition

### ***School Meals***

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns by supporting healthy choices and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and the After-School Snack Program. The District also operates additional nutrition-related programs and activities including Farm to School Programs, Breakfast in the Classroom, Mobile Breakfast Carts, and Grab 'n' Go Breakfast. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and federal statutes and regulations. The District offers reimbursable school meals that meet [USDA nutrition standards](#).
- Promote healthy food and beverage choices using the following Smarter Lunchroom techniques.
  1. Whole fruit options are displayed in attractive bowls or baskets.
  2. Sliced or cut fruit is available daily.
  3. Daily fruit options are displayed in a location in the line of sight and reach of students.
  4. All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
  5. White milk is placed in front of other beverages in all coolers.
  6. A reimbursable meal can be created in any service area available to students.
  7. Student surveys and taste testing opportunities are used to inform menu development and promotional ideas.
  8. Student artwork is displayed in the service and/or dining areas.
  9. Daily announcements are used to promote and market menu options.

**Additional District Commitments:**

- Menus will be posted on the District website and individual school websites.
- Menus are posted in two local newspapers.
- School meals are administered by a team of child nutrition professionals.
- The District child nutrition program will accommodate students with special dietary needs.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
- Students are served lunch at a reasonable and appropriate time of day.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.
- The District will implement the following Farm to School activities
  1. Local and/or regional products are incorporated into the school meal program;
  2. Messages about agriculture and nutrition are reinforced throughout the learning environment;
  3. School hosts field trips to local farms.

**Staff Qualifications and Professional Development**

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards](#) website to search for training that meets their learning needs.

**Water**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The District will make drinking water available where school meals are served during mealtimes.

- Water cups will be available in the cafeteria if a drinking fountain is not present.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets and other methods for delivering drinking water.
- Students will be allowed to bring and carry approved water bottles filled with only water with them throughout the day.

### ***Competitive Foods and Beverages***

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

The district will not permit foods or beverages, purchased outside of the school campus, for the purpose of student meal(s), during the school day. This does not include breakfasts or lunches packed at home.

### ***Celebrations and Rewards***

The District will encourage that all foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including through:

1. Celebrations and parties. The district will provide a list of healthy party ideas to teachers for suggestions to parents, including non-food celebration ideas.
2. Classroom snacks brought by parents. The District will encourage teachers to provide parents with a suggested list of foods and beverages that meet Smart Snacks Nutrition Standards.
3. Rewards and incentives. The District will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages should not be used as a reward and will not be withheld as punishment for any reason, such as for performance or behavior.

### ***Fundraising***

Foods and beverages that meet or exceed the USDA Smart Snacks in School’s Nutrition Standards may be sold through fundraisers. The District will make available to parents and teachers a list of healthy fundraising ideas.

- The District will encourage the schools to use non-food fundraisers, and place emphasis on those promoting physical activity, such as walk-a-thons, Jump Rope for Heart, fun runs, etc...
- Fundraising during school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards. These fundraisers may include but are not limited to, cookie dough, candy and pizza sales, special event days, etc.

### ***Nutrition Promotion***

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing at least five or more evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom](#) techniques; and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.

### ***Nutrition Education***

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, and farm visits;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities and other school foods and nutrition-related community services.

### **Essential Healthy Eating Topics in Health Education**

The District will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- [The Dietary Guidelines for Americans](#)
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

### **Food and Beverage Marketing in Schools**

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

As the District/School Nutrition Services/Athletics Department/PTA/PTO reviews existing contracts and considers new contracts, equipment and product purchasing and replacement (e.g. scoreboards & refrigerated coolers), considerations and decisions should reflect the applicable marketing guidelines established by the District wellness policy.

### **III. Physical Activity**

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the district is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education. All schools in the district will be encouraged to participate in *Let's Move!* Active Schools in order to successfully address all CSPAP areas.

The District will promote physical activity during the school day. Including the following new state guidelines:

- 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.
- The grade levels, elementary, middle, high, should align with how the district identifies the school.
- The schools may choose to integrate more student physical activity time for elementary, middle, and high school students during the school week than what is required.

Physical Activity to meet these new guidelines may include:

- Walking, jumping rope, playing volleyball, or other forms of physical activity that promotes fitness and well-being;
- Recess and free play activities;
- Any type of classroom physical activity breaks, such as Go Noodle, Fit Wizard, Take 10', SPARK, Energizing Brain Breaks, fuel Up to Play 60 Classroom Activity Breaks, Action for Healthy Kids Brain Breaks, Active Academics, Adventure to Fitness, Move to Learn, Take a Break', Brain and Body Boost, Minds in Bloom, Read and Ride programs, Action Based Learning Labs, bike desks, etc.

Physical Education may count towards meeting the new physical activity law, but the physical activity law shall not replace the current physical education program.

Physical activity during the school day, including but not limited to recess, classroom physical activity breaks or physical education **will not be withheld** as punishment for any reason. "This does not include participation on sports teams that have specific academic requirements."

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active.

## ***Physical Education***

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All District **elementary students** in each grade will receive physical education for at least 60 minutes per week throughout the school year.

All District Middle School Students are required to take physical education annually during Middle School

All District High School Students are required to earn one and one half credits in physical education/wellness, prior to graduation.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments via the [Presidential Youth Fitness Program](#) or other appropriate assessment tool and will use criterion-based reporting for each student.

- Students will be moderately active for at least 50% of class time during most or all physical education class sessions.
- All physical education teachers in the District will be required to participate in at least a once a year professional development in education.



### ***Essential Physical Activity Topics in Health Education***

Health education will be required in all grades. The District will include in the health education curriculum a minimum of 12 the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

### ***Before and After School Activities***

The District offers opportunities for students to participate in physical activity either before and/or after the school day, or both, through a variety of methods. The District will encourage students to be physically active before and after school by providing programs such as: **Go Noodle, Math In Movement & Walking/Running/ Class/ Clubs.**

## **V. Other Activities that Promote Student Wellness**

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the DWC/SWC.

School-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

### ***Community Partnerships***

The District will *develop* relationships with community partners including; Mental Health Services, University of Tennessee Martin/McNairy, Local Industry, Local Businesses, County & City Governments, Health Department and Agriculture Extension Offices in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

### ***Community Health Promotion and Family Engagement***

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity through the district website.

Families will be informed and invited to participate in school-sponsored activities.

### ***Staff Wellness and Health Promotion***

The DWC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness.

Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies schools will use, as well as specific actions staff members can take, include (1) **Working for a Healthier Tn., (2) Partners for Tn., (3) Streaks for Small Starts, (4) 5210 Program.**

### ***Professional Learning***

When feasible, the District will offer professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school. Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

## Non-Discrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339). Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form,(AD-3027) found online [HERE](#); **and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested** in the form. To request a copy of the complaint form, call (866-632-9992). Submit your completed form or letter to USDA by:

1. mail: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D. C. 20250-9410

2. fax: (202) 690-7442; or

3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider

**Glossary:**

**Extended School Day** – the time during, before and after-school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

**School Campus** - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

**School Day** – the time between midnight the night before to 30 minutes after the end of the instructional day.

**Triennial** – recurring every three years.