

## McNairy County School District Wellness Policy Assessment Tool

### Wellness/Health Councils

The McNairy County School District will convene a representative district wellness committee that will meet at least one time per year to establish goals for and oversee school health and safety policies and programs. This committee will reflect the diversity of the community, including all school level representatives, parents, students, nutrition, physical education, health professionals, industrial professionals, mental health professionals, business and government leaders.

Fully In Place	Partially in Place	Not in Place	Review Date
<b>X</b>			<b>July 14, 2017</b>

### School Wellness/ Health Council:

Each school within the McNairy County School District will establish a School Health Committees that convenes to review school-level issues in coordination with the District Committee. The school committees 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.

Fully In Place	Partially in Place	Not in Place	Review Date
<b>X</b>			<b>July 14, 2017</b>

### Implementation Plan:

The District will develop a plan, through the School Wellness Health Council, that will delineate roles, responsibilities, actions and timelines specific to each school, 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.

Fully In Place	Partially in Place	Not in Place	Review Date
<b>X</b>			<b>July 14, 2017</b>

**Recordkeeping:**

Records to document compliance with the requirements of the wellness policy will be retained at the Director of Schools' Office and the School Nutrition office.

Fully In Place	Partially in Place	Not in Place	Review Date
<b>X</b>			<b>Feb.16, 2018</b>

**Annual Notification of Policy:**

The District will make available via the District website, information to families and the public each year, any updates to the policy and how the public can get involved with the school wellness committee.

Fully In Place	Partially in Place	Not in Place	Review Date
<b>X</b>			<b>Feb 16, 2018</b>

**Triennial Progress Assessments:**

Every three years, the District will evaluate compliance with the wellness policy to assess the extent to which schools in the District are in compliance with the wellness policy and a description of the progress made in attaining the goals of the policy.

Fully In Place	Partially in Place	Not in Place	Review Date
		<b>X</b>	<b>July 1, 2018</b>

**Revisions and Updating the Policy:**

The Wellness Policy will be assessed and updated at least every three years, following the triennial assessment.

Fully In Place	Partially in Place	Not in Place	Review Date
<b>X</b>			<b>Feb.16, 2018</b>

**Community Involvement, Outreach & Communications:**

The School District will be responsive to community input and participation in the development, implementation and periodic review and update of the wellness policy through communications 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 further make available to the public, through the [mcnairycountyschools.com](http://mcnairycountyschools.com) website.

Fully In Place	Partially in Place	Not in Place	Review Date
<b>X</b>			<b>Feb. 16, 2018</b>

**Nutrition:**

**School Meals:**

**Community Eligibility Provision:**

The school district participates in the Community Eligibility Provision (CEP); therefore all students are provided breakfast and lunch at no charge.

Fully In Place	Partially in Place	Not in Place	Review Date
<b>X</b>			<b>July 14, 2017</b>

**Lunch:**

Meals served through the National School Lunch and Breakfast Programs will be accessible to all students, be appealing and attractive to children, be served in a 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 , have zero grams trans-fat per serving (nutrition label or manufacturer’s specification), and ensure that half of the offered grains are whole grain or enriched whole grain. Schools may engage students through taste-tests of new entrees and surveys, in selecting new foods sold through the school meal programs in order to identify new, healthful and appealing food choices.

Fully In Place	Partially in Place	Not in Place	Review Date
<b>X</b>			<b>August 2, 2017</b>

**Breakfast:**

Schools will meet nutritional needs and enhance the student’s ability to learn through the School Breakfast Program. All schools will participate In the Grab & Go method of serving breakfast rather than the traditional method. After the Bell Breakfast will be offered in the Adamsville Jr./Sr. High School. Parents and students will be notified of the availability of the School Breakfast Program through menus in the local paper and the district website.

Fully In Place	Partially in Place	Not in Place	Review Date
<b>X</b>			<b>August 2, 2017</b>

**Meal Times and Scheduling:**

Schools will provide students with at least 10 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 meal times, unless students may eat during such activities. Schools will provide students access to hand washing before they eat meals.

Fully In Place	Partially in Place	Not in Place	Review Date
<b>X</b>			<b>August 2, 2017</b>

**Sharing of Foods & 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.

Fully In Place	Partially in Place	Not in Place	Review Date
	<b>X</b>		<b>Feb. 16, 2018</b>

**Smarter Lunch Room Techniques:**

Healthy food and beverage choices will be promoted using Smarter Lunchroom Techniques:

Fully In Place	Partially in Place	Not in Place	Review Date
<b>X</b>			<b>Jan.9, 2018</b>

**Staff Qualifications and Professional Development:**

As part of the school district’s responsibility to operate a food service operation, the district will provide continuing professional development for all nutrition staff, including child nutrition directors, school cafeteria managers and cafeteria workers, according to their levels of responsibility.

Fully In Place	Partially in Place	Not in Place	Review Date
<b>X</b>			<b>Feb. 16, 2018</b>

**Water:**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. Students will be allowed to carry approved water bottled filled with only water from hydration stations, with them throughout the school day.

Fully In Place	Partially in Place	Not in Place	Review Date
<b>X</b>			<b>Feb.16, 2017</b>

**Competitive Foods and Beverages:**

To support healthy food choices and improve 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, a la carte options in cafeterias, vending machines, school stores and snack or food carts.

Fully In Place	Partially in Place	Not in Place	Review Date
<b>X</b>			<b>Feb. 16, 2018</b>

**Student Meals Purchased outside of School Campus:**

In following McNairy County School Board Policy, 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.

Fully In Place	Partially in Place	Not in Place	Review Date
<b>X</b>			<b>Feb. 16, 2018</b>

**Celebrations:**

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, celebrations and parties and classroom snacks brought by parents. Teachers will be encouraged to make available to parents lists of healthy party ideas.

Fully In Place	Partially in Place	Not in Place	Review Date
	<b>X</b>		<b>Feb. 16, 2018</b>

**Rewards:**

Food and beverages that do not meet the USDA Smart Snacks should not be used as a reward and will not be withheld as punishment for any reason, such as for performance or behavior.

Fully In Place	Partially in Place	Not in Place	Review Date
<b>X</b>			<b>Feb. 16, 2018</b>

**Fundraising:**

To support children’s health and school nutrition efforts, the district will encourage the schools to use non-food fundraisers, and place emphasis on those promoting physical activity, such as walk-a-thons, fun runs, etc. Fundraising during school hours will sell only non-food items or foods and beverages that meet the nutrition and portion size standards for foods and beverages sold individually.

Fully In Place	Partially in Place	Not in Place	Review Date
<b>X</b>			<b>Feb.16, 2018</b>

**Nutrition Promotion:**

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 by implementing a minimum of five or more evidenced-based healthy food 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.

Fully In Place	Partially in Place	Not in Place	Review Date
<b>X</b>			<b>Feb. 16, 2018</b>

**Nutrition Education:**

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

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

Fully In Place	Partially in Place	Not in Place	Review Date
<b>X</b>			<b>Feb. 16, 2018</b>

**Food and Beverage Marketing in Schools:**

The School 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. As the District reviews existing contracts and considers new contracts for equipment and product purchasing and replacement, considerations and decisions should reflect the applicable marketing guidelines established by the District Wellness Policy.

Fully In Place	Partially in Place	Not in Place	Review Date
<b>X</b>			<b>Feb. 16, 2018</b>



**Physical Activity:**

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.
- Physical activity to meet these new guidelines may include; Walking, jumping rope, playing volleyball and other forms of physical activity that promotes fitness and well-being, recess and free play Activities, along with any type of classroom physical activity breaks, such as Go Noodle, etc.

Fully In Place	Partially in Place	Not in Place	Review Date
<b>X</b>			<b>Feb. 16, 2018</b>

**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

Fully In Place	Partially in Place	Not in Place	Review Date
<b>X</b>			<b>Feb. 16, 2018</b>

**Physical Education:**

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

Middle School Students are required to take physical education annually during their Middle School Years.

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

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.

Fully In Place	Partially in Place	Not in Place	Review Date
<b>X</b>			<b>Feb. 16, 2018</b>

**Physical Activities Before and After School Activities:**

The District will encourage students to be physically active before and after school by providing programs such as Go Noodle, Math and Movement & Walking/Running/Class Clubs.

Fully In Place	Partially in Place	Not in Place	Review Date
<b>X</b>			<b>Feb. 16, 2018</b>

**Other Activities that Promote Student Wellness:**

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

Fully In Place	Partially in Place	Not in Place	Review Date
<b>X</b>			<b>Feb. 16, 2018</b>

### Community Partnerships

The District will develop relationships with community partners including; Mental Health Services, University of Tn. Martin/McNairy, Local Industry and Business Leaders, County & City Governments, Health Department and Agriculture Extension Offices.

Fully In Place	Partially in Place	Not in Place	Review Date
<b>X</b>			<b>Feb. 16, 2018</b>

### Community Health Promotion and Family Engagement:

The District Website will be utilized to promote to parents, families and the general community the benefits of and approaches for healthy eating and physical activity and serve as the source of invitation to school-sponsored activities.

Fully In Place	Partially in Place	Not in Place	Review Date
<b>X</b>			<b>Feb. 16, 2018</b>

### Staff Wellness and Health Promotion:

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 Working for a Healthier Tn., Partners for Tn., Streaks for Small Stars and 5210 Program.

Fully In Place	Partially in Place	Not in Place	Review Date
<b>X</b>			<b>Feb.16, 2018</b>

**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.

Fully In Place	Partially in Place	Not in Place	Review Date
<b>X</b>			<b>Feb.16, 2018</b>

**This institution is an equal opportunity provider.**

