

Dyer County Board of Education

Descriptor Term:

Wellness Policy

Descriptor Code:

EI

Board Approved:

3/3/15

Rescinds:

EI

Board Approved:

3/4/08

The Dyer County School District recognizes the link between student wellness and academic achievement. In order to implement overall wellness for students, the plan below is suggested for all schools in the district. The Board may permit teachers, school health professionals, parents, administrators, and any interested citizens to participate in the development of wellness policies.

COMMITMENT TO COORDINATED SCHOOL HEALTH

All schools may implement 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 coordinated school health coordinator is responsible for overseeing compliance with State Board of Education CSH Standards Guidelines in the school district.

SCHOOL HEALTH ADVISORY COUNCIL

An advisory council may be established to serve as a resource to school sites for implementing policies. The council may consist of individuals representing the school and community, including parents, students, teachers, school administrators, school board members, health professionals, school food service representatives, and members of the public. The primary responsibilities of the council may include but are not limited to:

1. Developing, implementing, monitoring, reviewing and as necessary, making recommendations as to wellness policies;
2. Ensuring all schools within the district create and implement an action plan related to all School Health Index modules;
3. Ensuring results of the action plan are annually reported to the council; and,

EVALUATION OF EFFECTIVENESS OF WELLNESS PROGRAM

The effectiveness of the wellness program within a wide-range of student constituency groups may be evaluated. Factors to be considered may include, but are not limited to:

1. Participation rates in school meal programs;
2. Nutrition satisfaction surveys;
3. Frequency and types of health problems;

1 4. Test scores.

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3 **COMMITMENT TO NUTRITION**
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5 All schools offer school meal and snack programs with menus that meet the patterns and nutrition
6 standards established by the U.S. Department of Agriculture and State Board of Education. The
7 coordinated school health coordinator is responsible for overseeing the school district's compliance
8 with the State Board of Education Rules and Regulations for sale of food items in the school district.
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10 **COMMITMENT TO PHYSICAL ACTIVITY**
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12 The Board recognizes physical activity is extremely important to the overall health of a child. Schools
13 support and promote physical activity. Physical activity may be integrated into any areas of the
14 school program. Students may be encouraged by staff whenever possible to be physically active.
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16 **COMMITMENT TO ENSURING A HEALTHY SCHOOL ENVIRONMENT**
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18 The Board strives to ensure that all schools offer healthy, safe, and supportive environments for
19 students, staff, parents, and visitors.
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DYER COUNTY SCHOOLS WELLNESS

Dyer County Schools Wellness Plan

Dyer County School 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.

This plan 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 while minimizing commercial distractions. Specifically, this plan establishes goals and plans 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 plan and its established goals and objectives.

This plan applies to all students, staff and schools in the District. Specific measureable goals and outcomes are identified within each section below. We may also include any relevant data or statistics from state or local sources supporting the need for establishing and achieving the goals in this plan.

I. School Wellness Committee

Committee Role and Membership

The District will convene a representative district wellness committee that meets at least once per year to establish goals for and oversee school health and safety plans and programs, including development, implementation and periodic review and update of this district-level wellness plan.

- 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

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The Superintendent or designee(s) will convene the DWC and facilitate development of and updates to the wellness plan, and will ensure each school's compliance with the plan.

The designated official for oversight is Jessica Lamkin, CSH Coordinator, Dyer Count School District, jlamkin@dyerco.net, 731-285-6712

Name	Title / Relationship to the School or District	Email address	Role on Committee
Jessica Lamkin	CSH Coordinator	jlamkin@dyerco.net	Assists in the evaluation of the wellness plan implementation
Amy Hester	SNP Supervisor	ahester@dyerco.net	Assists in the evaluation of the wellness plan implementation
Cheryl Mathis	Director of Schools	cmathis@dyerco.net	Assists in the evaluation of the wellness plan implementation
Mary Greer	Health/PE Teacher	mgreer@dyerco.net	Assists in the evaluation of the wellness plan implementation
Cristy Evans	Health Services Supervisor	cevens@dyerco.net	Assists in the evaluation of the wellness plan implementation
Elisha Childress	Health Services RN	echildress@dyerco.net	Assists in the evaluation of the wellness plan implementation
Carol Smith	SNP Manager	csmith@dyerco.net	Assists in the evaluation of the wellness plan implementation
Cindy Hutching	TES Principal	chutching@dyerco.net	Assists in the evaluation of the wellness plan implementation
David Armstrong	DCHS Assistant Principal	darmstrong@dcchoctaws.net	Assists in the evaluation of the wellness plan implementation
Matt Stafford	TOMS Principal	mstafford@dyerco.net	Assists in the evaluation of the wellness plan implementation
Teresa Stewart	Nurse Practitioner		Assists in the evaluation of the wellness plan implementation
Robyn Burns	Health Educator	Robyn.burns@tn.gov	Assists in the evaluation of the wellness plan implementation
Miles Holland	Safety Director	mholland@dyerco.net	Assists in the evaluation of the wellness plan implementation
LeAnn Childress	School Board P/T	Leann.childress@WTH.org	Assists in the evaluation of the wellness plan implementation
Montrey Moore	Parent	mmoore@dyerco.net	Assists in the evaluation of the wellness plan implementation

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Each school will designate a school wellness plan coordinator, who will ensure compliance with the plan.

Implementation Plan

This wellness plan and additional information can be found at: <http://www.dyercs.net>

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness plan at Central Office, Office of CSH. Documentation maintained in this location will include but will not be limited to:

- The written wellness plan;
- Documentation demonstrating that the plan has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Plan; 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 plan;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Plan has been made available to the public.

Annual Notification of Plan

The District will actively inform families and the public each year of basic information about this plan, including its content, any updates to the plan and implementation status. The District will make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District's events or activities related to wellness plan implementation. Annually, the District will also publicize the name and contact information of the CSH Coordinator 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 plan to assess the implementation of the plan and include:

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

The position/person responsible for managing the triennial assessment and contact information is Jessica Lamkin, CSH Coordinator – jlamkin@dyercs.net , 731-285-6712

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

The District will actively notify households/families of the availability of the triennial progress report.

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Revisions and Updating the Plan

The DWC will update or modify the wellness plan 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 plan 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 plan. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness plan through a variety of means appropriate for that district. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness plan, as well as how to get involved and support the plan. The District will ensure that communications are culturally and linguistically 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 actively notify the public about the content of or any updates to the wellness plan annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports. Assessment progress reports can be obtained by contacting the CSH coordinator, Jessica Lamkin, at 731-285-6712.

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 and support healthy choices while accommodating cultural food preferences 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 After-school Snack Program. The District also operates additional nutrition-related programs and activities including *Farm to School programs, school gardens, Grab 'n' Go Breakfast, or second chance 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;

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- 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 at least ten of the following Smarter Lunchroom techniques:
 - Whole fruit options are displayed in attractive bowls or baskets.
 - Daily fruit options are displayed in a location in the line of sight and reach of students.
 - All available vegetable options have been given creative or descriptive names.
 - Daily vegetable options are bundled into all grab-and-go meals available to students.
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
 - White milk is placed in front of other beverages in all coolers.
 - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
 - A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.).
 - Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
 - Student artwork is displayed in the service and/or dining areas.
 - Daily announcements are used to promote and market menu options.
 - School meals are administered by a team of child nutrition professionals.
 - The District child nutrition program will accommodate students with special dietary needs.
 - 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 at least four of the following five Farm to School activities:
 - *Local and/or regional products are incorporated into the school meal program;*
 - *Messages about agriculture and nutrition are reinforced throughout the learning environment;*
 - *School hosts a school garden;*
 - *School hosts field trips to local farms; and*
 - *School utilizes promotions or special events, such as tastings, that highlight the local/regional products.*

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.

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/jugs 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

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fountains, water jugs, hydration stations, water jets and other methods for delivering drinking water.

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 will meet the USDA Smart Snacks in School nutrition standards, at a minimum. The building administrator will document the use of 20 exemption days each semester for a total of 40 exemption days per year.

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.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

1. Celebrations and parties.
2. Classroom snacks brought by parents.
3. Rewards and incentives.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus* during the school day*.

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 through at least:

- Implementing at least ten 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;

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- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- 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, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.
-
- ***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

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.

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Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product.¹ This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

III. Physical Activity

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. 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 130 minutes per week throughout the school year.

All District **secondary students** (middle and high school) are required to take the equivalent of one academic year of physical education

All District **secondary students** (middle and high school) are required to take more than one academic year of physical education.

- *Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.*

Essential Physical Activity Topics in Health Education

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High school students will take and pass at least one health/wellness education course. The District will include in the health/wellness 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.

Recess (Elementary)

All elementary schools will offer at least **15 minutes of recess/PE** on all days during the school year. This plan may be waived on early dismissal or late arrival days.

Outdoor recess will be offered when weather is feasible for outdoor play. Students will be allowed outside for recess except when outdoor temperature is above/below District-set temperature, inclusive of wind chill factors, during "code orange" or "code red" days, during storms with lightening or thunder, or at the discretion of the building administrator based on his/her best judgment of safety conditions.

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

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: physical activity clubs, intramurals or interscholastic sports.

IV. Other Activities that Promote Student Wellness

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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.

Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District's curriculum experts.

All 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 plan, including but not limited to ensuring the involvement of the DWC/SWC.

All school-sponsored events will adhere to the wellness plan guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

Community Partnerships

The District will continue relationships with community partners in support of this wellness plan's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness plan 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 throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

The District will use electronic mechanisms (e.g., email or displaying notices on the district's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

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 in coordination with human resources staff.

Jessica Lamkin, CSH Coordinator, Audrey McNeil, CSH Assistant

Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

Professional Learning

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When feasible, the District will offer annual 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.

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Glossary:

Extended School Day – the time during, before and afterschool 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.
