

Maryville City Schools Board of Education

Monitoring:

**Review: Annually,
in November**

Descriptor Term:

Student Wellness

Descriptor Code:

10.14

Review Date:

11/14/16

Rescinds:

Last Revision:

10.14

The Board recognizes the link between nutrition, physical activity and learning. In order to implement overall wellness for students, all schools in the district shall follow the plan below.

Commitment to Coordinated School Health – All schools shall 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 shall be responsible for overseeing compliance with State Board of Education CSH Standards and Guidelines in the school district. He/she shall register with the State Department of Education. The school district shall be responsible for developing and implementing goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.

10.14.1 School Health Advisory Council

An advisory council shall be established to serve as a resource to school sites for implementing policies. The council shall 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 include but are not limited to:

- Developing, implementing monitoring, reviewing and as necessary, making recommendations as to physical activity and nutrition policies;
- Ensuring that all schools within the district create and implement an action plan related to the modules from the School Health Index;
- Ensuring that the results of the action plan are annually reported to the council; and
- Ensuring that school level results include measures of progress on each indicator of the School Health Index.

The State Board of Education’s CSH and Physical Education Policies shall be used as guidance by the council to make recommendations. The Board may consider recommendations of the advisory council in making policy changes or revisions.

10.14.2 Evaluation of Effectiveness of Wellness Program

The Board shall monitor the effectiveness of the school wellness program within a wide-range of student constituency groups. Factors to be considered can include, but

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are not limited to:

- Participation rates in school meal programs;
- Nutrition satisfaction surveys;
- Frequency and types of health problems which include medical issues, mental/emotional and behavioral health;

10.14.3 Commitment to Nutrition

The school principal/designee shall be responsible for overseeing the school's compliance with the State Board of Education Rules and Regulations for sale of food items in the school. Healthy nutritional habits shall be encouraged. All food including vending machines, fundraising items, and concessions must meet guidelines set forth by United States Department of Agriculture (USDA).

The school nutrition coordinator shall be responsible for overseeing the school district's child nutrition programs: National School Lunch Program, the School Breakfast Program, the Summer Food Service Program, and the After School Snack Program. All schools within the District shall participate in the USDA child nutrition programs. Schools will market and advertise foods and beverages that meet the Smart Snacks in School nutrition standards.

10.14.4 Commitment to Physical Activity

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. Physical Education classes shall be offered with moderate to vigorous physical activity being an integral part of the class. Students shall be encouraged by staff whenever possible to be physically active.

10.14.5 Curriculum

All applicable courses of study should be based on Lifetime Wellness Curriculum Standards, the K-8 Healthful Living Curriculum Standards, and the K-12 Physical Education Curriculum Standards. 2

10.14.6 Commitment to Ensuring a Healthy School Environment

The Board strives to ensure that all schools offer healthy, safe, and supportive environments for students, staff, parents, and visitors. To further this goal, the Board and each school shall implement all state and federal laws and regulations to the development, curriculum, services, standards, staffing, and assessment of wellness programs.