

# Oak Ridge Board of Education

Monitoring: <b>Review: Annually, in May</b>	Descriptor Term: <b>Student Wellness</b>	Descriptor Code: <b>6.411</b>	Issued Date: <b>06/09/25</b>
		Rescinds:	Issued: <b>05/22/23</b> <b>01/27/20</b> <b>08/28/17</b> <b>08/22/16</b>

1 The Board recognizes the value of proper nutrition, physical activity, and other health conscious  
2 practices and the impact that such practices have on student academic achievement, health, and well-  
3 being. In order to provide an environment conducive to overall student wellness, this policy shall be  
4 followed by all schools in the District.<sup>1</sup>

## 5 **COMMITMENT TO COORDINATED SCHOOL HEALTH**

6 All schools shall implement the CDC's Coordinated School Health approach to managing new and  
7 existing wellness related programs and services in schools and the surrounding community based on  
8 State law and State Board of Education CSH standards and guidelines. The district's Coordinated  
9 School Health Coordinator shall be responsible for overseeing compliance with State Board of  
10 Education CSH standards and guidelines in the school district.

## 11 **SCHOOL HEALTH ADVISORY COUNCIL<sup>2,3</sup>**

12 A district school health advisory council shall be established to serve as a resource to school sites for  
13 implementing policies and programs and develop an active working relationship with the county health  
14 council. The council shall consist of individuals representing the school and community, including  
15 parents, students, teachers, school administrators, health professionals, school food service  
16 representatives, and members of the public. The primary responsibilities of the council include but are  
17 not limited to:

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

25 The State Board of Education's Coordinated School Health and Physical Activity Policies shall be used  
26 as guidance by the Council to make recommendations. The Board will consider recommendations of  
27 the Council in making policy changes or revisions.

1 Additionally, each school will have a Healthy School Team consisting of teachers, students, parents  
2 and administrators.<sup>2</sup> The Team shall hold Healthy School Team meetings during the school year to  
3 assess needs and oversee planning and implementation of school health efforts. The  
4 Superintendent/designee will ensure compliance with the school Wellness Policy, to include an  
5 assessment of the implementation of the Wellness Policy and the progress made in attaining the policy  
6 goals. The assessment will be made available to the public.

## 7 **COMMITMENT TO NUTRITION**

8 All schools within the District shall participate in the USDA child nutrition programs, which may  
9 include but not be limited to, the National School Lunch Program, the School Breakfast Program, the  
10 Summer Food Service Program, and the After School Snack Program.<sup>4,5,6</sup>

11 Meals shall be accessible to all students in a non-stigmatizing manner. Students will be given adequate  
12 time to enjoy healthy meals and relax in a pleasant environment. Good nutritional habits shall be  
13 encouraged. All food including vending machines, fundraising items, and concessions must meet  
14 guidelines set forth by the Healthy, Hunger-free Kids Act, 2010, Smart Snacks in Schools. In-school  
15 marketing for food and beverage items must only be for items meeting Smart Snacks in Schools  
16 nutrition standards.<sup>4,5,6</sup> The school principal/designee shall be responsible for overseeing their school's  
17 compliance with the State Board of Education Rules and Regulations for sale of food items in their  
18 schools.<sup>2,5,6</sup>

## 19 **DISTRICT GOALS**

20 The District will promote healthy nutrition through various activities, including nutrition related  
21 newsletters, informational links on the district website, healthy eating posters and bulletin boards in  
22 dining areas, and informational booths at various community functions. Nutrition Education will be  
23 offered as part of a standards based program designed to provide students with the knowledge and  
24 skills needed to promote and protect their health as outlined in the State Board of Education  
25 Health Education and Lifetime Wellness Standards. Nutrition Education will discourage teachers  
26 from using high fat, sugar, and sodium foods as rewards and encourage students to start each day with  
27 a healthy breakfast.

## 28 **COMMITMENT TO PHYSICAL ACTIVITY AND PHYSICAL EDUCATION**

29 The Board recognizes that physical activity is extremely important to the overall health of a child.  
30 Schools shall support and promote physical activity. Physical activity may be integrated into any areas  
31 of the school program.

32 Physical Education classes shall be offered as part of a standards based program designed to provide  
33 developmentally appropriate moderate to vigorous physical activity as an integral part of the class. All  
34 physical education classes shall comply with the State Board of Education's Physical Education  
35 Standards. In addition to the district's physical education program, non-structured physical activity  
36 periods shall be offered as required by law.<sup>7</sup>

37 Schools shall continue to offer after school sports and activities. Physical activity shall not be  
38 employed as a form of discipline or punishment. In addition, withholding physical activity as a form of  
39 discipline or punishment is prohibited..

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**2 COMMITMENT TO MENTAL HEALTH AND WELL-BEING**

3 The district is committed to promoting the positive mental health and emotional well-being of all  
4 students.

**5 COMMITMENT TO CURRICULUM<sup>3</sup>**

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

**7 SCHOOL HEALTH INDEX<sup>3</sup>**

8 All schools within the district shall annually administer a baseline assessment on each of the  
9 recommended School Health Index modules. Results shall be submitted to the School Health Advisory  
10 Council and reported to the State Department of Education.

**11 RECORD KEEPING COMPLIANCE**

12 The district's Coordinated School Health Coordinator shall ensure that records demonstrating  
13 compliance with community involvement requirements are maintained. The Coordinated School  
14 Health Coordinator shall additionally document that the school wellness policy and triennial  
15 assessments are made available to the public.<sup>8</sup>

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**Legal References**

1. TCA 49-1-1002
2. State Board of Education Policy 4.204
3. State Board of Education Policy 4.206
4. 42 U.S.C.A § 1758b; TRR/MS 0520-01-06-.04
5. TRR/MS 0520-01-06
6. 7 C.F.R. § 210 and 220
7. TCA 49-6-1021
8. 7 C.F.R. § 210.31(f)

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**Cross References**

Student Suicide Prevention 6.415