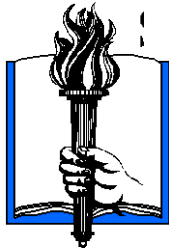


**MURFREESBORO CITY SCHOOLS
ADMINISTRATIVE DIRECTIVES**



Descriptor Term: Student Wellness	Descriptor No: AD SS8	Effective Date: 10/16
Revised: 7/19		

Murfreesboro City Schools recognizes the link between nutrition, physical activity and academic achievement. In order to implement overall wellness for students, the plan below shall be followed by all schools in the district. The district shall permit teachers, school health professionals, and representatives of the school food authority, students, parents, administrators, and any interested citizens to participate in the development of wellness policies and practices.

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 Supervisor shall be responsible for overseeing compliance with State Board of Education CSH Standards and Guidelines in the school district, including documenting that the school wellness policy and triennial assessments are made available to the public.⁶

School Health Advisory Council^{1,2}

A district level Advisory Council shall be established to serve as a resource to school sites for implementing this administrative directive. The Council shall consist of individuals representing the school and community, including parents, students, teachers, school administrators, a school board member, health professionals, school food service representatives, and members of the public.

The primary responsibilities of the Council include but are not limited to:

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

Additionally, each school will have a Healthy School Team consisting of teachers, students, parents, and administrators.¹

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The State Board of Education’s Coordinated School Health and Physical Education Policies shall be used as guidance by the Council to make recommendations. The Murfreesboro City Board of Education may consider recommendations of the Council in making policy changes or revisions.

The State Board of Education Policy on Implementation of the School Health Index shall be followed by each school in the district. (TN State Board of Ed. Physical Activity Policy, Aug. 18, 2005.)

Commitment to Nutrition

District Goals

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

School Meals

The district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer’s specification); and to meet 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), Summer Food Service Program (SFSP), After School Snack Program, and Supper (CACFP) programs.^{3,4,5} The District also operates additional nutrition-related programs and activities including Breakfast in the Classroom and Farm to School. All schools will offer 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 at least ten of the following [Smarter Lunchroom techniques](#):
 - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans)
 - Sliced or cut fruit is available daily
 - 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

- 85 - White milk is placed in front of other beverages in all coolers
- 86 - A reimbursable meal can be created in any service area available to students.
- 87 - Student surveys and taste testing opportunities are used to inform menu development,
- 88 dining space decor, and promotional ideas
- 89 - Student artwork is displayed in the service and/or dining areas
- 90 - Daily announcements are used to promote and market menu options

91

92 Menus will be posted on the District website or individual school websites, and will include
93 nutrient content and ingredients.

94 ***Meal Times and Scheduling: Schools***

- 95 • Will provide students with adequate time for students to enjoy eating healthy foods
- 96 • Will schedule lunch time as near the middle of the day as possible; and
- 97 • Will provide students access to hand washing or hand sanitizing before they eat meals or
- 98 snacks; and
- 99 • Will provide students access to drinking water during their meal time

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101 ***Staff Qualifications and Professional Development***

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

107

108 ***Competitive Foods and Beverages***

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

115 A summary of the standards and information are available at:

116 <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a
117 [Healthier Generation](#) provides a set of tools to assist with implementation of Smart Snacks
118 available at www.healthiergeneration.org/smartsnacks.

119

120 These standards will apply in all locations and through all services where foods and beverages
121 are sold, which may include, but are not limited to, a la carte options in cafeterias, vending
122 machines, school stores, and snack or food carts.

123

124 ***Celebrations and Rewards***

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

- 127 1. Celebrations and parties. The district will provide a list of healthy party ideas to parents and
128 teachers, including non-food celebration ideas. Healthy party ideas from the [Alliance for a](#)
129 [Healthier Generation](#) and from the [USDA](#).
- 130 2. Classroom snacks brought by parents. The District will provide to parents a [list of foods and](#)
131 [beverages that meet Smart Snacks](#) nutrition standards; and
- 132 3. Rewards and incentives. The District will provide teachers and other relevant school staff a
133 [list of alternative ways to reward children](#). Foods and beverages should not be used as a
134 reward, or withheld as punishment for any reason, such as for performance or behavior.

135 ***Fundraising***

136 Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards
137 may be sold through fundraisers on the school campus during the school day. The District will
138 make available to parents and teachers a list of healthy fundraising ideas [*examples from the*
139 [*Alliance for a Healthier Generation*](#) and the [*USDA*](#)].

140

141 ***Nutrition Promotion***

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

150 The District will promote healthy food and beverage choices for all students throughout the
151 school campus, as well as encourage participation in school meal programs.

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153 ***Nutrition Education***

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

- 156 ▪ Is designed to provide students with the knowledge and skills necessary to promote and
157 protect their health;
- 158 ▪ Is part of not only health education classes, but also integrated into other classroom
159 instruction through subjects such as math, science, language arts, social sciences, and elective
160 subjects;
- 161 ▪ Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory
162 activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits,
163 and school gardens;
- 164 ▪ Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and
165 healthy food preparation methods;
- 166 ▪ Emphasize caloric balance between food intake and energy expenditure (promotes physical
167 activity/exercise);
- 168 ▪ Link with school meal programs, cafeteria nutrition promotion activities, school gardens,
169 Farm to School programs, other school foods, and nutrition-related community services;
- 170 ▪ Teach media literacy with an emphasis on food and beverage marketing; and
- 171 ▪ Include nutrition education training for teachers and other staff.
- 172 ▪ In elementary schools, nutrition education will be offered at each grade level as part of a
173 sequential, comprehensive, standards-based health education curriculum that meets state and
174 national guidelines.

175 ***Communication with Parents***

176 The District will support parents' efforts to provide a healthy diet and daily physical activity for
177 their children by making accessible the following information:

- 178 ▪ Posting nutrition tips on the Coordinated School Health Website.
- 179 ▪ Supporting parents' efforts to provide their children with opportunities to be physically active
180 outside of school. Such supports will include sharing information about physical activity and
181 physical education through the Coordinated School Health website.

182 **Commitment to Physical Activity**

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184 Physical activity is extremely important to the overall health of a child. Schools shall support
185 and promote physical activity. All students shall receive a minimum of 130 minutes of physical
186 activity per week, during the school day. Physical activity may be integrated into any areas of
187 the school program. Physical Education classes shall be offered with moderate to vigorous
188 physical activity being the integral part of the class. Students shall be encouraged whenever
189 possible to be physically active. Schools should discourage extended periods of inactivity.
190 When activities, such as mandatory school-wide testing, make it necessary for students to remain
191 indoors for long periods of time, schools should give students periodic breaks during which they
192 are encouraged to stand and be moderately active.

193
194 Supervised recess should be offered daily to all elementary school children, preferably outdoors,
195 during which schools should encourage moderate to vigorous physical activity through the
196 provision of space and equipment. Recess will complement, not substitute for physical
197 education class. Recess monitors or teachers will encourage students to be active and will serve
198 as role models by being physically active alongside the students whenever feasible.

199
200 Teachers and other school and community personnel will not use physical activity (*i.e.*
201 running/walking laps, pushups) or withhold opportunities for physical activity (*i.e.* recess,
202 physical education) as punishment, unless noted in a student's (IEP) Individualized Education
203 Program and/or 504. This does not include participation on sports teams that have specific
204 academic requirements. The district will provide a list of ideas for alternative ways to discipline
205 students.

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207 **Nutrition and Physical Activity Education/Promotion**

208
209 Murfreesboro City Schools aims to teach, encourage, and support healthy eating and physical
210 activity by students. Schools should provide nutrition education and engage in nutrition
211 promotion that aligns with Tennessee Curriculum Standards, and the K-12 Physical Education
212 Curriculum Standards.

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214 **Commitment to Ensuring a Health School Environment**

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

220

221 **Monitoring and Policy Review**

222
223 The Supervisor of Nutrition will ensure compliance with nutrition policies within school food
224 service areas and will report on this matter to the Director of Schools. The Coordinated School
225 Health Supervisor will ensure compliance with established district-wide nutrition and physical
226 activity wellness policies. In each school, the Healthy School Team and Principal will ensure
227 compliance with those policies and report on the school's compliance to the Coordinated School
228 Health Supervisor.

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230 The Coordinated School Health Supervisor will develop and periodically update a summary
231 report on district-wide compliance with established nutrition and physical activity wellness
232 policies based on input from Healthy School Teams within the district to be shared with the
233 Coordinated School Health Advisory Council, Board of Education and Director of Schools.

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235 The district, Coordinated School Health Advisory Council, and individual schools within the
236 district, will, as necessary, revise the approved Board of Education wellness policy and develop
237 work plans to facilitate its implementation.
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240 Board Related Policy 6.400

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Legal References:

- 243 1. State Board of Education Policy 4.204
- 244 2. State Board of Education Policy 4.206
- 245 3. 42 U.S.C. 1758b (Section 204 of Healthy, Hunger-Free Kids Act of 2010 (Public Law
246 111-296)
- 247 4. TRR/MS 0520-1-6, Child Nutrition Programs
- 248 5. 7 C.F.R. 2010 and 220
- 249 6. 7 C.F.R. 210.31 (1)