

Murfreesboro City School Board

Monitoring: Review: Annually, in May	Descriptor Term: Promoting Student Wellness	Descriptor Code: 6.400	Issued Date: Revised 06/14/22
		Rescinds: SS 11 STU 30	Issued: 01/06; 09/12; 11/16; 06/17

1 This policy reflects the commitment of the Murfreesboro City School Board to providing school
2 environments that promote and protect the health and welfare of students. The Board recognizes the
3 impact of proper nutrition, physical activity, emotional wellness, and other health-conscious practices
4 on student learning.

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 in the surrounding community, based on
8 State law and State Board of Education CSH standards and guidelines. The district’s CSH Coordinator
9 shall be responsible for overseeing compliance with State Board of Education CSH standards and
10 guidelines in the school district.

11 **School Health Advisory Council**^{1,2}

12 The advisory council will consist of a group of individuals representing the school and community,
13 including parents, teachers, school administrators, school board members, health professionals, school
14 food service representatives, and members of the public. The council will serve as a resource to school
15 health committees for implementing the local wellness policy as part of the school improvement plan.
16 The primary responsibilities of the council include, but are not limited to:

- 17 • Developing, monitoring, reviewing, and as necessary, revising physical activity and nutrition
18 policies;
- 19 • Encouraging all schools within Murfreesboro City Schools to create and implement an action
20 plan to related to modules of from the School Health Index;
- 21 • Ensuring that the results of the action plan are annually reported to the School Health Advisory
22 Council; and
- 23 • Ensuring that school level results include measures of progress on each indicator of the School
24 Health Index;

25 Murfreesboro City Schools will consider the recommendations of the School Health Advisory Council
26 in making any policy changes that affect the healthy learning environment.

27 **Nutrition**

1 The district will promote healthy nutrition through various activities, including nutrition related
2 newsletters, informational links on the district website, healthy eating posters in dining areas, and
3 informational booths at various community functions. Nutrition education will be offered as part of a
4 standards-based program designed to provide students with the knowledge and skills needed to promote
5 and protect their health as outlined in the State Board of Education Health Education
6 Standards. Nutrition education will discourage teachers from using high fat, high sugar, and/or high
7 sodium foods as rewards and encourage students to start each day with a healthy breakfast.

8 All schools shall participate in the USDA child nutrition programs, which may include, but not be limited
9 to, the National School Lunch Program, the School Breakfast Program, the Summer Food Service
10 Program, and the After School Snack Program.^{3,4,5}

11 Meals shall be accessible to all students in a non-stigmatizing manner. Students will be given no less
12 than 25 minutes to enjoy healthy meals and relax in a pleasant environment. Good nutritional habits
13 shall be encouraged. All food including vending machines, fundraising items, and concessions must
14 meet guidelines set forth by the Healthy, Hunger-free Kids Act, 2010, Smart Snacks in Schools.^{3,4,5} The
15 school principal/designee and Nutrition Supervisor shall be responsible for overseeing the school
16 district's compliance with the State Board of Education Rules and Regulations for sale of food items in
17 the school district.^{1,4,5}

18 Child nutrition professionals will provide students with access to a variety of affordable, nutritious, and
19 appealing foods that meet the health and nutritional needs of students; accommodate the religious, ethnic,
20 and cultural diversity of students in meal planning when requested.

21 To the extent practical, all schools in our district will participate in any and all available federal school
22 meal programs.

23 **Nutrition Promotion**

24 Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-
25 based techniques and nutrition messages, and by creating food environments that encourage healthy
26 nutrition choices and encourage participation in school meal programs. Nutrition promotion also
27 includes marketing and advertising nutritious foods and beverages to students and is most effective when
28 implemented consistently through a comprehensive and multi-channel approach by school staff,
29 teachers, parents, students, and the community.

30 The District will promote healthy food and beverage choices for all students throughout the school
31 campus, as well as encourage participation in school meal programs. This promotion will occur through
32 at least:

- 33 • Implementing at least ten or more evidence-based healthy food promotion techniques through
34 the school meal programs using Smarter Lunchroom techniques; and Ensuring 100% of foods
35 and beverages promoted to students meet the USDA Smart Snacks in school nutrition standards.

36 **Food and Beverage Marketing in Schools**

1 The district is committed to providing a school environment that ensures opportunities for all students
2 to practice healthy eating and physical activity behaviors throughout the school day while minimizing
3 commercial distractions.

4 Food and beverage marketing is defined as advertising and other promotions in schools. Food and
5 beverage marketing include an oral, written, or graphic statement made for the purpose of promoting the
6 sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with
7 a commercial interest in the product.

8 Food and beverages marketed or promoted to students on the school campus during the school day will
9 meet the nutrition recommendations of the US Dietary Guidelines for Americans and all Tennessee State
10 Board of Education minimal nutritional standards.

11 **Other School-Based Activities that Promote Student Wellness:**

12 Students and school staff members will have access to fresh drinking water throughout the school day.
13 When feasible students will be allowed to bring and Carry (approved) water bottles filled with only water
14 into the classroom. Staff will be encouraged to model drinking water consumption.

15 **Celebrations and Rewards**

16 During the day, celebrations that involve food must take place outside of scheduled lunch hours.

17 All foods offered on the school campus are encouraged to meet or exceed the USDA Smart
18 Snacks in Schools nutrition standards. These include:

- 19 • Celebrations and parties- The district encourages promotion of healthy food and nonfood
20 celebrations. Healthy party ideas are available from the Alliance for a Healthier Generation and
21 from the USDA.
- 22
- 23 • Snacks -Classroom snacks are encouraged to be of a healthy nature.
- 24
- 25 • Rewards and incentives- The district encourages teachers and other relevant school staff
26 members from using food, candy, or beverages as rewards. Staff should not withhold food or
27 beverages as punishment for any reason, such as for performance or behavior.

28 **Physical Activity and Physical Education**

29 The Board recognizes that physical activity is important to the overall health of children. Schools shall
30 support and promote physical activity. Physical activity may be integrated into any areas of the school
31 program. All students will have opportunities, support, and encouragement to be physically active on a
32 regular basis. Physical activity shall not be employed as a form of discipline or punishment. Elementary
33 school students shall receive a minimum of one hundred thirty (130) minutes of physical activity per full
34 school week. In addition to the district's physical education program, non-structured physical activity
35 periods shall be offered as required by law.

1 Physical Education classes shall be offered as part of a standards-based program designed to provide
2 developmentally appropriate moderate to vigorous physical activity as an integral part of the class. All
3 physical education classes shall comply with the State Board of Education's Physical Education
4 Standards. In addition to the district's physical education program, non-structured physical activity
5 periods shall be offered as required by law.⁶

6 Physical Education shall not be denied as a form of discipline or punishment.

7 **Curriculum**²

8 All applicable courses of study should be based on state-approved curriculum standards.

9 **Record Keeping Compliance**

10 The district's Coordinated School Health Coordinator shall ensure that records demonstrating
11 compliance with community involvement requirements are maintained. The Coordinated School
12 Health Coordinator shall also document that the school wellness policy and triennial assessments are
13 made available to the public.⁷

Legal References

1. State Board of Education Policy 4.204
2. State Board of Education Policy 4.206
3. 42 USCA § 1758b (section 204 of the Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296))
4. TRR/MS 0520-01-06 Child Nutrition Programs
5. 7 CFR § 210, 220
6. TCA 49-6-1021
7. 7 CFR § 210.31(f)