The Board of Education recognizes the link between student wellness and academic achievement. In order to implement overall wellness for students, the plan below shall be followed by all schools in the district. Teachers, school health professionals, parents, administrator, and interested citizens can participate in the development of wellness policies.

**COMMITMENT TO ENSURING A HEALTHY SCHOOL ENVIRONMENT**

Knox County Schools strives to ensure that all schools offer healthy, safe and a supportive environment for students, staff, parents and visitors. To further this goal, Knox County Schools shall implement all state and federal laws and regulations related to the development, curriculum, services, standards, staffing and assessment of wellness programs.

All schools shall implement the CDC’s Coordinated School Health approach to managing new and existing wellness-related programs and services in schools based on State Law, State Board of Education CSH Standards and Guidelines. The districts coordinated school health coordinator shall be responsible for overseeing compliance with the State Board of Education CSH Standards and Guidelines in the school district.

I. **School Health Advisory Council**

The advisory council will consist of a group 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 council will serve as a resource to school health committees for implementing the local wellness policy as a part of the school improvement plan. The primary responsibilities of the council include, but not limited to:

- developing, monitoring, reviewing and, as necessary, revising physical activity and nutrition policies;
- ensuring that all schools within KCS create and implement an action plan related to modules from the School Health Index;
- ensuring that the results of the action plan are annually reported to the School Health Advisory Council;
- ensuring that school level results include measures of progress on each indicator of the School Health Index.

KCS will consider the recommendations of the School Health Advisory Council in making any policy changes that affect the healthy learning environment.

II. **Commitment to Nutrition**

All foods sold or offered for sale to students (Pre-K–12) on campus during the school day will meet nutrition standards as defined by the USDA in accordance with The Healthy, Hunger-Free Kids Act of
2010 and Tennessee Department of Education. The National School Lunch program requires an LEA to follow legislation with the higher nutritional standard.

Good nutritional habits shall be encouraged. A la carte items should meet the Smart Snacks in School criteria as provided by USDA. (https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks)

III. Nutrition Education

Knox County Schools shall ensure the following: (1) Tennessee State Nutrition Standards are included in middle school health and high school wellness instruction. Nutrition education will be integrated into all areas of the curriculum such as math, science, language arts and social studies as appropriate, (2) Students will have an awareness to eat a variety of foods (i.e. fruits, grains, vegetables, lower fat food items) and be physically active, (3) Nutrition education will involve sharing information with families and the community to positively impact students and the health of the community and (4) Schools will provide information to families that promote the benefits of proper nutrition and how to provide nutritious meals for their families.

IV. Commitment to Physical Activity

Knox County Schools recognizes that physical activity is extremely important to the overall health of a child. Schools shall support and promote physical activity.

Students in kindergarten through grade five shall receive a minimum 130 minutes of physical activity each full school week. Elementary schools must offer at least one period of physical activity that is at least fifteen minutes each day. Supervised recess/physical activity should be offered daily to all elementary (K-5) school children. Physical activity shall not be withheld from a student as a punishment.

Students in middle and high schools shall receive 90 minutes of physical activity each full school week. Walking to and from class is not considered physical activity and shall not be counted toward the required minutes for physical activity. Physical activity is separate and distinct from physical education. 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.

Legal References:

2. T.C.A. § 49-6-1021.

Approved as to Legal Form 10/23/2019
By Knox County Law Director
/Gary T. Dupler/Deputy Law Director