

Section I: Instructional Goals and Objectives	Knox County Board of Education Policy		
	Descriptor Term:	Descriptor Code:	Issued:
	Wellness Policy- Physical Activity	I-441	4/06
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2 The Board of Education recognizes the link between student wellness and academic achievement. In
3 order to implement overall wellness for students, the plan below shall be followed by all schools in the
4 district. Teachers, school health professionals, parents, administrator, and interested citizens can
5 participate in the development of wellness policies.
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7 **COMMITMENT TO ENSURING A HEALTHY SCHOOL ENVIRONMENT**
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9 Knox County Schools strives to ensure that all schools offer healthy, safe and a supportive environment
10 for students, staff, parents and visitors. To further this goal, Knox County Schools shall implement all
11 state and federal laws and regulations related to the development, curriculum, services, standards, staffing
12 and assessment of wellness programs.
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14 All schools shall implement the CDC’s Coordinated School Health approach to managing new and
15 existing wellness-related programs and services in schools based on State Law, State Board of Education
16 CSH Standards and Guidelines. The districts coordinated school health coordinator shall be responsible
17 for overseeing compliance with the State Board of Education CSH Standards and Guidelines in the school
18 district.
19

20 **I. School Health Advisory Council**
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22 The advisory council will consist of a group of individuals representing the school and community,
23 including parents, students, teachers, school administrators, school board members, health professionals,
24 school food service representatives, and members of the public. The council will serve as a resource to
25 school health committees for implementing the local wellness policy as a part of the school improvement
26 plan. The primary responsibilities of the council include, but not limited to:
27

- 28 • developing, monitoring, reviewing and, as necessary, revising physical activity and nutrition
29 policies;
- 30
- 31 • ensuring that all schools within KCS create and implement an action plan related to modules from
32 the *School Health Index*;
- 33
- 34 • ensuring that the results of the action plan are annually reported to the School Health Advisory
35 Council;
- 36
- 37 • ensuring that school level results include measures of progress on each indicator of the *School*
38 *Health Index*.
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40 KCS will consider the recommendations of the School Health Advisory Council in making any policy
41 changes that affect the healthy learning environment.
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2 **II. Commitment to Nutrition**
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4 All foods sold or offered for sale to students (Pre-K–12) on campus during the school day will meet
5 nutrition standards as defined by the USDA in accordance with The Healthy, Hunger-Free Kids Act of
6 2010 and Tennessee Department of Education. The National School Lunch program requires an LEA to
7 follow legislation with the higher nutritional standard.
8

9 Good nutritional habits shall be encouraged. A la carte items should meet the Smart Snacks in School
10 criteria as provided by USDA. (<https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>)
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13 **III. Nutrition Education**
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15 Knox County Schools shall ensure the following: (1) Tennessee State Nutrition Standards are included in
16 middle school health and high school wellness instruction. Nutrition education will be integrated into all
17 areas of the curriculum such as math, science, language arts and social studies as appropriate, (2) Students
18 will have an awareness to eat a variety of foods (i.e. fruits, grains, vegetables, lower fat food items) and be
19 physically active, (3) Nutrition education will involve sharing information with families and the
20 community to positively impact students and the health of the community and (4) Schools will provide
21 information to families that promote the benefits of proper nutrition and how to provide nutritious meals
22 for their families.
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24 **IV. Commitment to Physical Activity**
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26 Knox County School recognizes that physical activity is extremely important to the overall health of a
27 child. Schools shall support and promote physical activity. Students in kindergarten through grade five
28 shall receive a minimum of 130 minutes of physical activity each full school week for all elementary
29 school students. Elementary schools must offer at least one (1) period of physical activity that is at least
30 fifteen minutes each day. Students in middle and high schools shall receive 90 minutes of physical
31 activity each full school week. Walking to and from class is not considered physical activity and shall not
32 be counted toward the required minutes for physical activity. Physical activity shall not be withheld from
33 a student as a punishment. Physical activity is separate and distinct from physical education.¹ Physical
34 Education classes shall be offered with moderate to vigorous physical activity being an integral part of the
35 class. Students shall be encouraged by staff whenever possible to be physically active. Supervised
36 recess/physical activity should be offered daily to all elementary (K – 5) school children.²
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42 **Legal References:**

- 43 1. T.C.A. § 49-6-1021.
44 2. T.C.A § 49-1-1001 et seq., T.C.A. § 49-6-1022, Richard B. Russell National School Lunch Act (42 U.S.C. § 1751 et seq., Rule
45 0520-1-6-.04, T.C.A. § 49-6-2307 and State Board of Education, Physical Activity Policy 4.206.

46 Approved as to Legal Form
47 By Knox County Law Director 10/23/2017
48 /Gary T. Dupler/Deputy Law Director
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