

# Cocke County School District

## WELLNESS PLAN

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\_\_\_\_\_, *Board Chairman*

\_\_\_\_\_, *Director of Schools*

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## Preamble

The **Cocke County** School District recognizes that:

- Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive.
- Good health fosters student attendance and education.
- Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity.
- Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood.
- Only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid/MyPyramid/Dietary Guidelines.
- Nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes.
- School districts/LEAs around the country are facing significant fiscal and scheduling constraints.

Thus, the Cocke County School System is committed to creating school environments that promote children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the plan for the Cocke County School District to maintain:

- Opportunities for nutrition education to be provided and promoted.
- Opportunities for physical activity to be supported and encouraged as a daily component of the school day as well as outside the parameters of the school day.
- Foods and beverages sold or served at school will meet the recommendations of the *U.S. Dietary Guidelines for Americans* and the Nutritional Standards set forth by the Tennessee State Board of Education.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- All schools in our district will participate in the available federal school meal programs including the School Breakfast Program and National School Lunch Program, and such programs will comply with federal, state, and local requirements.

## TO ACHIEVE THESE GOALS:

The school district and/or individual schools within the district will establish a team consisting of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public. This team will work to develop, implement, monitor, review, and, revise the school wellness plan as necessary.

This plan will address four components:

1. Nutrition Education
2. Physical Activity
3. Nutrition Standards
4. Other School-Based Activities

### COMPONENT 1 – NUTRITION EDUCATION

- Students in grades pre-K-12 are offered nutrition education that is part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Staff who provide nutrition education will have appropriate training;
- The school district will provide opportunities for on-going professional training and development for foodservice staff and teachers in the area of nutrition.

### COMPONENT 2 – PHYSICAL ACTIVITY

- Physical Education:
- All students in grades K-8, including students with disabilities, special health-care needs will receive will receive 60 minutes/week of physical education. All students in 9-12 will complete one credit of Wellness that will include a physical education component. All physical education should be taught by a certified physical education teacher.
- Daily Recess:
  - All elementary school students will have at least 90 minutes per week of supervised physical activity, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.
  - Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

- Integrating Physical Activity into the Classroom Setting:
  - Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities.
  - Opportunities for physical activity will be incorporated into other subject lessons.
  - Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

## COMPONENT 3 – NUTRITION STANDARDS

- School Meals:

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
  - be served in clean and pleasant settings;
  - meet, at a minimum, nutrition requirement established by local, state, and federal regulations;
  - offer a variety of fruits and vegetables daily;
  - serve a variety of milk, including fat-free, lowfat, flavored and unflavored, on a daily basis; and
  - offer whole grain foods in all programs at all grade levels whenever possible to meet grain/bread requirements.
- School menus are followed and analyzed using USDA-approved software.
  - To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:
    - Schools will, to the extent possible, operate the School Breakfast Program.
    - Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
  - The school district shall have procedures in place for providing to families, on request, information about the ingredients and nutritional value of foods served.
  - Minimum Nutritional Standards – Foods and Beverages Sold Individually:
    - The school district will follow the standards established by the State Board of Education (Chapter 0520-1-6.04 Child Nutrition Programs – Minimum Nutritional Standards for Individual Food Items Sold or Offered for Sale to Pupils in Grades Pre-Kindergarten through Eight) for foods and beverages sold in a la carte sales, vending machines, snack bars, school stores, fund raising and concession stands on school campuses during the school day.

## COMPONENT 4 – OTHER SCHOOL-BASED ACTIVITIES

- Cafeteria Atmosphere:

- School dining areas have sufficient space for students to sit and consume meals.
- School dining areas are clean, safe, and pleasant environments that reflect the value of the social aspects of eating.
- Enough serving areas are provided to ensure student access to school meals with a minimum of wait time.
- The school district encourages all students to participate in the school meals programs and protect the identity of students who eat free and reduced-price meals.
- Time is allowed and facilities are conveniently available for students to wash their hands before and after meals.

- Meal Times and Scheduling:

Schools:

- will ensure an adequate time (at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch) for students to enjoy eating healthy foods with friends in school;
- will schedule lunch time as near the middle of the day as possible;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.

- Fundraising Activities:

- To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually.
- Schools will encourage fundraising activities that promote physical activity.

- Snacks:

- Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.
- Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.
- The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.
- If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

- Reward and/or Punishment:
  - Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverages as a punishment.
  - Schools should not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time.
  - Schools will not use physical activity as a punishment.
  
- Celebrations:
  - Schools will limit celebrations that involve food during the school day to no more than one party per class per month.
  - Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually.
  - When celebrations occur, parents should bring non-homemade pre-packaged foods that are nutritious and safe.
  
- School-Sponsored Events (examples: athletic events, dances, or performances):
  - Teachers will be encouraged to utilize the school cafeterias student sack lunch program for field trips.
  
- Communications with Parents:
  - The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children by:
    - sending home nutrition information;
    - posting nutrition tips on school websites;
    - providing nutrient analyses of school menus;
    - providing parents with a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities;
    - providing information about physical education and other school-based physical activity opportunities before, during, and after the school day; and,
  
  - The school district encourages parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active both in school and at home.
  
  - School will ensure that the required food safety practices are followed in the receiving, storage, preparation, and service of all foods at school or school-sponsored events.

## Monitoring

Monitoring: The Director of the Cocke County School District will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district Director of Schools or designee.

School nutrition staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the school nutrition supervisor.

The Director of Schools or designee will develop a checklist for monitoring the goals listed by the Wellness Plan for implementation. This list will be maintained by the school administration for review and compliance. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

## Resources for Local School Wellness Policies on Nutrition and Physical Activity

### **Crosscutting:**

- *School Health Index*, Centers for Disease Control and Prevention, <<http://apps.nccd.cdc.gov/shi/>>
- Local Wellness Policy website, U.S. Department of Agriculture, <<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>>
- *Fit, Healthy, and Ready to Learn: a School Health Policy Guide*, National Association of State Boards of Education, <[www.nasbe.org/HealthySchools/fithealthy.mgi](http://www.nasbe.org/HealthySchools/fithealthy.mgi)>
- *Preventing Childhood Obesity: Health in the Balance*, the Institute of Medicine of the National Academies, <[www.iom.edu/report.asp?id=22596](http://www.iom.edu/report.asp?id=22596)>
- *The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools*, Action for Healthy Kids, <[www.actionforhealthykids.org/docs/specialreports/LC%20Color%20120204\\_final.pdf](http://www.actionforhealthykids.org/docs/specialreports/LC%20Color%20120204_final.pdf)>
- *Ten Strategies for Promoting Physical Activity, Healthy Eating, and a Tobacco-free Lifestyle through School Health Programs*, Centers for Disease Control and Prevention, <[www.cdc.gov/healthyyouth/publications/pdf/ten\\_strategies.pdf](http://www.cdc.gov/healthyyouth/publications/pdf/ten_strategies.pdf)>
- *Health, Mental Health, and Safety Guidelines for Schools*, American Academy of Pediatrics and National Association of School Nurses, <<http://www.nationalguidelines.org>>
- *Cardiovascular Health Promotion in Schools*, American Heart Association [link to pdf]

### **School Health Councils:**

- *Promoting Healthy Youth, Schools and Communities: A Guide to Community-School Health Councils*, American Cancer Society [link to PDF]
- *Effective School Health Advisory Councils: Moving from Policy to Action*, Public Schools of North Carolina, <[www.nchealthyschools.org/nchealthyschools/htdocs/SHAC\\_manual.pdf](http://www.nchealthyschools.org/nchealthyschools/htdocs/SHAC_manual.pdf)>

## **Nutrition:**

### **General Resources on Nutrition**

- *Making it Happen: School Nutrition Success Stories*, Centers for Disease Control and Prevention, U.S. Department of Agriculture, and U.S. Department of Education, <<http://www.cdc.gov/HealthyYouth/nutrition/Making-It-Happen/>>
- *Changing the Scene: Improving the School Nutrition Environment Toolkit*, U.S. Department of Agriculture, <[www.fns.usda.gov/tn/Healthy/changing.html](http://www.fns.usda.gov/tn/Healthy/changing.html)>
- *Dietary Guidelines for Americans 2005*, U.S. Department of Health and Human Services and U.S. Department of Agriculture, <[www.health.gov/dietaryguidelines/dga2005/document/](http://www.health.gov/dietaryguidelines/dga2005/document/)>
- *Guidelines for School Health Programs to Promote Lifelong Healthy Eating*, Centers for Disease Control and Prevention, <[www.cdc.gov/mmwr/pdf/rr/rr4509.pdf](http://www.cdc.gov/mmwr/pdf/rr/rr4509.pdf)>
- *Healthy Food Policy Resource Guide*, California School Boards Association and California Project LEAN, <[www.csba.org/ps/hf.htm](http://www.csba.org/ps/hf.htm)>
- *Diet and Oral Health*, American Dental Association, <<http://www.ada.org/public/topics/diet.asp>>

### **School Meals**

- *Healthy School Meals Resource System*, U.S. Department of Agriculture, <<http://schoolmeals.nal.usda.gov/>>
- *School Nutrition Dietary Assessment Study–II*, a U.S. Department of Agriculture study of the foods served in the National School Lunch Program and the School Breakfast Program, <[www.cspinet.org/nutritionpolicy/SNDAllfind.pdf](http://www.cspinet.org/nutritionpolicy/SNDAllfind.pdf)>
- *Local Support for Nutrition Integrity in Schools*, American Dietetic Association, <[www.eatright.org/Member/Files/Local.pdf](http://www.eatright.org/Member/Files/Local.pdf)>
- *Nutrition Services: an Essential Component of Comprehensive Health Programs*, American Dietetic Association, <[www.eatright.org/Public/NutritionInformation/92\\_8243.cfm](http://www.eatright.org/Public/NutritionInformation/92_8243.cfm)>
- *HealthierUS School Challenge*, U.S. Department of Agriculture, <[www.fns.usda.gov/tn/HealthierUS/index.htm](http://www.fns.usda.gov/tn/HealthierUS/index.htm)>
- *Breakfast for Learning*, Food Research and Action Center, <[www.frac.org/pdf/breakfastforlearning.PDF](http://www.frac.org/pdf/breakfastforlearning.PDF)>

- *School Breakfast Scorecard*, Food Research and Action Center, <[www.frac.org/School\\_Breakfast\\_Report/2004/](http://www.frac.org/School_Breakfast_Report/2004/)>
- *Arkansas Child Health Advisory Committee Recommendations* [includes recommendation for professional development for child nutrition professionals in schools], <[www.healthyarkansas.com/advisory\\_committee/pdf/final\\_recommendations.pdf](http://www.healthyarkansas.com/advisory_committee/pdf/final_recommendations.pdf)>

### **Meal Times and Scheduling**

- *Eating at School: A Summary of NFSMI Research on Time Required by Students to Eat Lunch*, National Food Service Management Institute (NFSMI) [Attach PDF file]
- *Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools*, National Food Service Management Institute, <[www.nfsmi.org/Information/Newsletters/insight24.pdf](http://www.nfsmi.org/Information/Newsletters/insight24.pdf)>

### **Nutrition Standards for Foods and Beverages Sold Individually**

- *Recommendations for Competitive Foods Standards* (a report by the National Consensus Panel on School Nutrition), California Center for Public Health Advocacy, <[www.publichealthadvocacy.org/school\\_food\\_standards/school\\_food\\_standards/Nutrition%20Standards%20Report%20-%20Final.pdf](http://www.publichealthadvocacy.org/school_food_standards/school_food_standards/Nutrition%20Standards%20Report%20-%20Final.pdf)>
- State policies for competitive foods in schools, U.S. Department of Agriculture, <[www.fns.usda.gov/cnd/Lunch/CompetitiveFoods/state\\_policies\\_2002.htm](http://www.fns.usda.gov/cnd/Lunch/CompetitiveFoods/state_policies_2002.htm)>
- *Nutrition Integrity in Schools*, (forthcoming), National Alliance for Nutrition and Activity
- *School Foods Tool Kit*, Center for Science in the Public Interest, <[www.cspinet.org/schoolfood/](http://www.cspinet.org/schoolfood/)>
- *Foods Sold in Competition with USDA School Meal Programs* (a report to Congress), U.S. Department of Agriculture, <[www.cspinet.org/nutritionpolicy/Foods\\_Sold\\_in\\_Competition\\_with\\_USDA\\_School\\_Meal\\_Programs.pdf](http://www.cspinet.org/nutritionpolicy/Foods_Sold_in_Competition_with_USDA_School_Meal_Programs.pdf)>
- *FAQ on School Pouring Rights Contracts*, American Dental Association, <[http://www.ada.org/public/topics/softdrink\\_faq.asp](http://www.ada.org/public/topics/softdrink_faq.asp)>

### **Fruit and Vegetable Promotion in Schools**

- *Fruits and Vegetables Galore: Helping Kids Eat More*, U.S. Department of Agriculture, <[www.fns.usda.gov/tn/Resources/fv\\_galore.html](http://www.fns.usda.gov/tn/Resources/fv_galore.html)>

- *School Foodservice Guide: Successful Implementation Models for Increased Fruit and Vegetable Consumption*, Produce for Better Health Foundation. Order on-line for \$29.95 at [www.shop5aday.com/acatalog/School\\_Food\\_Service\\_Guide.html](http://www.shop5aday.com/acatalog/School_Food_Service_Guide.html).
- *School Foodservice Guide: Promotions, Activities, and Resources to Increase Fruit and Vegetable Consumption*, Produce for Better Health Foundation. Order on-line for \$9.95 at [www.shop5aday.com/acatalog/School\\_Food\\_Service\\_Guide.html](http://www.shop5aday.com/acatalog/School_Food_Service_Guide.html).
- National Farm-to-School Program website, hosted by the Center for Food and Justice, [www.farmtoschool.org](http://www.farmtoschool.org)
- Fruit and Vegetable Snack Program Resource Center, hosted by United Fresh Fruit and Vegetable Association, <http://www.uffva.org/fvpilotprogram.htm>
- Produce for Better Health Foundation website has downloadable fruit and vegetable curricula, research, activity sheets, and more at [www.5aday.org](http://www.5aday.org)

### **Fundraising Activities**

- *Creative Financing and Fun Fundraising*, Shasta County Public Health, [www.co.shasta.ca.us/Departments/PublicHealth/CommunityHealth/projlean/fundraiser1.pdf](http://www.co.shasta.ca.us/Departments/PublicHealth/CommunityHealth/projlean/fundraiser1.pdf)
- *Guide to Healthy School Fundraising*, Action for Healthy Kids of Alabama, [www.actionforhealthykids.org/AFHK/team\\_center/team\\_resources/AL/N&PA%2031%20-%20Fundraising.pdf](http://www.actionforhealthykids.org/AFHK/team_center/team_resources/AL/N&PA%2031%20-%20Fundraising.pdf)

### **Snacks**

- *Healthy School Snacks*, (forthcoming), Center for Science in the Public Interest
- Materials to Assist After-school and Summer Programs and Homeless Shelters in Using the Child Nutrition Programs (website), Food Research and Action Center, [www.frac.org/html/building\\_blocks/afterschsummertoc.html](http://www.frac.org/html/building_blocks/afterschsummertoc.html)

### **Rewards**

- *Constructive Classroom Rewards*, Center for Science in the Public Interest, [www.cspinet.org/nutritionpolicy/constructive\\_rewards.pdf](http://www.cspinet.org/nutritionpolicy/constructive_rewards.pdf)
- *Alternatives to Using Food as a Reward*, Michigan State University Extension, [www.tn.fcs.msue.msu.edu/foodrewards.pdf](http://www.tn.fcs.msue.msu.edu/foodrewards.pdf)

- *Prohibition against Denying Meals and Milk to Children as a Disciplinary Action*, U.S. Department of Agriculture Food and Nutrition Service [Link to PDF]

### **Celebrations**

- *Guide to Healthy School Parties*, Action for Healthy Kids of Alabama, <[www.actionforhealthykids.org/AFHK/team\\_center/team\\_resources/AL/N&PA%2032%20-%20parties.pdf](http://www.actionforhealthykids.org/AFHK/team_center/team_resources/AL/N&PA%2032%20-%20parties.pdf)>
- *Classroom Party Ideas*, University of California Cooperative Extension Ventura County and California Children's 5 A Day Power Play! Campaign, <<http://ucce.ucdavis.edu/files/filelibrary/2372/15801.pdf>>

## **Nutrition and Physical Activity Promotion and Food Marketing:**

### **Health Education**

- *National Health Education Standards*, American Association for Health Education, <[http://www.aahperd.org/aahe/pdf\\_files/standards.pdf](http://www.aahperd.org/aahe/pdf_files/standards.pdf)>

### **Nutrition Education and Promotion**

- U.S. Department of Agriculture Team Nutrition website (lists nutrition education curricula and links to them), <[www.fns.usda.gov/tn/Educators/index.htm](http://www.fns.usda.gov/tn/Educators/index.htm)>
- *The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions*, U.S. Food and Drug Administration and U.S. Department of Agriculture's Food and Nutrition Service, <[www.fns.usda.gov/tn/resources/power\\_of\\_choice.html](http://www.fns.usda.gov/tn/resources/power_of_choice.html)>
- *Nutrition Education Resources and Programs Designed for Adolescents*, compiled by the American Dietetic Association, <[www.eatright.org/Public/index\\_19218.cfm](http://www.eatright.org/Public/index_19218.cfm)>

### **Integrating Physical Activity into the Classroom Setting**

- *Brain Breaks*, Michigan Department of Education, <[www.emc.cmich.edu/brainbreaks](http://www.emc.cmich.edu/brainbreaks)>
- *Energizers*, East Carolina University, <[www.ncpe4me.com/energizers.html](http://www.ncpe4me.com/energizers.html)>

### **Food Marketing to Children**

- *Pestering Parents: How Food Companies Market Obesity to Children*, Center for Science in the Public Interest, <[www.cspinet.org/pesteringparents](http://www.cspinet.org/pesteringparents)>

- *Review of Research on the Effects of Food Promotion to Children*, United Kingdom Food Standards Agency, <[www.foodstandards.gov.uk/multimedia/pdfs/foodpromotiontochildren1.pdf](http://www.foodstandards.gov.uk/multimedia/pdfs/foodpromotiontochildren1.pdf)>
- *Marketing Food to Children* (a report on ways that different countries regulate food marketing to children [including marketing in schools]), World Health Organization (WHO), <<http://whqlibdoc.who.int/publications/2004/9241591579.pdf>>
- *Guidelines for Responsible Food Marketing to Children*, Center for Science in the Public Interest, <<http://cspinet.org/marketingguidelines.pdf>>
- *Commercial Activities in Schools*, U.S. General Accounting Office, <[www.gao.gov/new.items/d04810.pdf](http://www.gao.gov/new.items/d04810.pdf)>

### **Eating Disorders**

- Academy for Eating Disorders, <[www.aedweb.org](http://www.aedweb.org)>
- National Eating Disorders Association, <[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)>
- Eating Disorders Coalition, <[www.eatingdisorderscoalition.org](http://www.eatingdisorderscoalition.org)>

### **Staff Wellness**

- *School Staff Wellness*, National Association of State Boards of Education [link to pdf]
- *Healthy Workforce 2010: An Essential Health Promotion Sourcebook for Employers, Large and Small*, Partnership for Prevention, <[www.prevent.org/publications/Healthy\\_Workforce\\_2010.pdf](http://www.prevent.org/publications/Healthy_Workforce_2010.pdf)>
- *Well Workplace Workbook: A Guide to Developing Your Worksite Wellness Program*, Wellness Councils of America, <[www.welcoa.org/wellworkplace/index.php?category=7](http://www.welcoa.org/wellworkplace/index.php?category=7)>
- *Protecting Our Assets: Promoting and Preserving School Employee Wellness*, (forthcoming), Directors of Health Promotion and Education (DHPE)

## **Physical Activity Opportunities and Physical Education:**

### **General Resources on Physical Activity**

- *Guidelines for School and Community Programs to Promote Lifelong Physical Activity among Young People*, Centers for Disease Control and Prevention, <[www.cdc.gov/mmwr/preview/mmwrhtml/00046823.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/00046823.htm)>

- *Healthy People 2010: Physical Activity and Fitness*, Centers for Disease Control and Prevention and President's Council on Physical Fitness and Sports, <[www.healthypeople.gov/document/HTML/Volume2/22Physical.htm#\\_Toc490380803](http://www.healthypeople.gov/document/HTML/Volume2/22Physical.htm#_Toc490380803)>
- *Physical Fitness and Activity in Schools*, American Academy of Pediatrics, <<http://pediatrics.aappublications.org/cgi/reprint/105/5/1156>>

### Physical Education

- *Opportunity to Learn: Standards for Elementary Physical Education*, National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=368&section=5>>
- *Opportunity to Learn: Standards for Middle School Physical Education*. National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/Template.cfm?template=ProductDisplay.cfm&Productid=726&section=5>>
- *Opportunity to Learn: Standards for High School Physical Education*, National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=727&section=5>>
- *Substitution for Instructional Physical Education Programs*, National Association for Sport and Physical Education, <[www.aahperd.org/naspe/pdf\\_files/pos\\_papers/substitution.pdf](http://www.aahperd.org/naspe/pdf_files/pos_papers/substitution.pdf)>
- *Blueprint for Change, Our Nation's Broken Physical Education System: Why It Needs to be Fixed, and How We Can Do It Together*, PE4life, <[www.pe4life.org/articles/blueprint2004.pdf](http://www.pe4life.org/articles/blueprint2004.pdf)>

### Recess

- *Recess in Elementary Schools*, National Association for Sport and Physical Education, <[www.aahperd.org/naspe/pdf\\_files/pos\\_papers/current\\_res.pdf](http://www.aahperd.org/naspe/pdf_files/pos_papers/current_res.pdf)>
- *Recess Before Lunch Policy: Kids Play and then Eat*, Montana Team Nutrition, <[www.opi.state.mt.us/schoolfood/recessBL.html](http://www.opi.state.mt.us/schoolfood/recessBL.html)>
- *Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools*, National Food Service Management Institute, <[www.nfsmi.org/Information/Newsletters/insight24.pdf](http://www.nfsmi.org/Information/Newsletters/insight24.pdf)>
- The American Association for the Child's Right to Play, <<http://www.ipausa.org/recess.htm>>

## Physical Activity Opportunities Before and After School

- *Guidelines for After School Physical Activity and Intramural Sport Programs*, National Association for Sport and Physical Education, <[www.aahperd.org/naspe/pdf\\_files/pos\\_papers/intramural\\_guidelines.pdf](http://www.aahperd.org/naspe/pdf_files/pos_papers/intramural_guidelines.pdf)>
- *The Case for High School Activities*, National Federation of State High School Associations, <[www.nfhs.org/scriptcontent/va\\_custom/vimdisplays/contentpagedisplay.cfm?content\\_id=71](http://www.nfhs.org/scriptcontent/va_custom/vimdisplays/contentpagedisplay.cfm?content_id=71)>
- *Rights and Responsibilities of Interscholastic Athletes*, National Association for Sport and Physical Education, <[www.aahperd.org/naspe/pdf\\_files/pos\\_papers/RightandResponsibilities.pdf](http://www.aahperd.org/naspe/pdf_files/pos_papers/RightandResponsibilities.pdf)>

## Safe Routes to School

- *Safe Routes to Schools Tool Kit*, National Highway Traffic Safety Administration, <[www.nhtsa.dot.gov/people/injury/pedbimot/bike/saferouteshtml/](http://www.nhtsa.dot.gov/people/injury/pedbimot/bike/saferouteshtml/)>
- *KidsWalk to School Program*, Centers for Disease Control and Prevention, <[www.cdc.gov/nccdphp/dnpa/kidswalk/](http://www.cdc.gov/nccdphp/dnpa/kidswalk/)>
- *Walkability Check List*, Pedestrian and Bicycle Information Center, Partnership for a Walkable America, U.S. Department of Transportation, and U.S. Environmental Protection Agency, <[www.walkinginfo.org/walkingchecklist.htm](http://www.walkinginfo.org/walkingchecklist.htm)>

## Monitoring and Policy Review:

- *School Health Index*, Centers for Disease Control and Prevention (CDC), <<http://apps.nccd.cdc.gov/shi/>>
- *Changing the Scene: Improving the School Nutrition Environment Toolkit*, U.S. Department of Agriculture, <[www.fns.usda.gov/tn/Healthy/changing.html](http://www.fns.usda.gov/tn/Healthy/changing.html)>
- *Criteria for Evaluating School-Based Approaches to Increasing Good Nutrition and Physical Activity*, Action for Healthy Kids, <[www.actionforhealthykids.org/docs/specialreports/report\\_small.pdf](http://www.actionforhealthykids.org/docs/specialreports/report_small.pdf)>
- *Opportunity to Learn: Standards for Elementary Physical Education*, National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=368&section=5>>
- *Opportunity to Learn: Standards for Middle School Physical Education*. National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/Template.cfm?template=ProductDisplay.cfm&Productid=726&section=5>>

- *Opportunity to Learn: Standards for High School Physical Education*. National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=727&section=5>>

## WELLNESS POLICY CHECKLIST FOR MONITORING GOALS

### COMPONENT 1: Nutrition Education

GOAL	Person(s) Responsible	Date(s) Complete	Documentation Evaluation Tools
Offer at each grade level nutrition education as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.	Teachers Teachers Aides Supervisor of Instruction	On-going	Curriculum in-service on Nutrition and Wellness. Curriculum Planning Actual Daily Lesson Plans
Bulletin board, posters and menus posted that promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health enhancing nutrition practices.	Teachers Food Service Staff	On-going	Maintain sample menus, flyers Take pictures of bulletin boards
Include community outreach by the use of Cocke County Schools Website, Plain Talk newspaper, PTA newsletters and flyers.	Food Service Supervisor School Administration Technology Dept.	On-going	Update website, keep copies of menus, flyers, newsletters sent to parents/community
Promote collaboration between Food Service and Teachers to ensure nutrition education is taught to all students.	Food Service Supervisor and Staff Teachers	On-going	Invite staff to training opportunities and document Offer joint training for Food Service and Teachers

## WELLNESS POLICY CHECKLIST FOR MONITORING GOALS

### COMPONENT 2: Physical Activity

<b>GOAL</b>	<b>Person(s) Responsible</b>	<b>Date(s) Complete</b>	<b>Documentation Evaluation Tools</b>
<p>Students in grades K-8, including student with disabilities and special health-care needs will receive daily physical education for 60 minutes per week. All students in grades 9-12 will complete one credit of Wellness that will include a physical education component. All physical education should be taught by a certified physical education teacher.</p>	<p>Board of Education Director of Schools PE teachers Principals</p>	<p>July 1, 2006</p>	<p>Class time established Schedules for PE duplicated for files.</p>
<p>All elementary school students will have at least 20 minutes of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through space and equipment.</p>	<p>Board of Education Director of Schools Principals Teachers</p>	<p>July 1, 2006</p>	<p>Class schedules duplicated for files.</p>
<p>Schools should discourage extended periods of inactivity. (two hours or more) When activities such as mandatory testing make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.</p>	<p>Teachers</p>	<p>July 1, 2006</p>	

## WELLNESS POLICY CHECKLIST FOR MONITORING GOALS

### COMPONENT 3: Nutrition Standards

<b>GOAL</b>	<b>Person(s) Responsible</b>	<b>Date(s) Complete</b>	<b>Documentation Evaluation Tools</b>
School meals served through the National School Lunch and Breakfast Program and meet the standards of those programs	Food Service Supervisor Food Service Staff	On-going	Documentation of Program available in Food Service office. Menus Production Records Invoices CRE
Foods and Beverages sold meet the minimum nutritional standards established by the State of Tennessee.	Principals Food Service Supervisor Board Members Teachers Principals Parents Volunteers	July 1, 2006	Nutrition Standards Bill- policy set by Board

## WELLNESS POLICY CHECKLIST FOR MONITORING GOALS

### COMPONENT 4: Other School-Based Activities

GOAL	Person(s) Responsible	Date(s) Complete	Documentation Evaluation Tools