

TENNESSEE SCHOOL FOR THE DEAF

WELLNESS POLICY

ASSESSMENT:

The Tennessee School for the Deaf is in compliance with the Wellness Policy on Physical Activity and Nutrition.

All meals served through the National School Breakfast and Lunch Program adhere to nutritional standards set forth by federal, state, and local policies.

All students in grades K- 12 have opportunities, support and encouragement to be physically active on a regular basis. All K – 9 students have Physical Education classes on a daily basis. In addition, Elementary and Middle School students have opportunities to participate in afterschool sports such as basketball, soccer, and softball. TSD is a residential school so recreational activities are afforded the students during the afternoons and evenings. High School students have the opportunity to participate in TSSAA sports such as football, basketball, volleyball, swimming and track. They also have recreational activities in the evenings. TSD's campus consists of 90 acres. The students walk to and from class to the cottages, gymnasium and recreational buildings. Health and wellness classes are offered to Middle School and High School students. Elementary, Middle School and High School students also receive Health instruction through their Science classes. TSD has a weight room that students may use during supervised time periods. We also have a weight and fitness coach who works with the High School athletes.

The Tennessee School for the Deaf is a residential school with around 75% of our population living on campus. The remaining 25% travel to campus on a daily basis. Our school serves the entire state of Tennessee so we have students who come to us from Memphis, Union City, Nashville, Chattanooga, Mountain City and all points in between. With such a broad student base, it is hard to engage parents in developing wellness policies and seeing that they are implemented. We have attempted to bridge this gap by informing parents through our website of the Wellness Policy. We also list our daily menus on our website which is open to all constituents. We have a parent liaison who has monthly meetings in Memphis, Jackson, Nashville, Chattanooga, Knoxville and the Tri state area. At these meetings, wellness policies can be discussed with the parents. We also send a letter to the parents at the beginning of the school year about our Wellness policy. Our Elementary School holds an Open House annually where Wellness can be discussed. We are always striving to do a better job in getting our parents involved in the activities of our school.

We publish our Wellness Policy on our website which is available to the public.