

TENNESSEE SCHOOL FOR THE DEAF

KNOXVILLE

WELLNESS POLICY ON PHYSICAL ACTIVITY AND NUTRITION

PURPOSE. Tennessee School for the Deaf is committed to providing a school environment that promotes and protects children’s health, well-being and ability to learn by supporting healthy eating and physical activity. Children and youth who begin their day as healthy individuals learn more and learn better. A healthy staff can also more effectively perform their assigned duties as well as model appropriate wellness behavior for students.

Therefore, it shall be the policy of Tennessee School for the Deaf that:

- T.S.D. will engage students, parents, teachers, food service professionals and health professionals in developing, implementing and monitoring this wellness policy regarding nutrition and physical activity.
- All meals served through the National School Breakfast and Lunch Program will adhere to the nutritional standards set forth appropriate federal, state, and local polices governing school nutrition as well as those set herein.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.

(1) NUTRITION. Academic performance and quality of life issues are affected by the choice and availability of wholesome food in our school. Healthy foods support student's physical growth, brain development, resistance to sickness, emotional stability, and ability to learn.

a) Nutritional guidelines that require the use of products that are whole grain rich, zero in trans fat, low in saturated fat, and low in sodium and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by Tennessee School for the Deaf. Menu development and product selection will be accomplished with consideration of input from students, staff, and School Nutrition personnel whenever possible. Meals served through the National School Breakfast and Lunch Programs will:

- Be appealing and attractive to children/staff
- Be served in clean and pleasant settings
- Meet nutritional requirements established by local, state and federal, statutes and regulations
- Offer a variety of fruits and raw and cooked vegetables
- Serve only reduced fat and fat free flavored and unflavored milk
- Offer water at all meals

b) T.S.D. food services department shall promote nutritional education and healthy eating by use of posters, bulletin boards, and other displays.

c) T.S.D. food services department shall support classroom activities for all students that include hands-on applications of good nutrition practices to promote healthy and reduce obesity.

d) T.S.D. will provide students with at least 20 minutes to eat after sitting down for breakfast and lunch meal.

- e) T.S.D. will provide students access to hand washing facilities and hand sanitizer before they eat meals.
- f) Qualified food service professionals will administer the school meal programs.
- g) Food Services manager/supervisor will work closely with health services department on doctor ordered special diets.

(2) HEALTH EDUCATION AND LIFE SKILLS. Health living skills shall be taught as of part of the regular instructional program and will provide the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

- a) T.S.D. shall provide for an interdisciplinary, sequential skill based health education program based upon state standards and benchmarks.
- b) Students shall have access to valid and useful health information and health promotion products and services.
- c) Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before and after school programs.
- d) Students shall be taught communication, goal setting and decision making skills that enhance personal and family health.

(3) PHYSICAL EDUCATION AND ACTIVITY. Physical education shall be taught by a certified specialist. Physical activity shall be provided by a qualified staff member. Physical education and physical activity shall be an essential element of the T.S.D. Instructional program. The program shall provide the opportunity for all students to develop the skill, knowledge and attitudes necessary to participate in a lifetime of healthy physical activity.

PHYSICAL EDUCATION PROGRAM. The physical education program shall be Designed to stress physical fitness and encourage healthy, active lifestyles. The Physical education program shall consist of physical activities of at least Moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students.

- a) Participation in such physical activities shall be required for all students in kindergarten through grade five for a minimum of 45 minutes, 5 day a week or the equivalent.
- b) Such instruction may be provided for grades 6-8 through formal physical education courses, integration into other courses, regularly scheduled intramural activities, and/or regularly scheduled school wide activities.
- c) The Upper School department shall require 1.5 credits of an approved Physical Education course for graduation.
- d) Students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.
- e) Students shall be provided varied opportunities for enjoyment, challenge, self expression and social interaction that will lead to a physically active lifestyle.
- f) Extended periods of inactivity should be discouraged. When activities are to remain indoors for long periods of time, teachers should give students periodic breaks, during which they are encouraged to stand, stretch, and be moderately active.

(4) HEALTH AND SAFE ENVIRONMENT. A healthy and safe environment for all, before, during, and after school supports academic success. Safer communities promote healthier students. Healthier students do better in school and make greater contributions to their community.

- a) School buildings and grounds, structures, buses and equipment shall meet all current health and safety standards, including environmental air quality, and be kept inviting, clean, safe and in good repair.
- b) School offices and all facilities shall maintain an environment that is free of tobacco, alcohol, and other drugs.
- c) Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.
- d) Each work site and classroom shall work to create an environment where students, parents/guardians, faculty and staff are respected, valued, and accepted with high expectations for personal behavior and accomplishments.

(5) SOCIAL AND EMOTIONAL WELL-BEING. Programs and services that support

And value the social and emotional well being of students, families and staff

Build a healthy school environment.

- a) T.S.D. shall provide a supportive environment that includes guidance, counseling, and school social work services that encourages students, families and staff to request assistance when needed and link them to school resources.
- b) Students shall be provided the skills to express thoughts and feelings in a responsible manner and give and receive support from others.
- c) Students shall be taught to understand and respect the differences in others and how to build positive interpersonal relations.
- d) Students and staff shall be encouraged to balance work and recreation and health and to become aware of conditions/situations which may trigger stress and interfere with healthy development. The State of Tennessee supplies an Employee Assistants Program to all staff and their families.

(6) HEALTH SERVICES. An effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical health of students and staff. The Health Services Department supplies guidance and training to instructional and cottage staff on students special diets.

(7) FAMILY, SCHOOL, AND COMMUNITY PARTNERSHIP. Long term effective Partnerships improve planning and implementation of health promotion projects and events at T.S.D., and throughout the community.

- a) Family and student partners shall be included on ongoing bases in school wellness planning process. Parents will be encouraged to participate in their child's wellness program.
- b) T.S.D. shall actively develop and support the engagement of students, families, and staff in community health enhancing activities and events at the school.

(8) STAFF WELLNESS. T.S.D. shall provide an accessible and productive work environment that is free from physical dangers or emotional threats that is as safe as possible and consistent with applicable occupational safety and health laws, rules, and policies. All T.S.D. staff members will be in compliance with drug, alcohol, and tobacco free policies.

(9) MONITORING. The Director of Instruction or his/her designee will ensure compliance with established school nutrition and physical activity wellness policies with input of information from the school food service manager, school health providers and physical education/health teachers. The Director of Instruction or his/her designee will develop a summary report every three years on school wide compliance with established nutrition and physical activity wellness policies based on input from the agencies listed above. The policy will be updated every three years with contributions from parents, students, teachers, school health professionals, school administrators, and food service personnel.