This policy reflects the commitment of the Murfreesboro City School Board to providing school environments that promote and protect the health and welfare of students. The Board recognizes the impact of proper nutrition, physical activity, emotional wellness, and other health conscious practices on student learning.

Fostering Lifelong Habits
Schools will provide nutrition education, physical education/activities, and health education to foster lifelong habits of healthy eating and physical activity. Schools will establish linkages between health education, school meal programs, and related community services.

Community Engagement
The school district will engage students, parents, teachers, food service professionals, health professionals including Coordinated School Health (CSH), and other community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity guidelines; student health services, including the administration of medications; student emotional wellness services; and student social services.

Commitment to Coordinated School Health
All schools shall implement the CDC’s Coordinated School Health approach to managing new and existing wellness-related programs and services in schools and in the surrounding community, based on State law and State Board of Education CSH standards and guidelines. The district’s CSH Coordinator shall be responsible for overseeing compliance with State Board of Education CSH standards and guidelines in the school district.

School Health Advisory Council¹,²
A district School Health Advisory Council shall be established to serve as a resource to school sites for implementing policies and programs and develop an active working relationship with the county health council. The council shall consist of individuals representing the schools and community, including parents, teachers, school administrators, health professionals, school food service representatives, and members of the public.

The primary responsibilities of the Council include, but are not limited to:
- Reviewing and as necessary, making recommendations concerning physical activity and nutrition policies;
• Ensuring all schools within the district create and implement an action plan related to all School Health Index modules;
• Ensuring the results of the action plan are annually reported to the School Health Advisory Council; and
• Ensuring that school level results include measures of progress on each indicator of the School Health Index.

The State Board of Education’s Coordinated School Health and Physical Activity Policies shall be used to guide the Council in making recommendations to the Director of Schools and School Board.

Each school shall have a Healthy School Team consisting of teachers, students, parents, and administrators. The Team shall hold Healthy School Team meetings during the school year to assess needs and oversee planning and implementation of the school health efforts. The Director of Schools/Designee shall ensure compliance with the school wellness policy, to include an assessment of the implementation of the wellness policy and the progress made in attaining this policy goals. The assessment will be available to the public.

**Nutrition**

The district will promote healthy nutrition through various activities, including nutrition related newsletters, informational links on the district website, healthy eating posters in dining areas, and informational booths at various community functions. Nutrition education will be offered as part of a standards-based program designed to provide students with the knowledge and skills needed to promote and protect their health as outlined in the State Board of Education Health Education and Lifetime Wellness Standards. Nutrition education will discourage teachers from using high fat, high sugar, and/or high sodium foods as rewards and encourage students to start each day with a healthy breakfast.

All schools shall participate in the USDA child nutrition programs, which may include, but not be limited to, the National School Lunch Program, the School Breakfast Program, the Summer Food Service Program, and the After School Snack Program. Meals shall be accessible to all students in a non-stigmatizing manner. Students will be given adequate time to enjoy healthy meals and relax in a pleasant environment. Good nutritional habits shall be encouraged. All food including vending machines, fundraising items, and concessions must meet guidelines set forth by the Healthy, Hunger-free Kids Act, 2010, Smart Snacks in Schools. The school principal/designee and Nutrition Supervisor shall be responsible for overseeing the school district’s compliance with the State Board of Education Rules and Regulations for sale of food items in the school district.

Child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutritional needs of students; accommodate the religious, ethnic, and cultural diversity of students in meal planning when requested.

To the extent practical, all schools in our district will participate in any and all available federal school meal programs.

**Nutrition Promotion**

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that
encourage healthy nutrition choices and encourage participation in school meal programs. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students, and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in school nutrition standards.

**Food and Beverage Marketing in Schools**

The district is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing include an oral, written, or graphic statement made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product.

Food and beverages marketed or promoted to students on the school campus during the school day will meet the nutrition recommendations of the US Dietary Guidelines for Americans and all Tennessee State Board of Education minimal nutritional standards.

**Celebrations and Rewards**

During the day, celebrations that involve food must take place outside of scheduled lunch hours.

All foods offered on the school campus are encouraged to meet or exceed the USDA Smart Snacks in Schools nutrition standards. These include:

- Celebrations and parties. The district encourages promotion of healthy food and nonfood celebrations. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA.
- Classroom snacks are encouraged to be of a healthy nature.
- Rewards and incentives. The district encourages teachers and other relevant school staff members not to use food, candy, or beverages as rewards. Staff should not withhold food, candy, or beverages as punishment for any reason, such as for performance or behavior.

**Physical Activity and Physical Education**

The Board recognizes that physical activity is important to the overall health of children. Schools shall support and promote physical activity. Physical activity may be integrated into any areas of the school program. All students will have opportunities, support, and encouragement to be physically active on a regular basis.

Physical Education classes shall be offered as part of a standards-based program designed to provide developmentally appropriate moderate to vigorous physical activity as an integral part of
the class. All physical education classes shall comply with the State Board of Education’s Physical Education Standards. In addition to the district’s physical education program, non-structured physical activity periods shall be offered as required by law.6

Physical activity shall not be employed as a form of discipline or punishment.

Curriculum

All applicable courses of study should be based on state-approved curriculum standards.

School Health Index

All schools within the district shall annually administer a baseline assessment on each of the three recommended School Health Index modules. Results shall be submitted to the School Health Advisory Council and reported to the State Department of Education.

Record Keeping Compliance

The district’s Coordinated School Health Coordinator shall ensure that records demonstrating compliance with community involvement requirements are maintained. The Coordinated School Health Coordinator shall also document that the school wellness policy and triennial assessments are made available to the public.7

1. State Board of Education Policy 4.204
2. State Board of Education Policy 4.206
3. 42 U.S.C. 1758b (Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296)
4. TRR/MS 0520-1-6 Child Nutrition Programs
5. 7 C.F.R. 210 and 220
6. T.C.A. 49-6-1021
7. 7 C.F.R. § 210.31(f)