

<b>Bartlett City Board of Education</b>		<b>6052</b>
Descriptor Term: <b>WELLNESS</b>	Descriptor Code: <b>Student Services</b>	Issue Date: <b>11/19/2015</b>
	Rescinds:	Revised:

1 Bartlett City Schools is committed to providing a school environment that enhances learning and  
2 the development of lifelong wellness practices.

3 To accomplish these goals:

- 4 1. School Nutrition Programs shall comply with federal, state and local requirements.
- 5 2. School Nutrition Programs are accessible to all children.
- 6 3. Interdisciplinary nutrition education is provided and promoted.
- 7 4. Patterns of meaningful physical activity are connected to students' lives outside of  
8 physical education.
- 9 5. All school-based activities are consistent with BCS wellness policy goals.
- 10 6. All foods made available on campus follow applicable federal and state regulations.
- 11 7. The school environment is safe, comfortable, pleasing, and allows adequate time and  
12 space for eating meals.

13 **COORDINATED SCHOOL HEALTH**

14 Bartlett City Schools is committed to ensuring that:

- 15 1. The Center for Disease Control's (CDC's) Coordinated School Health approach is  
16 implemented in managing new and existing wellness-related programs and services at  
17 all schools. Such programs shall be implemented in accordance with State law and State  
18 Board of Education Coordinated School Health (CSH) Standards and Guidelines.
- 19 2. Each school will complete the CDC's School Health Index annually and base school  
20 goals on the results.
- 21 3. Each school will have a Healthy School Team consisting of teachers, students, parents  
22 and administrators and will be required to hold Healthy School Team meetings.
- 23 4. A School Health Advisory Council is established that shall serve as a resource to school  
24 sites for implementing coordinated school health and wellness policies and procedures.
  - 25 a. The School Health Advisory Council shall consist of individuals representing the  
26 District and community. The primary responsibilities of the Council include, but  
27 are not limited to, the following:
    - 28 i. Developing, monitoring, and reviewing recommendations for  
29 physical activity and nutrition policies.
    - 30 ii. Supporting schools within the district as they develop action plans  
31 and wellness initiatives related to the School Health Index.
    - 32 iii. Assisting with the development of nutrition and physical fitness  
33 guidelines in accordance with applicable State and federal laws.
  - 34 b. Council recommendations for revisions to this policy and other student wellness  
35 policies shall be provided to the Bartlett City Board of Education for consideration.

1 **PHYSICAL ACTIVITY**

2 Bartlett City Schools recognizes that physical activity is important to the overall health of a child.  
3 Schools shall support and promote physical activity by:

- 4 1. Providing opportunities during the school day for students to be physically active.  
5 Opportunities shall include integration of physical activity into curricular areas of the  
6 school program (i.e., classroom movement breaks and other moving activities); and  
7 supervised recess/physical education provided in accordance with federal and/or state  
8 requirements.  
9 2. Not withholding physical activity as a punishment (i.e., recess) or using physical activity  
10 as a punishment (e.g., push-ups, running laps) during the school day.

11 **CURRICULUM**

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

13 **EVALUATION OF EFFECTIVENESS OF NUTRITION PROGRAM**

14 Bartlett City Board of Education shall monitor the effectiveness of the school nutrition program  
15 within a wide-range of student constituency groups. Factors to be considered may include, but  
16 are not limited to, the following:

- 17 1. Participation rates in school meal programs;  
18 2. Student satisfaction surveys;  
19 3. Parent satisfaction surveys;  
20 4. Frequency and types of health problems noted on school nurse logs;  
21 5. Frequency and types of health and/or behavioral problems noted on counselor logs;  
22 6. Incidence of student behavior infractions;  
23 7. Teacher surveys of student's classroom behavior, attention span, and memory; and  
24 8. Test scores.

25 The Superintendent, or his/her designee, shall oversee compliance with this policy.