Hickman County Board of Education

	Descriptor Term:	Descriptor Code:	Issued Date:
	Student Wellness	**6.411**	**09/08/25**
		Rescinds: **6.411**	Issued: **07/07/25**

The Hickman County Board recognizes the value of proper nutrition, physical activity, and other health conscious practices and the impact that such practices have on student academic achievement, health, and wellbeing. In order to provide an environment conducive to overall student wellness, this policy shall be followed by all schools in the Hickman County School District.[1]

COMMITMENT TO COORDINATED SCHOOL HEALTH

All schools shall implement CDC's Coordinated School Health approach to managing new and existing wellness-related programs and services in schools and the surrounding community based on State law and State Board of Education CSH Standards and Guidelines. The district's coordinated school health coordinator shall be responsible for overseeing compliance with State Board of Education CSH Standards and Guidelines in the school district.

SCHOOL HEALTH ADVISORY COUNCIL[2,3]

An 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 school and community, including parents, students, 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:

1. Developing, implementing, monitoring, reviewing and as necessary, making recommendations as to physical activity and nutrition;
2. Ensuring all schools within the district create and implement an action plan related to all School Health Index modules;
3. Ensuring results of the action plan are annually reported to the council; and,
4. Ensuring 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 Education Policies shall be used as guidance by the Council to make recommendations. The Hickman County School Board may consider recommendations of the Council in making policy changes or revisions.

Additionally, each school will have a Healthy School Team that is representative of all eight (8) components of the CSH program. The team members shall consist of the principal, teachers, staff, students, parents, and community members with at least half of the team members being non-school personnel.[2] ~~consisting of teachers, students, parents, and administrators.~~[2] The Team shall hold Healthy

School Team meetings during the school year to assess needs and oversee planning and implementation of school health efforts.

The director of schools/designee will ensure compliance with the school Wellness Policy, to include an assessment of the implementation of the Wellness Policy and the progress made in attaining the policy goals. The assessment will be made available to the public.

COMMITMENT TO NUTRITION

All schools within the Hickman County District shall participate in and are committed to offering school meals that are consistent with 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.[4,5,6]

Meals shall be accessible to all students in a non-stigmatizing manner. ~~Students will be given 10 minutes of breakfast and 20 minutes after sitting down for lunch.~~ 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.[4,5,6] Schools shall follow the State Child Nutrition Program limit on days in which non-healthy foods may be used for fundraisers.

It is the intent of the Hickman County School District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy. Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements 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.

All foods offered on the school campus may meet or exceed the USDA Smart Snacks in School nutrition standards including through: celebrations and parties, classroom snacks brought by parents, rewards, and incentives. School cafeterias prohibit the sale of caffeinated energy drinks.

The school principal/designee 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.[2,5,6]

DISTRICT GOALS

The Hickman County District will promote healthy nutrition through various activities, including nutrition related newsletters, informational links on the district website, healthy eating posters and bulletin boards 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. District nutrition goals, and measurement of their effectiveness, are updated annually in the state Coordinated School Health report. Nutrition education will discourage teachers from using high fat, sugar, and sodium foods as rewards and encourage students to start each day with a healthy breakfast. If a district engages in food

or beverage marketing, all marketing shall comply with the Smart Snacks in School nutrition standards.[6]

COMMITMENT TO PHYSICAL ACTIVITY AND PHYSICAL EDUCATION[7]

The board recognizes that physical activity is extremely important to the overall health of a child. Schools shall support and promote physical activity. Physical activity may be integrated into any areas of the school program.

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.

Unstructured physical activity periods shall be offered in addition to the school district's physical education program. Elementary school students shall receive a minimum of forty (40) minutes of physical activity each full school day. Middle and high school students shall receive a minimum of ninety (90) minutes of physical activity each full school week.

Physical activity will be conducted outside if weather permits. The following activities shall not be considered physical activity: walking to and from class, time spent on an electronic device, and time spent in a physical education class.

Schools shall continue to offer after school sports and activities. Physical activity shall not be employed as a form of discipline. Physical activity shall not be withheld from a student as a form of punishment.

COMMITMENT TO CURRICULUM[3]

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

SCHOOL HEALTH INDEX[3]

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

COMPLIANCE[8]

The superintendent/designee will ensure compliance with the school Wellness Policy, to include an assessment of the implementation of the Wellness Policy and the progress made in attaining policy goals.

Recordkeeping

Coordinated School Health will retain records to document compliance with the requirements of the wellness policy.

Annual Notification of Policy

Coordinated School Health will inform families and the public each year of information about the wellness policy, including updates and implementation status. This information will be made to the public via district website and/or district wide communications, and actively encourage their involvement.

Triennial Progress Assessments

Every three years, Coordinated School Health will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- Compliance with the wellness policy
- How the wellness policy compares to the wellness policy assessment tool
- Description of the progress made in attaining the goals of the wellness policy, which are the annual goals found in the Coordinated School Health annual report.

The School Health Coordinator is responsible for managing the triennial assessment. The School Health Advisory Council and the individual schools will monitor schools' compliance with the wellness policy. Coordinated School Health will inform families and community members of the availability of the triennial assessment via district website and/or district-wide communications.

Revisions and Updating the Policy

The School Health Advisory Council will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment. The District will notify the public about the content of or any updates to the wellness policy annually through the district website and/or district-wide communications.

Community Involvement, Outreach, and Communications

The District is committed to being responsive to community input. Hickman School District will actively communicate with representatives of the School Health Advisory Council and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for the district.

Legal References

1. TCA 49-6-1022
2. State Board of Education Policy 4.204
3. State Board of Education Policy 4.206
4. 42 USCA § 1758b; TRR/MS 0520-01-06-.04
5. TRR/MS 0520-01-06
6. 7 CFR § 210; 7 CFR § 220
7. TCA 49-6-1021; Public Acts of 2025, Chapter No. 306
8. 7 CFR § 210.31(f)

Cross References

Student Suicide Prevention 6.415