

WELLNESS POLICY ASSESSMENT AND MEASUREMENT

This assessment tool and survey was used to measure compliance with objectives and goals stated in the Wellness Policy and Guidelines for Hardin County Schools. The assessment process was initially begun in December 2016. Persons representing schools and the community evaluated each goal or objective stated and marked the column that best described the level of compliance. Comments were encouraged to help in the review and update of the Wellness Plan for Hardin County Schools. The assessment was discussed and evaluated at the School Health Advisory Council meeting on February 2, 2017. Below is a compilation of the assessment and comparison to the Alliance for a Healthier Generation's Model Wellness Policy.

GOAL OR OBJECTIVE	In Compliance	In the Process of Becoming Compliant	Not Compliant	Comparison to Model Wellness Policies	Comments
POLICY - 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 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.	X				
POLICY - SCHOOL HEALTH ADVISORY COUNCIL					
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 school and community, including parents, students, teachers, school administrators, health professionals, school food service representatives and members of the public.	X			X	The Council (SHAC) has to be updated yearly due to members changing positions and moving schools, etc. We have members representing all schools, school board, healthcare, school nutrition, parents, students and members of our community. These volunteers also represent members who have served on the SHAC since its inception and can provide history of the Wellness Policy and many with fresh new ideas. Change name of SHAC to District Wellness Committee (DWC).
The primary responsibilities of the council include but are not limited to: Developing, implementing, monitoring, reviewing and as necessary, making recommendations as to physical activity and nutrition policies.	X			X	
Ensuring that all schools within the district create and implement an action plan related to the modules 1, 3 and 4 from the School Health Index.		X			Moving to using the Alliance for a Healthier Generation assessment and measurement tool.
Ensuring that the results of the action plan are annually reported to the council.	X			X	

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Ensuring that school level results include measures of progress on each indicator of the School Health Index.	X				Moving to using the Alliance for a Healthier Generation assessment and measurement tool.
The State Board of Education's Coordinated School Health and Physical Activity Policies shall be used as guidance by the Council to make recommendations. The Board will consider recommendations of the Council in making policy changes or revisions.	X			X	Change "Council" to "District Wellness Committee".
Additionally, each school will have a Healthy School Team consisting of teachers, students, parents and administrators. The Team is shall hold Healthy School Team meetings during the school year to assess needs and oversee planning and implementation of school health efforts.	X				In second sentence change "is shall" to "will".
POLICY - COMMITMENT TO NUTRITION					
All schools within the District shall participate in the USDA child nutrition programs, including the National School Lunch Program, the School Breakfast Program, the Summer Food Service Program, and the After School Snack Program. The school nutrition coordinator 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.	X			X	Change "coordinator" to "program director".
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.		X			
The 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. 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.	X			X	

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POLICY - COMMITMENT TO PHYSICAL ACTIVITY					
<p>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 with moderate to vigorous physical activity being an integral part of the class. In addition to the district's physical education program, non-structured physical activity periods shall be offered in grades K-6. Non-structured physical activity will consist of a temporary withdrawal or cessation from usual school work or sedentary activities.</p>	X			X	Change grade "6" to "5".
<p>The following opportunities for physical activity shall be provided: 1. Grades K-1: a minimum of three (3) fifteen-minute periods of non-structured physical activity per day;</p>		X		X	Will change with updates in new legislation.
<p>2. Grades 2-6: a minimum of two (2) twenty-minute periods of non-structured physical activity at least four (4) days per week; and</p>		X		X	Will change with updates in new legislation.
<p>3. Grades 7-12: a minimum of ninety (90) minutes of physical activity per week.</p>	X			X	Will change with updates in new legislation.
<p>Schools shall continue to offer after school sports and activities. Physical activity shall not be employed as a form of discipline or punishment.</p>	X			X	
POLICY - COMMITMENT TO CURRICULUM					
<p>All applicable courses of study should be based on State-approved curriculum standards.</p>	X			X	
POLICY - SCHOOL HEALTH INDEX					
<p>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.</p>	X			X	HCS is using Alliance for a Healthier Generation modules as a basis for assessment instead of School Health Index.

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WELLNESS POLICY GUIDELINES					
NUTRITION EDUCATION GOALS					
<ul style="list-style-type: none"> Teachers in PK – Grade 8 will integrate nutrition education into the curriculum to help students understand the relationship of nutrition to healthful living. (See state curriculum guidelines for specific objectives for each grade level.) The state-approved Michigan Model, Take 10, and OrganWise Guys Curriculum will be used to help meet this goal. 	X			X	Replace OrganWise Guys Currirulum with Go Noodle!
<ul style="list-style-type: none"> Lifetime Wellness and other teachers in Grades 9-12 will integrate nutrition education into the curriculum to help students determine the effects of nutritional choices that contribute to an improved quality of life. (See state curriculum guidelines for specific objectives.) 	X			X	
<ul style="list-style-type: none"> A list of nutrition education resources will be provided to Hardin County teachers by the Coordinated School Health Specialist and other community agencies and partnerships. 		X			Add "Hardin County School Nutrition Program Director".
<ul style="list-style-type: none"> Nutrition education programs and/or lessons will be presented by Coordinated School Health and other agencies and partnerships to students in grades PK-12 during the school year. 	X				Health Department - Megan Seales presenting through guidance counselors in schools.
<ul style="list-style-type: none"> Nutrition education will be evident in the cafeteria and/or lunchroom setting by bulletin boards, posters, and menus that promote fruits and vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and/or health-enhancing nutrition practices. 	X			X	
<ul style="list-style-type: none"> Students will be encouraged to start each day with a healthy breakfast. 	X				
<ul style="list-style-type: none"> All schools will be USDA Team Nutrition Schools. 	X				

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<ul style="list-style-type: none"> School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or Smart Snacks Guidelines. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged. 		X		X	Beverage vending machines at HCHS are being changed out this summer to meet the marketing requirements.
PHYSICAL ACTIVITY GOALS					
Students in PK – Grade 5 will engage in physical activity for a minimum of ninety (90) minutes each week.	X				Will need to be updated if proposed TN law goes into effect.
Students in Grades 6-8 will engage in physical activity for a minimum of ninety (90) minutes each week.	X				Will need to be updated if proposed TN law goes into effect. Will need to include Grades 6-12.
Physical Education will not be taken away from students as punishment.	X			X	
Students in grades 9-12 will take Lifetime Wellness which will include both physical activity and health and wellness instruction.	X			X	
Extracurricular physical activity programs to all students at all Hardin County Schools.	X			X	Add "will be available" between "programs" and "to".
NUTRITION STANDARDS GOALS					
Meals served through the National School Lunch and Breakfast Program will:					
-be appealing and attractive to children;	X			X	
-be served in clean and pleasant surroundings;	X			X	
-meet, at a minimum, nutrition requirements established by local, state and federal regulations;	X			X	
-offer a variety of fruits and vegetables daily, including at least one fresh fruit or vegetable daily;	X			X	
serve a variety of milk, including low-fat unflavored and fat-free, flavored, and unflavored on a daily basis;	X			X	

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Schools will engage students and parents, through taste-tests of new entrees and/or surveys, in selecting foods sold through the school nutrition program in order to identify acceptable new, healthful, and appealing food choices.	X				Add listening groups as a way to get feedback and ideas from students.
Foods or beverages will not be used as rewards on campus during the school day. This includes a 30-minute period prior to the start of the school day and a 30-minute period after the school day ends.	X			X	New definition of school day: The school day is defined as the midnight before to 30 minutes after the end of the school day.
Schools will not withhold food or beverages as a punishment.	X			X	
The USDA SMART Snacks Guidelines and applicable state statutes will be followed by all schools for all foods and beverages sold to students.		X		X	All foods in vending machines at HCHS have been reevaluated and are in the process of being changed out for SMART Snack compliant items.
In order to comply with the Hardin County Wellness Policy Guidelines, all parties and/or special activities where food is served must be approved by the school administration.		X		X	
Birthday parties for students will not be allowed at school.	X				
Only two holiday parties will be allowed per school year at the elementary level: Christmas and Valentine's Day. One End-of-the-Year Celebration will be permitted. At least one-half of the foods and beverages served during a party or celebration activity must be pre-packaged from an approved source and must meet the SMART Snacks Guidelines.	X			X	
Meals through the National School Lunch and Breakfast Program will be available to all students in all schools.	X			X	
School nutritional professionals will administer the school meal programs. As a part of the school district's responsibility to operate a food service program, the district will provide continuing professional development for all school nutrition professionals in schools. Staff development programs will include appropriate certification and/or training programs according to their level of responsibility and hours worked.	X			X	Change "nutritional" to "nutrition". Change "certification" to "certificate".

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OTHER SCHOOL-BASED ACTIVITIES					
School Health Advisory Councils (SHAC) will be set up at each school in Hardin County.	X			X	Change name of SHAC to Wellness Committee (SWC).
A county-wide School Health Advisory Council (SHAC) will be set up with representatives from the schools and community, including at a minimum a parent, student, teacher, school administrator, school board member, health professional, school nutrition program representatives and members of the public.	X			X	Change name of SHAC to District Wellness Committee (DWC).
The Hardin County School Health Advisory Council will meet to monitor wellness needs of the school system and suggest updates and revisions.	X			X	Change name of SHAC to District Wellness Committee (DWC).
Cafeteria Atmosphere:					
-School dining areas will have sufficient space for students to sit and consume meals.	X				
-School dining areas will be clean, safe, and pleasant environments that reflect the value of the social aspects of eating.	X				
-Enough serving areas will be available to ensure student access to school meals with a minimum of wait time.	X				
-Meal times will be scheduled near the middle of the day.	X				
-Students will be given adequate time to enjoy healthy meals with friends.	X				
At least two schools will meet the criteria for USDA's Healthier US School Challenge and Alliance for a Healthier Generation.	X			X	Add "Smarter Lunchroom" to the title of USDA's Healthier US School Challenge Award. We have applied for all seven schools to receive recognition as USDA Healthier US School Challenge-Smarter Lunchroom. We have not heard back on these entries yet. Our previous HUSSC recognition ran out in June 2016. Currently all seven schools meet the Alliance for a Healthier Generation Bronze Level. Maybe change number of schools to 4 or 5.

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Drinking / potable water must be available to students and other customers without restriction in the location where meals are served. (Public Law 111-296)	X			X	

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