

# 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 2023. 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 by the School Health Advisory Council in May 2024. Below is a compilation of the assessment and comparison to the Alliance for a Healthier Generation's Model Wellness Policy.

GOAL OR OBJECTIVE	Fully in Place	Partially in Place	Not in Place	Comments
<b>POLICY: STUDENT WELLNESS 6.411</b>				
<b>POLICY - COMMITMENT TO COORDINATED SCHOOL HEALTH</b>				
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			
<b>POLICY - SCHOOL HEALTH ADVISORY COUNCIL</b>				
A District 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			
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 policies.	X			
2. Ensuring that all schools within the district create and implement an action plan related to all Alliance for a Healthier Generation Healthy Schools Program Assessment modules.		X		Remove the second word "all".
3. Ensuring that the results of the action plan are annually reported to the council.		X		
4. Ensuring that school level results include measures of progress on each indicator of the Alliance for a Healthier Generation Healthy Schools Program Assessment.	X			

GOAL OR OBJECTIVE	Fully in Place	Partially in Place	Not in Place	Comments
The State Board of Education's Coordinated School Health and Physical Activity Policies shall be used as guidance by the Committee to make recommendations. The Board will consider recommendations of the Council in making policy changes or revisions.	X			
Additionally, each school will have a Healthy School Team consisting of teachers, students, parents, community members, and administrators. The Team will hold healthy school team meetings during the school year to assess needs and oversee planning and implementation of school health efforts.	X			
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.	X			
<b>POLICY - COMMITMENT TO NUTRITION</b>				
All schools within the District 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.	X			
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 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			
<b>POLICY - DISTRICT GOALS</b>				
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 as outlined in the State Board of Education Health Education and Lifetime Wellness Standards. 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			

GOAL OR OBJECTIVE	Fully in Place	Partially in Place	Not in Place	Comments
<b>POLICY - COMMITMENT TO PHYSICAL ACTIVITY and PHYSICAL EDUCATION</b>				
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.	X			
Physical Education classes shall be offered as part of a standards based program designed to provide developmentally appropriate moderate to vigorous physical activity being 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.	X			
Schools shall continue to offer after school sports and activities. Physical activity shall not be employed as a form of discipline or punishment.	X			
<b>POLICY - COMMITMENT TO CURRICULUM</b>				
All applicable courses of study should be based on State-approved curriculum standards.	X			
<b>POLICY - ALLIANCE FOR A HEALTHIER GENERATION HEALTHY SCHOOLS PROGRAM</b>				
All schools within the district shall annually administer a baseline assessment on each of the three recommended Alliance for a Healthier Generation Healthy Schools Program Assessment modules. Results shall be submitted to the School Health Advisory Council and reported to the State Department of Education.		X		Remove "and reported to the State Department of Education".
<b>POLICY - RECORD KEEPING COMPLIANCE</b>				
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 additionally document that the school wellness policy and triennial assessments are made available to the public.	X			

GOAL OR OBJECTIVE	Fully in Place	Partially in Place	Not in Place	Comments
<b>WELLNESS POLICY GUIDELINES</b>				
<b>WELLNESS POLICY: DEVELOPMENT, IMPLEMENTATION, MONITORING and EVALUATION</b>				
The District will develop the Wellness Policy to include specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.	X			
The wellness policy, assessment and other information can be found on the district website – <a href="http://hardincoschools.com">hardincoschools.com</a>	X			
The District will actively inform families and the public each year of basic information about this policy and its content. The District will make this information available via the district website and/or district communications. The District will provide as much information as possible about the school nutrition environment.	X			
Information on how the public can get involved with the District School Health Advisory Council will also be made available on the district website.	X			
At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:				
The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;	X			
The extent to which the District’s wellness policy compares to the model wellness policy; and	X			
A description of the progress made in attaining the goals of the District’s wellness policy.	X			
The Coordinated School Health Coordinator will be responsible for managing the triennial (recurring every three years) assessment.	X			

GOAL OR OBJECTIVE	Fully in Place	Partially in Place	Not in Place	Comments
The SHAC will update or modify the wellness policy based on the results of the monitoring, reviews and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges and new Federal or state guidance or standards are issued.	X			
<b>WELLNESS COMMITTEE: COMMITTEE ROLE AND MEMBERSHIP</b>				
Hardin County Schools will convene a representative district school health advisory council (hereto referred to as the SHAC) that meets to establish goals for and oversee school health and wellness policies and programs, including development, monitoring, implementation and periodic review and update of this district-level wellness policy.	X			
The SHAC membership will represent all school levels and include, but not be limited to: parents and caregivers; student; Coordinated School Health Coordinator; School Nutrition Director; school nutrition manager; physical education teacher; guidance counselor; school nurse; school administrator, school board member; health professionals and the general public.	X			
<b>WELLNESS COMMITTEE: LEADERSHIP</b>				
The Director of Schools or his designee will convene the School Health Advisory Council and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy. The designated official for oversight is the Elementary Education Supervisor.	X			
<b>NUTRITION: SCHOOL MEALS GOALS</b>				
Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements.	X			

GOAL OR OBJECTIVE	Fully in Place	Partially in Place	Not in Place	Comments
Meals served through the National School Lunch Program, School Breakfast Program, Afterschool Snack Program, Summer Food Service Program, Fresh Fruit and Vegetable Program and others will:	X			
*be accessible to all students;	X			
*be appealing and attractive to children;	X			
*be served in clean and pleasant surroundings;	X			
*meet, at a minimum, nutrition requirements established by local, state and federal regulations;	X			
*offer a variety of fruits and vegetables daily, including at least one fresh fruit or vegetable daily;	X			
*serve a variety of milk, including low-fat unflavored and fat-free, flavored, and unflavored on a daily basis;	X			Add "when available" at the end of the statement.
*promote healthy food and beverage choices using Smarter Lunchroom techniques;	X			Remove "using Smarter Lunchroom techniques".
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			
<b>STAFF DEVELOPMENT GOALS</b>				
School nutrition 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 as outlined in the USDA Professional Standards for Child Nutrition Professionals. Staff development programs will include appropriate certificate and/or training programs according to their level of responsibility and hours worked.	X			
<b>WATER GOALS</b>				
Drinking / potable water must be available to students and other customers without restriction in the location where meals and afterschool snacks are served. (Public Law 111-296)	X			

GOAL OR OBJECTIVE	Fully in Place	Partially in Place	Not in Place	Comments
<b>COMPETITIVE FOODS AND BEVERAGES GOALS</b>				
The USDA SMART Snacks Guidelines and applicable state statutes will be followed by all schools for all foods and beverages sold to students.	X			
All foods and beverages made available on campus (including vending, a la' carte, student stores and fundraising) during the school day will be consistent with the USDA SMARTS Snacks Guidelines, applicable state statutes and/or regulations and the Nutrition Standards section of this document. School Day is defined as the time between midnight the night before to 30 minutes after the end of the instructional day.	X			
<b>CELEBRATIONS AND REWARDS GOALS</b>				
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			
Schools will not withhold food or beverages as a punishment for any reason, such as for performance or behavior.	X			
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			Remove "In order".
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			
<b>FUNDRAISING GOALS</b>				
Foods and beverages that meet the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. LEAs may set special exemptions for infrequent school-sponsored fundraisers that sell foods or beverages that do not meet the nutrition standards for Smart Snacks. Such specially exempted fundraisers shall take place no more than twenty (20) days per semester per school site.	X			

GOAL OR OBJECTIVE	Fully in Place	Partially in Place	Not in Place	Comments
No specially exempted fundraiser foods or beverages may be sold in competition with school meals in the food service area during the meal service.	X			Remove "specially exempted fundraiser and in the food service area". After "service," add "except those sold a 'la carte by the school nutrition program"
The principal of the school shall ensure that the twenty (20) day limit per semester is not exceeded.	X			
<b>NUTRITION PROMOTION GOALS</b>				
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. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. 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.	X			
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:	X			
<ul style="list-style-type: none"> <li>Implement at least ten or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques.</li> </ul>	X			Remove "using Smarter Lunchroom Techniques".
<ul style="list-style-type: none"> <li>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.</li> </ul>	X			
<ul style="list-style-type: none"> <li>Students will be encouraged to start each day with a healthy breakfast.</li> </ul>	X			



GOAL OR OBJECTIVE	Fully in Place	Partially in Place	Not in Place	Comments
<ul style="list-style-type: none"> <li>All schools will be USDA Team Nutrition Schools.</li> </ul>	X			
<b>NUTRITION and HEALTH EDUCATION GOALS</b>				
<ul style="list-style-type: none"> <li>Teachers in PK – Grade 8 will integrate nutrition and health 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 Go Noodle! Curriculums will be used to help meet this goal.</li> </ul>	X			Add " and/or elementary guidance counselors after "Teachers in PK-Grade 8".
<ul style="list-style-type: none"> <li>Lifetime Wellness and other teachers in Grades 9-12 will integrate nutrition and health 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.)</li> </ul>	X			
<ul style="list-style-type: none"> <li>A list of nutrition education resources will be readily available from the Coordinated School Health Specialist and other community agencies and partnerships.</li> </ul>	X			
<ul style="list-style-type: none"> <li>Nutrition and health education programs and/or lessons will be provided by Coordinated School Health and other agencies and partnerships to students in grades PK-12 during the school year.</li> </ul>	X			
<b>FOOD AND BEVERAGE MARKETING IN SCHOOLS GOALS</b>				
<ul style="list-style-type: none"> <li>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.</li> </ul>	X			

GOAL OR OBJECTIVE	Fully in Place	Partially in Place	Not in Place	Comments
<b>PHYSICAL ACTIVITY GOALS</b>				
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.	X			
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.	X			
Students in PK – Grade 5 will engage in physical activity for a minimum of one-hundred and thirty (130) minutes each week and a minimum of 15 minutes per day.	X			
Students in Grades 6-12 will engage in physical activity for a minimum of ninety (90) minutes each week.	X			
All high school students will take Lifetime Wellness which will include both physical activity and health and wellness instruction.	X			
Extracurricular physical activity programs will be available to all students at all Hardin County Schools.	X			
Physical Education will not be taken away from students as punishment for any reason.	X			
<b>PHYSICAL EDUCATION GOALS</b>				
The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.	X			
Students in elementary school will participate in physical education which is in compliance with the Tennessee State Laws, at a minimum	X			

GOAL OR OBJECTIVE	Fully in Place	Partially in Place	Not in Place	Comments
<p>- Students in elementary school will participate in a physical education class that meets at least two (2) times per full school week during the school year. The total physical education class time each full school week shall be no less than sixty (60) minutes</p>	X			
<p>-The physical education class shall meet the needs of students of all physical ability levels, including students with disabilities who shall participate in moderate physical activity to the extent appropriate as determined by the Individuals with Disabilities Education Act (20 U.S.C. § 1400 et seq.), Section 504 of the Rehabilitation Act (29 U.S.C. § 701 et seq.), or the student's individualized education program. An accommodation or alternative physical activity shall be provided for children with disabilities, if necessary.</p>	X			
<p>- The physical education class required by this subsection (e) shall be taught by a licensed teacher with an endorsement in physical education or by a specialist in physical education.</p>	X			
<p>- A student shall be excused from a physical education class for medical reasons. The LEA may require a parent or legal guardian to provide documentation of a student's reason for being excused from the physical education class.</p>	X			
<p>The District physical education program will promote student physical fitness through individualized fitness and activity assessments (ie: Presidential Youth Fitness Program or other appropriate assessment tool) and will use criterion-based reporting for each student.</p>	X			
<b>CLASSROOM PHYSICAL ACTIVITY BREAKS GOALS</b>				
<p>The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week.</p>	X			

GOAL OR OBJECTIVE	Fully in Place	Partially in Place	Not in Place	Comments
<b>ACTIVE ACADEMICS GOALS</b>				
Teachers will incorporate movement and kinesthetic learning approaches into subject instruction when possible and do their part to limit sedentary behavior during the school day.	X			
<b>OTHER ACTIVITIES THAT PROMOTE STUDENT WELLNESS</b>				
The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.	X			
All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the SHAC.	X			
The District will continue relationships with community partners in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.	X			
A School Health Advisory Council (SWC) will be set up at each school in Hardin County.	X			
<b>Cafeteria Atmosphere:</b>				
-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			

GOAL OR OBJECTIVE	Fully in Place	Partially in Place	Not in Place	Comments
-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 three schools will meet the criteria for Alliance for a Healthier Generation.			X	
<b>MONITORING AND POLICY REVIEW ASSESSMENT GOALS</b>				
The Hardin County Director of Schools, school administrators, Coordinated School Health Coordinator, school nurses and/or School Health Advisory Council members will work to ensure compliance with established district-wide nutrition, health education, wellness and physical activity policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the Director of Schools or designee.	X			
School nutrition staff in each school will ensure compliance with nutrition policies within the school nutrition program and will report on this matter to the School Nutrition Program Director.	X			
The School Health Advisory Council with input from other interested individuals and groups will at least annually review and make recommendations for updates and changes, if needed, to the Hardin County Wellness Policy and Guidelines.	X			
Assessments of the nutrition, health education, wellness and physical activity policies will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. The district will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation. The assessment will be posted on the Hardin County Schools website.	X			
The Director of Schools or designee will in turn report to the Hardin County Board of Education, staff and public on the compliance, progress and implementation of the Wellness Policy, based on input from schools within the district and the triennial assessment.	X			

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