



The Metropolitan Nashville Public School System (MNPS) recognizes the value of student wellness and proper nutrition and its impact on students' physical, mental, emotional and social well-being. MNPS is committed to providing a healthy school environment that promotes the knowledge and skills necessary for students to make informed decisions regarding their health and well-being. MNPS also promotes student wellness through proper nutritional and physical education practices, outstanding staff and curriculum standards, and productive opportunities for parent/community involvement.

Healthy School Environment

- District responsibilities:
 - Annual review of the District Crisis Response Plan
 - Implement health, safety and emergency preparedness training (e.g., basic first-aid and Cardiopulmonary Resuscitation (CPR), Automated External Defibrillator (AED), universal precautions, blood borne pathogens) for personnel throughout the district
 - Provide principals, teachers, parents, community with a listing of ideas for healthy snacks, healthy party snacks and in-school celebrations. (Appendix A)
- School responsibilities:
 - Form a Healthy School Team, consisting of school personnel and parent(s). Healthy School Teams will:
 - Oversee the implementation of the Wellness Policy at the school level
 - Develop goals and action step to improve the health of students, staff and the community
 - Submit required reports to the Office of Coordinated School Health
 - For schools with Automated External Defibrillators (AED), develop an emergency action plan for using the AED
 - At elementary schools, limit classroom celebrations, serving food,

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- to twice per month. Celebrations, involving food, must be held after lunch hours.
- Snacks, served during the school day or in after-school programs, should make a positive contribution to children's health (Appendix A)
 - Food, beverages and candies are not used, as rewards for academic performance or good behavior. We ensure that meals are not withheld as a method of discipline.
 - Fundraisers for grades K-12, involving food, conducted during the school day, shall meet the Smart Snacks in School USDA "Nutrition Standards for All Foods Sold in Schools" (Appendix C)
 - Consider fundraising activities that don't include food (Appendix B)
 - Vending machines in grades K-8 shall meet the Smart Snacks in School USDA "Nutrition Standards for All Foods Sold in Schools" (Appendix C)
 - Beverage vending machines, in grades 9-12, shall comply with the Smart Snacks in School USDA "Nutrition Standards for All Foods Sold in Schools" standard for beverages.(Appendix C)
 - Food vending machines, in grades 9-12, shall offer foods meeting the Smart Snacks in School USDA "Nutrition Standards for All Foods Sold in Schools"
 - Ensure students have access to hand washing or hand sanitizing before meals and snacks
 - Maintain an environment free of tobacco, alcohol and other drugs
 - Complete a chemical inventory checklist and maintain a safety data sheet
 - Provide training for faculty and staff in the identification of and response to allergy and/or asthma triggers (SP 6.129, pp.3-5)

Health Education

- District responsibilities:
 - Provide professional development training for health and wellness teachers in grades K-12
 - Provide CPR and Automated External Defibrillator (AED) Instructor Certification Training to lifetime wellness teachers
 - Provide list of approved Family Life & Sexuality Education (FLSE) community resources to schools
- School responsibilities:
 - Ensure implementation of the Tennessee Lifetime Wellness Standards (grades 9-12) and Tennessee Health Education Standards (grades K-8)
 - Ensure nutrition education is taught at each grade level
 - Ensure compliance with the Family Life & Sexuality Education Policy, IM 4.154 regarding:
 - HIV/AIDS Prevention Education
 - Parent/guardian notification
 - Preview of materials
 - Contraception
 - Safe Haven Law
 - Use only approved community resources to support teaching Family Life &

Sexuality Education (FLSE Resource Directory provided to principals, school counselors, health teachers and lifetime wellness teachers in grades 7-12)

- Use community resources to promote health education
- Provide opportunities for family involvement in health education programs

Physical Education and Physical Activity

- District responsibilities:
 - Provide professional development training for physical education teachers in grades K-12
 - Complete and submit the Physical Activity Compliance Report (90 minute Physical Activity Law) to the State Department of Education annually
 - Revise the Physical Education & Lifetime Wellness Policy, IM 4.155, as needed
- School responsibilities:
 - Ensure implementation of the Tennessee Physical Education Standards in grades K-12
 - Encourage implementation of the Sports, Play and Active Recreation for Kids (SPARK) Physical Education Curriculum in all middle schools
 - Ensure compliance with the 90 minute Physical Activity Law for grades K- 12 as indicated in TCA 49-6
 - Complete and submit the Physical Activity Compliance Report (90 minute Physical Activity Law) to the Office of Coordinated School Health each semester, or quarterly when applicable
 - Ensure compliance with the Physical Education and Lifetime Wellness Policy IM 4.155 regarding:
 - Class size
 - Graduation requirements
 - Modification
 - Dodgeball
 - Physical activity as punishment
 - Dressing out / physical education uniforms
 - Students (non-participation)
 - Trampoline / mini-trampoline safety
 - Provide safe and adequate equipment, facilities and resources for physical education classes
 - When appropriate, offer supervised recess, preferably outdoors, to elementary and middle school children
 - Encourage student and staff involvement in community physical activity programs

Nutrition Services

- District/School responsibilities:
 - Follow the Smart Snacks in School USDA “Nutrition Standards for All Foods Sold in Schools” (i.e., foods sold outside of school meals, such as through vending machines, a la carte [snack] lines, fundraisers [on school

- premises], school stores) in grades Pre-K-8. (Appendix C)
- Follow School Meals Guidelines (Appendix E)

School Health Services

- District responsibilities:
 - Train appropriate school personnel in the use and implementation of Health Office Software for both medication distribution and immunization reporting
 - Update Student Health Services Policy, SP 6.129, as needed, and ensure all schools are aware of new provisions
 - Provide parents/guardians with results of health screenings performed
 - Develop procedures for getting health and emergency information forms returned from students
 - Complete the Annual Data & Compliance Report for the State Department of Education

- School responsibilities:
 - Ensure immunization requirements for each student are complete as indicated in the Entrance Requirements Policy, SP 6.132
 - Ensure compliance with Guidelines for Diabetic Care in Schools Policy, SP 6.130
 - Ensure compliance with School Health Services Policy, SP 6.129
 - School Nurse Program
 - Individual Health Plan (IHP) for Students
 - One on One Services
 - Vision & Hearing Screenings
 - Health Screenings for Schools with Coordinated School Health
 - Dental Screenings
 - CPR & First Aid Training
 - Health-Related Emergencies and Concerns
 - Health Equipment and Supplies
 - Guidelines for use of Healthcare Professionals and Healthcare Procedures in a School Setting
 - Administration of Medication and/or Assisting with Self-Administration of Medication
 - Glucagon Administration
 - Students with Asthma

- Students with Severe Allergies
- Medication Error
- Head Lice Plan
- Meningococcal Disease
- Methicillin-Resistant Staphylococcus Aureus (MRSA)
- Medical Waste Disposal
- Disposal of Diapers
- Student Verification Form
- Health-Related Records
- Health Office
- Health Forms
- Transfer of other Health-Related Information
- Follow recommendations as indicated in “Guidelines for Use of Health Care Professionals and Health Care Procedures in a School Setting” as indicated in TCA 49-5-415
- Provide adequate clinic space or multi-purpose private space that could be used for other purposes when the nurse is not present
- Provide training for Pre-K, K, and 1st grade classes on hygiene/hand-washing
- Ensure classes are equipped with hygiene supplies

Health Promotion for Staff

- District responsibilities:
 - Provide flu shots at various schools throughout the District, whenever possible
 - Conduct voluntary health and wellness assessments (e.g., blood pressure, blood cholesterol, BMI)
 - Provide opportunities for annual physicals through the certificated medical plan
 - Promote programs to increase exercise, weight management, good nutrition and stress management
 - Distribute health promotion campaigns
 - Provide opportunities for Hepatitis B vaccination for personnel who could be exposed to blood
 - Disseminate staff wellness material from the district
- School responsibilities:
 - Communicate participation in staff wellness activities to the Office of Coordinated School Health

Family and Community Involvement

- District and School responsibilities:
 - Partner with parents and community members to institute programs that support nutrition education and physical activity

- Encourage parents to serve on “Healthy School Teams”

Pre-Kindergarten Health Services

- District responsibilities:

- Provide professional development training for staff in universal precautions, first-aid, CPR and AED

- School responsibilities:

- Ensure immunization requirements for each student are complete as indicated in the Entrance Requirements Policy, SP 6.132

Counseling, Psychological & Social Services

- District responsibilities:

- Ensure district compliance with suicide prevention training
- Ensure all principals are provided a copy of TCA 37-1-403 explaining the Child Sexual Abuse Law

- School responsibilities:

- Ensure all teachers receive suicide prevention training
- A school counseling program should be developed using the Tennessee Comprehensive School Counseling Framework and School Counselors will provide educational support for all students by promoting and facilitating their academic, personal/social and career development.
- Ensure all teachers and staff are aware of TCA 37-1-403 and understand their obligation in reporting Child Sexual Abuse

Implementation and Evaluation of Plan

- All principals will be provided with a copy of the Wellness Policy, IM 4.146
- Each principal shall develop a “Healthy School Team” to implement and monitor the Wellness Policy
- Appropriate district personnel shall report the district’s compliance to the Wellness Policy as required by the State Department of Education

References/Authority

MNPS will implement this policy and comply with all applicable federal, state and local laws and regulations as may be amended from time to time. The following authorities were used in the development of this policy:

1. The Healthy, Hunger-Free Kids Act of 2010 Title 7 CFR Sections 210, 220
2. Tennessee State Department of Education 4.206
3. Smart Snacks Interim Final August 27, 2015
4. Tennessee School Boards Association 6.411
5. Tennessee Rules and Regulations 0520-1-4-.01

6. Tennessee Board of Education July 25, 2014
Child Nutrition Program Final Rule
7. Tennessee Rules and Regulations 0520-1-3.-08
8. TCA 49-1-104
9. TCA 49-5-414
10. District Standard Operating Procedure IM 4.132
11. District Standard Operating Procedure SP 6.129
12. District Standard Operating Procedure SP 6.130
13. District Standard Operating Procedure SP 6.132
14. District Standard Operating Procedure SP 6.134
15. District Standard Operating Procedure SP 6.135
16. District Standard Operating Procedure IM 4.154
17. District Standard Operating Procedure IM 4.155

Appendix A

Healthy Ideas for Classroom Snacks and Parties

Snacks are important for providing children with additional nutrients to support growth and learning. Parties are a fun opportunity to celebrate. However, school snacks and parties are not required to be cupcakes, ice cream, potato chips and soda pop. With a little imagination, snacks and parties can be fun and still provide healthy, nutrient-dense foods. Give healthy partying and snacking a try with the following foods:

- 0% Fat milk, Skim milk ,Low-fat milk (plain or flavored) – plain, chocolate, strawberry, vanilla
- 100% Fruit juice varieties – orange, apple, grape, cranberry
- Plain Water, Water (flavored) High Schools 9-12
- Fresh fruit with yogurt
- Sliced Apples
- Fruit and cheese kabobs
- Fruit with yogurt topping – strawberries with yogurt
- 100% fruit juice snacks
- Fruit crisps or bakes (made with little added sugar and whole grain toppings)
- Vegetable tray with low-fat yogurt dip
- Celery sticks with peanut butter
- String cheese
- Low-fat pretzels or popcorn
- Graham or animal crackers
- Pizza with low-fat toppings – veggies, lean ham
- Sandwiches – ham, turkey, cheese (low fat condiments)
- Low-fat pudding cups
- Low-fat yogurt
- Yogurt smoothies – low-fat
- Yogurt parfaits – layered fruit, yogurt and granola
- Quesadillas with salsa
- Granola bars or breakfast bars
- Trail mix or cereal mixes
- Dried fruits
- Nuts, seeds

Appendix B

Alternative Fundraising Suggestions

Things you can do:

- Auction
- Bike-a-thons
- Bowling night
- Car wash
- Carnivals
- Celebrity basketball games
- Dances
- Family/glamour portraits
- Festivals
- Gift wrapping
- Golf tournament
- Jog-a-thons
- Jump-rope-athons
- Magic show
- Read-a-thons
- Recycle
- Recycling cans/paper
- Skate night
- Spelling bee
- Talent show
- Tennis competition
- Treasure hunt
- T-shirts/Sweatshirts

Things you can sell:

- Activity cards
- Balloon bouquets
- Books/Calendars
- Buttons/Pins and Stickers
- Candles
- Emergency kits for cars
- Cookbooks
- Coupon Books
- Fruits baskets
- Gift items
- Greeting cards
- Hats
- Healthy snacks
- Holiday ornaments
- Jewelry
- Mugs
- Stationary
- School art
- Plants
- Pocket calendars
- Scarves
- Football stadium pillows

Appendix C

Follow Smart Snacks in School USDA “Nutrition Standards for All Foods Sold in Schools” (i.e., foods sold outside of school meals, such as through vending machines, a la carte [snack] lines, fundraisers [on school premises], school stores) in grades Pre-K-8.

Nutrition Standards for Foods

Any food sold in schools must:

- Be a “whole grain-rich” grain product; or have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*

Foods must also meet several nutrient requirements:

Calorie limits:

- Snack items: ≤ 200 calories
- Entrée items: ≤ 350 calories

Sodium limits:

- Snack items: ≤ 230 mg**
- Entrée items: ≤ 480 mg

Fat limits:

- Total fat: ≤35% of calories
- Saturated fat: < 10% of calories
- Trans fat: zero grams

Sugar limit:

- ≤ 35% of weight from total sugars in foods

Nutrition Standards for Beverages

- All schools may sell:
 - Plain water (with or without carbonation)
 - Unflavored low fat milk
 - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
 - 100% fruit or vegetable juice and
 - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
- Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.
- Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.
 - No more than 20-ounce portions of

- Calorie-free, flavored water (with or without carbonation); and
- Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
- No more than 12-ounce portions of
- Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

Other Requirements

- **Fundraisers**
 - The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
 - The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
 - The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.
 - Each MNPS school is exempt up to 30 school days per school year from the USDA Smart Snack Rule (per TN State Board of Education) for Food Items Sold or Offered for Sale to Pupils for approved fund raisers.
- **Accompaniments**
 - Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold. This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.

Appendix E

Current Policies with MNPS Nutrition Services

School Meals (Pre-K-12)

- Meals served through the National School Lunch and Breakfast Programs will
 - Be appealing and attractive to children.
 - Be served in clean and pleasant settings.
 - Meet, USDA's "All Foods Sold in Schools" standards.
 - Offer a variety of fruits and vegetables.
 - Serve only low-fat and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA).
 - Ensure the offering of whole grains as prescribed by USDA.

Breakfast (Pre-K-12)

- Operate the National School Breakfast Program.
- Encourage all children have breakfast, either at home or at school.
- Arrange bus schedules, to the greatest extent possible, in order to utilize methods of serving school breakfasts that encourage participation, including serving breakfast in the classroom, "grab-and-go" breakfast, or breakfast during morning break or recess.
- Notify parents and students of the availability of the National School Breakfast Program (for schools that serve breakfast).
- Encourage parents, through flyers, posters and school newsletter article, to provide a healthy breakfast for their children.

The Community Eligibility Provision of Meals (Pre-K-12)

- Makes every effort to eliminate any social stigma attached to, and prevent the overt identification of, students receive school meals at no charge.