

Clarksville Montgomery County Schools

Wellness Policy Assessment Tool

Date of Assessment: _____

Assessment Completed by: _____

- I. Health Education:** Schools will provide State Department of Education adopted health and nutrition education that is a planned and sequential curriculum addressing the physical, mental, emotional, and social dimensions of health. Schools will provide health/nutrition education to increase student awareness of the risks associated with living a sedentary lifestyle to foster lifelong habits of healthy eating and physical activity. Schools will utilize community resources to promote student/staff health education and wellness. Schools will provide opportunities for family involvement in health education programs through quarterly Healthy School Team meetings.

Fully in Place	Partially in Place	Not in Place

- II. Health Services:** Ensure compliance of the School Health Services Policy (HEA-M001) with the Tennessee Department of Education and Tennessee Department of Health “Guidelines for Use of Health Care Professionals and Health Care Procedures in a School Setting” as indicated by TCA 49-5-415. Ensure that all students attending the CMCSS school district are compliant with the immunization requirements set forth by the Department of Education and T.C.A. 49-6-5001 with respect to grade level entry. Ensure compliance with Guidelines for Diabetes, Asthma, Allergy, and Seizure Care in schools (HEA-F042, HEA-F036, HEA-F038, HEA-F063). 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.

Fully in Place	Partially in Place	Not in Place

- III. Counseling, Psychological & Social Services:** The district will provide preventative and developmental counseling services to students in grades preK-12 as appropriate. The district will provide at minimum a yearly two-hour staff development

training on violence and suicide prevention to all CMCSS teachers and principals in accordance with TCA 49-6-3004. The district will ensure the coordination of services to children demonstrating behavioral and emotional issues in correlation with CMCSS approved crisis intervention plans and TCA 49-6-6101. Schools shall provide counselor support to students by distributing additional information and healthcare resources to parents/legal guardians with regard to the child's emotional and mental health. Schools will provide referral information to students that test positive for drugs to both the student and parent/legal guardian for further evaluation through inpatient, outpatient, or community-based drug and alcohol treatment as per TCA 49-6-413.

Fully in Place	Partially in Place	Not in Place

- IV. Physical Activity Opportunities:** Coordinated School Health will ensure the completion and submission of the Physical Activity/Physical Education (PA/PE) Compliance Report (Quarters1-4) to the State Department of Education from each individual school upon their request. Physical activity and movement will be integrated into the curriculum when possible throughout the school day using the Take 10, Michigan Model, and GoNoodle programs for grades K-5. Elementary school students will receive a minimum of 130 minutes of physical activity per school week and at least one fifteen (15) minute period of physical activity per day.

Fully in Place	Partially in Place	Not in Place

Coordinated School Health will ensure the completion and submission of the Physical Activity/Physical Education (PA/PE) Compliance Report (Quarters1-4) to the State Department of Education from each individual school upon their request. Middle and High school students will receive a minimum of 90 minutes of physical activity per school week.

Fully in Place	Partially in Place	Not in Place

- V. Physical Education:** The district will encourage and provide professional development training to all physical education teachers in grades K-12. Each school will ensure the implementation of the State of Tennessee's Department of Education Physical Education Standards for grades K-12.

Fully in Place	Partially in Place	Not in Place

- VI. Nutrition Services:** The School Nutrition Department will provide schools with information regarding the monthly menus through website bulletin boards as well as encourage healthy choices for children in grades Pre-K-12. The Child Nutrition Department will provide each student with instructional brochures at the beginning of each school year explaining the districts nutrition program, its operation, and provides contact information. Nutrition information is provided to students, parents, and staff on the monthly menus posted on <http://www.cmcss.net/>.

Fully in Place	Partially in Place	Not in Place

School Meals: Students in grades Pre-K-12 will be offered daily nutritious and affordable meals that meet the standards set forth by the USDA's reimbursable meal criteria in all cafeteria settings.

Fully in Place	Partially in Place	Not in Place

Fresh fruits and vegetables are offered daily as well as canned fruit choices with natural fruit juices.

Fully in Place	Partially in Place	Not in Place

Free, potable drinking water is available in all cafeterias. Bottled water is also available for purchase.

Fully in Place	Partially in Place	Not in Place

Whole grain cereal options with reduced sugar are added to menu choices.

Fully in Place	Partially in Place	Not in Place

Vegetarian options are available in all schools.

Fully in Place	Partially in Place	Not in Place

Free and Reduced Meals: The district will provide the opportunity for families to apply for “Free or Reduced” breakfast and lunch programs to all students within the district based on the federal policies and guidelines set forth by the USDA.

Fully in Place	Partially in Place	Not in Place

Fundraising: Fundraisers for grades Pre-K-12, involving food items, that are conducted during the school day, shall meet the “Nutrition Standards for All Foods Sold in School as Required by the Healthy, Hunger-Free Kids Act of 2010” (7 CFR Parts 210 and 220) in regards to appropriate nutrition values based on the elementary, middle, or high school standards. Principals in each school setting are responsible for adhering to the fundraiser standards set forth by the Tennessee State Department of Education (7 CFR Parts 210 and 220).

Fully in Place	Partially in Place	Not in Place

Vending Machines: Vending machines (containing food items or beverages) in grades Pre-K-12 shall meet the “Nutrition Standards for All Foods Sold in School as Required by the Healthy, Hunger-Free Kids Act of 2010” (7 CFR Parts 210 and 220) regarding serving size and caloric value based on appropriate school setting.

Fully in Place	Partially in Place	Not in Place

Nutrition Education and Marketing: Nutrition education will be provided in school cafeterias through visual aids as well as by involving staff members to demonstrate effective classroom training activities with the USDA’s “My Plate”. Nutrition education activities are encouraged at all grade levels with an emphasis on parental involvement. School-based marketing will be consistent with nutrition education and health promotion. 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.

Fully in Place	Partially in Place	Not in Place

Food Sold on Campus During School Day: Follow the guidelines set forth by the Tennessee State Department of Education (Public Law 111-296 and 7 CFR Parts 210 and 220) for All Foods Sold in School as Required by the Healthy Hunger-Free Kids Act of 2010 (i.e. foods sold outside of reimbursable school meals, such as through vending machines, a la carte lines, fundraisers [on school premises]), in grades Pre-K-12. These regulations are effective from midnight before the official start of the school day continuing to 30 minutes after the end of the official school day.

Fully in Place	Partially in Place	Not in Place

Food as a Reward or Punishment: Schools will not use foods or beverages, especially those that do not meet the nutrition standards, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Fully in Place	Partially in Place	Not in Place

Celebrations: Schools will encourage snacks offered as part of classroom celebrations and parties to emphasize fresh fruits and vegetables, whole grains, water, low-fat milk, and other foods low in fat, sugar, sodium, and caffeine.

Fully in Place	Partially in Place	Not in Place

- VII. Student, Family & Community Involvement:** Encourage community members (e.g. students, parents, and the general public) to serve as representative of “Healthy School Teams” located in each individual school setting. CMCSS will notify households annually of the availability of the CMCSS Local School Wellness Policy (CSH-A001) and encourage community members to participate in its development, implementation, periodic review and update.

Fully in Place	Partially in Place	Not in Place

- VIII. Healthy School Environment:** Ensure students have access to hand-washing or hand-sanitizing before meals and snacks. All schools will have access to an Automated External Defibrillators (AED) in case of emergency and will be responsible in developing an emergency action plan for its use (TCA 49-2-122).

Fully in Place	Partially in Place	Not in Place

- IX. Health Promotion for Staff:** Promote programs to increase exercise, weight management, proper nutrition, and stress management through the CMCSS Onsite Employee Health and Wellness Program. Distribute health-promoting campaigns throughout the district. Identify a school-based Wellness Representative to distribute staff wellness material from the district to the schools.

Fully in Place	Partially in Place	Not in Place

- X. Policy Review:** CMCSS will review the nutrition, physical activity, health education and wellness policies; provision of an environment that supports healthy eating and physical activity; nutrition, physical education, health education, and program elements. This assessment will be made available to the public through the district website at www.cmcss.net.

Fully in Place	Partially in Place	Not in Place

