

THE KING'S DAUGHTERS' SCHOOL

WELLNESS POLICY

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Policy Intent:

The King's Daughters' School is committed to providing a school environment that enhances learning by supporting wellness, good nutrition, and regular physical activity. The school supports a health environment where clients learn and participate in positive dietary and lifestyle practice.

The King's Daughters' School contributes to the basic health status of clients by learning through the support and promotion of good nutrition and physical activity. Improved health increases the performance potential of the client and ensures that no client is left behind.

To accomplish these goals, The King's Daughters' School Nutrition Program complies with federal, state and local requirements. School Nutrition Programs are accessible to all clients enrolled. Nutrition education is provided and promoted.

Physical activity is promoted and encouraged outside the parameters of the school day and is consistent with the local wellness policy.

All foods and beverages made available to clients (including vending, student stores and parties) during the school day are consistent with the Dietary Guidelines for Americans and meet the Nutritional Standards as set forth by Tennessee State Board of Education.

All foods made available at school adhere to food safety and security guidelines. Food and/or physical activity is not used as a reward or punishment.

Component 1-Nutrition:

Intent: KDS' child nutrition program will comply with federal, state, and local requirements as set forth in Chapter 0520-1-6-01 Child Nutrition General Regulations. Meals served through the KDS School Lunch Program will:

- Be appealing and attractive to children;
- Be served in a clean, pleasant setting;
- Meet nutritional requirements established by state and federal regulations;
- Offer a variety of fruits and vegetables;
- Promote the consumption of these fruits and vegetables;
- Offer reduced fat (2%), low-fat (1%) and fat-free milk in a variety of flavors; and
- Offer a variety of whole grain foods

Component 2-Nutrition Education:

Intent: It is the intent of KDS to provide and integrate into the curriculum nutrition education at a level understandable to the majority of the clients served.

It will include developmentally appropriate activities that are enjoyable to the clients such as contests, promotions, and taste-testing. The food service department will promote fruits, vegetables, whole grain products, and low-fat and fat-free dairy products, healthy food preparation methods, and enhancing nutrition practices.

Component 3-Physical Activity:

Intent: Meaningful physical activity enjoyed by the clients outside of school will be encouraged (i.e., Special Olympics competitions, Challenger Leagues, Horseback riding, golfing, etc.)

Physical activity will be an environment where clients learn, practice and are assessed on proper motor skills and knowledge. Facilities on school grounds will meet safety requirements. Teachers will be encouraged to incorporate physical activity into subject areas where permitted. An environment enjoyable and safe for those not athletically gifted or unable to participate will be encouraged. Clients will not be deprived of physical activity as a consequence for behavior or academic performance.

Component 4-Other School Based Activities

Intent: All foods and beverages made available on the school campus during the school day will be consistent with the current Dietary Guidelines for Americans.

To support client's health and nutrition efforts, KDS will encourage healthy eating at all social functions and promote physical activity. Snacks may be served 30 minutes after the last period of the school day. KDS will limit celebrations that involve food during the school day. Parties should be held 30 minutes after the lunch period. All foods made available on campus will adhere to food safety guidelines. The school environment shall be safe, comfortable, and allow ample time and space for eating meals.

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IMPLEMENTATION OF THE WELLNESS POLICY

The King's Daughters' School meets quarterly to assess the implementation of the Wellness Policy in Student Wellness & Nutrition Meetings. These meetings are attended by the Executive Director and/or Assistant Executive Director, Director of Program Services, Health Services and/or Program Service Staff, and Nutrition/Food Service Staff. The meetings focus on overall implementation of the wellness policy, as well as individual student wellness, as it involves the intersection of programming, dietary services, and health services.

Minutes from these meetings are maintained by school administration, and redacted versions (to ensure privacy) are available upon written request to the Assistant Executive Director.