Clinton City Schools Wellness Procedures

I. Leadership/Public Involvement

The Tennessee State Board of Education has determined that each Local Education Agency (LEA) shall establish a School Health Advisory Council. The advisory council will consist of a group of individuals representing the school and community, including parents, students, teachers, school administrators, school board members, health professionals, schools' nutritional program representatives, and members of the public. The SHAC will notify the public of their upcoming meetings and the public's ability to help implement, and review wellness policies. The meeting details will be posted online. The council serves as a resource to school sites for implementing policies. The CSH Coordinator will be the individual responsible for oversight of the wellness policies and for monitoring corrective action.

LEAs will consider the recommendations of the School Health Advisory Council in making policy changes that affect the healthy learning environment. The LEA Coordinated School Health Coordinator will consider these recommendations in creating annual school system health goals identified in the Coordinated School Health Action Plan each year.

The individual school will create, strengthen, or work within an existing framework for a school health council to serve as a resource to the school health, nutrition and wellness program.

The District Wide Wellness Council composed of the CSH Coordinator, School Health Advisory Council Chairs, and a representative from the CCS Central Office will review district health goals and policies on an annual basis.

II. Nutrition Quality and Eating During the School Day

School Meals:

Meals following the National School Lunch and Breakfast Program guidelines will:

- Be appealing and attractive to children.
- Be served in clean and pleasant settings.
- Meet, at a minimum, nutrition requirements established by local, state, federal statutes and regulations.
- Offer a variety of fruits and vegetables.
- Offer low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (to be defined by the USDA) as needed upon request

Lunchroom Techniques that will be used

- Using whole fruit options in baskets

- Sliced or cut fruit is available daily
- White milk will be placed at the front of the beverage coolers
- Student artwork will be displayed
- Daily announcements will be used to promote menu items with creative names
- Training to prompt student selection of fruits
- Student surveys and taste testing are offered
- Menus will be made available to parents

Breakfast

- Schools will, to the extent possible and as warranted, operate the School Breakfast Program in an effort to meet nutritional needs and enhance the students' ability to learn.
- Schools will notify parents and students of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-Price Meals

To prevent the social stigma of students receiving free and reduced-price meals, Clinton City Schools uses electronic identification and payment systems.

Mealtimes and Scheduling

Schools will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch. Mealtimes will be scheduled appropriately based on school arrival and dismissal times. No tutoring, clubs, or activities will be scheduled during mealtimes unless students may eat during such activities. Students will be provided access to hand washing or hand sanitizing before snacks and meals.

Qualifications of the Nutritional Services Staff

Nutrition professionals will administer the school meal health programs. As part of the school district's responsibility to operate a food service program, the district food service department will require the food service management company to provide continuing professional development for all nutrition professionals in schools. Staff development programs include appropriate certification and or training programs for child nutrition directors, school cafeteria managers, and cafeteria workers, according to their levels of responsibility.

Other Nutritional Considerations

Celebrations

Schools will limit celebrations that involve food during the school day. Each event should attempt to offer food or beverages that meet nutrition standards. The district will disseminate a list of healthy party ideas to parents and teachers.

Rewards

Schools will work to limit celebrations that involve food to twice during the school year. Each event should attempt to offer food or beverage that meets nutrition standards. The district will disseminate a list of healthy party ideas to parents and teachers.

School Day Fundraising

To support children's health and school nutrition education efforts, the district does not allow food or beverage fundraisers during the school day.

Sharing of Food and Beverages

Schools will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Snacks

Snacks served during the school or in afterschool tutoring or clubs will make a positive contribution to children's diets and health, with an emphasis on serving fruits, vegetables, and low-calorie snacks and water as the primary beverage. The district will disseminate a list of healthy snack items to teachers and parents. The School Nutrition Program will only market or advertise food and beverages that meet Smart Snacks guidelines; advertising/promotion of food and beverages that do not meet the Smart Snack standards is prohibited.

Student Food Selections

The school food service program will approve and provide food and beverage sales to Clinton City Schools' students. Food for students is sold as balanced meals. Al a carte snacks are provided that meet state and federal guidelines. Students do not have access to vending machines.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The district will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them during the day.

III. Nutrition and Physical Activity Promotion/Wellness

Nutrition Education and Promotion

Clinton City School District will teach, encourage, and support healthy eating habits by students. Schools will provide nutrition education and engage in nutrition promotion that:

- is part of health/physical education classes. Additionally, CCS will begin to investigate ways to implement and integrate health and nutrition education into other content areas of the curriculum.
- includes enjoyable, developmentally appropriate, culturally relevant, participatory activities for students

- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services in the community

Nutrition is promoted in various ways including providing fresh food and vegetables daily with opportunities for students to get second portions. The line is self-serve with choices so that students have choices like healthy wraps, salads, and appealing cuts fruits and vegetables on the serving line. Students are only served milk, and they have access to filtered water.

Essential nutrition topics include food guidance, Food Around the World, food labels, healthy snacks and meals, water consumption, hidden calories, food safety, importance of physical activity, Dietary Guidelines, guidance from MyPlate, accepting body sizes, the connection between eating and living healthy, and the important of eating breakfast. The Food Around the World Education involved students keeping a passport as they tried foods from various countries.

Physical Activity Promotion

Clinton City School District will teach, encourage, and support healthy physical activity by students. Schools will provide physical education classes with wellness components.
The following are essential topics to be covered in physical education:

- the benefits of exercise
- how exercise can support a healthy weight
- how inactivity can lead to chronic disease
- components of fitness
- phases of physical activity session
- physical activity plan and goals
- time, intensity, frequency, and the weather's impact on physical activity
- preventing injury during physical activity
- community opportunities for physical activity
- influence of culture and peer pressure on physical activity
- valid sources of information about physical activity

A goal for the 2025-2026 school year is reflective recess. Students are given a variety of choices to play with during recess in an unstructured manner. Missing recess may not be used as a punishment at Cliton City Schools.

Integrating Physical Activity into the Classroom Setting

Students will receive the state mandated 260 minutes of physical activity weekly (this includes daily recess and physical education). For students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- students will be encouraged to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television, computers, and video games
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks (brain breaks-Wiser Cise etc.) between lessons or classes, as appropriate.

Communications with Parents/Stakeholders about Nutrition and Activity

The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children by offering various types of literature to families. The district/school may offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on the school websites, and provide school menus. Schools will encourage parents to pack healthy lunches and snacks and to refrain from including foods and beverages that do not meet nutritional standards. In addition, the district/school will provide opportunities for community partners to share nutrition education with students and families. Events such as local races, hiking events, and community sports are shared with parents through weekly folders.

The district/school will provide information about physical education and other school based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, other take-home materials, or special events and teams.

Students from grades 2-6 are eligible to participate in Blaze Extracurricular Activities. These activities come at a low cost, but students are never excluded due to finances. Some of these physical activities include Winter Guard, Basketball, Cheerleading, Dance, Cross County, Archery, Track, Bowling, Drone Club, Band, Orff Ensemble, and Chorus.

Staff Wellness

Clinton City School District highly values the health and wellbeing of every staff member and supports the implementation of activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The district will promote staff member participation in health promotion initiatives and will support programs that are free or low cost.

IV. Physical Activity, Physical Education, and Other Wellness Opportunities

Daily Physical Activity

All students in grades Pre-K- Sixth shall receive a minimum of 260 minutes per week of physical activity (this time is inclusive of recess and physical education class). All physical education classes will be taught by a certified physical education teacher. Students will spend at least 50 percent of the physical education class time participating in moderate to vigorous physical activity.

Daily Recess

All elementary students shall have at least 40 minutes of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. Play equipment should be inspected regularly.

Physical Activity Opportunities Before and After School

Schools will encourage and support the offering of extracurricular physical activity programs before and after school. Schools will encourage activities that meet the needs, interests, and abilities of all students.

Other Wellness Opportunities

Clinton City Schools has made a goal to build new playgrounds at all three schools over the past two years. North Clinton's playground was installed in the Spring of 2025, and Clinton Elementary playground was officially opened in February of 2026. The Clinton Elementary playground is accessible for all students, including those who are in a wheelchair. The goal for the 2026-2027 school year is to build a new playground at South Clinton Elementary. The district has also purchase multiple nine square units for use across all three schools.

V. Community Partnerships, Monitoring and Policy Review

Community Partnerships

The district will continue to develop and enhance relationships with community partners in support of this wellness policy's implementation. Existing and new community partnerships will be evaluated to ensure they are consistent with current health goals.

Monitoring

The superintendent or designee will ensure compliance with established district-wide nutrition, physical activity, health education, and wellness 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 school district superintendent or designee. Clinton City Schools will use the Action for Healthy Kids modules to gain information about programming and next steps.

School nutrition staff, at the school or district level, will ensure compliance with nutrition policies within the Nutritional Services program. The school district will review findings and any resulting changes on the most recent USDA School Meals initiative.

The superintendent or designee (CSH) will develop a summary report annually on district wide compliance with the district's established nutrition, physical activity, health education and wellness policies, based on input from schools within the district. The report will be provided to the school board.

Policy Review

Each school in the district will conduct an assessment of the school's existing nutrition and physical activity environments and policies. The results of those school assessments will be compiled at the district level to identify and prioritize needs. A triannual assessment will be conducted to review policy compliance, assess progress, and determine areas in need of improvement on the School Wellness Policy. The district, and individual schools within the district, will, as necessary, review the wellness policies and develop plans to facilitate their implementation. These needs will be reflected in the CSH Action Plan.