

Frazier

Rhea County Schools  
Wellness Policy Assessment

The approach of the Rhea County Schools Wellness Policy is to ensure environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. The Rhea County Wellness Plan states that in order to send consistent messages to students, parents/guardians and the community and to further support nutrition education efforts, Rhea County Schools shall:

(objectives which would be district wide)

Objective:	In Compliance	In the process of becoming compliant	Not Compliant
Encourage the use of non-food items when rewards are used			
Encourage using healthy foods for school or classroom events or celebrations when held during the school hours.			
Nutrition education will be made available to parents/guardians and the community. Nutrition education may be provided in the form of newsletters, bulletin boards, televisions in the cafeteria and/or website.			

*This survey is a tool for measuring compliance with objectives stated in the Rhea County Schools Wellness Plan. For each objective stated, please select the choice that best describes your school's level of compliance. When completed, please return this survey to:*

Debbie Blackmon, Rhea County School Nutrition Supervisor  
[blackmond@rheacounty.org](mailto:blackmond@rheacounty.org)

**Physical Education and Physical Activity**

(objectives this specific section, site-based)

Objective:	In Compliance	In the process of becoming compliant	Not Compliant
Rhea County Wellness Plan states that each classroom teacher will encourage physical activity in accordance with the state physical activity law.	X		

Rhea County Elementary Schools and Middle Schools will use the Go Noodle Program.	<b>X</b>		
All students in grades 4, 6, 8 and wellness class are required to participate in the PACER Program.	<b>X</b>		

#### Nutrition and Nutrition Education

The Rhea County Schools Wellness Plan states that the district is committed to providing school environments that promote children's well-being and ability to learn by supporting healthy eating habits. Specifically this policy establishes the following goals and objectives:

(Specific objectives from this section...site based)

Objective:	In Compliance	In the process of becoming compliant	Not Compliant
Ensure that whole grain products are made available	<b>X</b>		
Fresh fruits and vegetables are offered at least three times per week.	<b>X</b>		
Any foods sold in schools must meet the Smart Snacks Standards	<b>X</b>		

#### Other School Based Activities Designed to Promote Wellness

The Rhea County Schools Wellness Plan states that the district will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity settings. In order to create and maintain this environment, Rhea County Schools recognize the importance of the following:

(Specific objectives from this section...site based)

Objective:	In Compliance	In the process of becoming compliant	Not Compliant
Students are given adequate time to enjoy eating healthy meals with friends	<b>X</b>		
Food or physical activity will be discouraged from using as a reward or punishment.	<b>X</b>		
When fundraising events are permitted, encourage healthy fundraiser as alternatives to fundraisers that involves the		<b>X</b>	

selling of food items of limited nutritional value. Each school has a Healthy School Team consisting of teachers, students, parents and administrators.			
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#### Public Notification

The Rhea County Schools Wellness Plan states that the district will notify the public about the Rhea County Wellness Policy on the Rhea County Schools website. In order to inform and involve the public the establishing the following objectives:

*(objectives from this section „district wide)*

Objective:	In Compliance	In the process of becoming compliant	Not Compliant
Notify the public regarding the Rhea County Wellness Policy on the Rhea County website and in back to school packets.			
Invite stakeholders to participate in the development, implementation, periodic review and update of the Rhea County Wellness Policy.			

#### Policies for Food and Beverage Marketing

The goal of the Rhea County Schools Wellness Policy is to provide a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions by implementing the following objectives:

*(Specific objectives from this section...site based)*

Objective:	In Compliance	In the process of becoming compliant	Not Compliant
Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.	<b>X</b>		
As the District/School Nutrition Program/Athletics Department/PTA/PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable	<b>X</b>		

marketing guidelines established by the District wellness policy.			
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Additional comments about your school's compliance:

School: Frazier Elem.

Name and title of person completing survey: Dedra Sims, Principal

**Rhea County Schools**

**Wellness Policy Assessment**

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(objectives which would be district wide)

Objective:	In Compliance	In the process of becoming compliant
Encourage the use of non-food items when rewards are used	✓	
Encourage using healthy foods for school or classroom events or celebrations when held during the school hours.	✓	
Nutrition education will be made available to parents/guardians and the community. Nutrition education may be provided in the form of newsletters, bulletin boards, televisions in the cafeteria and/or website.		✓

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<b>Rhea County Elementary Schools and Middle Schools will use the Go Noodle Program.</b>		
<b>All students in grades 4, 6, 8 and wellness class are required to participate in the PACER Program.</b>	✓	

### **Nutrition and Nutrition Education**

**The Rhea County Schools Wellness Plan states that the district is committed to providing environments that promote children's well-being and ability to learn by supporting healthy eating and physical activity habits. Specifically this policy establishes the following goals and objectives:**

**(Specific objectives from this section...site based)**

<b>Objective:</b>	<b>In Compliance</b>	<b>In the process of becoming compliant</b>
<b>Ensure that whole grain products are made available</b>	✓	
<b>Fresh fruits and vegetables are offered at least three times per week.</b>	✓	
<b>Any foods sold in schools must meet the Smart Snacks Standards</b>	✓	

### **Other School Based Activities Designed to Promote Wellness**

**The Rhea County Schools Wellness Plan states that the district will integrate wellness into the entire school setting, not just in the cafeteria, other food and beverage venues, and community settings. In order to create and maintain this environment, Rhea County Schools recognize the importance of the following:**

**(Specific objectives from this section...site based)**

<b>Objective:</b>	<b>In Compliance</b>	<b>In the process of becoming compliant</b>
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<b>Each school has a Healthy School Team consisting of teachers, students, parents and administrators.</b>		✓
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### Public Notification

**The Rhea County Schools Wellness Plan states that the district will notify the public County Wellness Policy on the Rhea County Schools website. In order to inform and the establishing the following objectives:**

(objectives from this section ..district wide)

<b>Objective:</b>	<b>In Compliance</b>	<b>In the process becoming complete</b>
<b>Notify the public regarding the Rhea County Wellness Policy on the Rhea County website and in back to school packets.</b>		✓
<b>Invite stakeholders to participate in the development, implementation, periodic review and update of the Rhea County Wellness Policy.</b>		✓

### Policies for Food and Beverage Marketing

**The goal of the Rhea County Schools Wellness Policy is to provide a school environment opportunities for all students to practice healthy eating and physical activity behavior school day while minimizing commercial distractions by implementing the following (Specific objectives from this section...site based)**

<b>Objective:</b>	<b>In Compliance</b>	<b>In the process becoming complete</b>
<b>Any foods and beverages marketed or promoted to students</b>		

policy.		
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Additional comments about your school's compliance:

School: Grayville Elementary

Name and title of person completing survey: James Harvi



RCES

Rhea County Schools  
Wellness Policy Assessment

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(objectives which would be district wide)

Objective:	In Compliance	In the process of becoming compliant	Not Compliant
Encourage the use of non-food items when rewards are used	✓		
Encourage using healthy foods for school or classroom events or celebrations when held during the school hours.	✓		
Nutrition education will be made available to parents/guardians and the community. Nutrition education may be provided in the form of newsletters, bulletin boards, televisions in the cafeteria and/or website.	✓		

*This survey is a tool for measuring compliance with objectives stated in the Rhea County Schools Wellness Plan. For each objective stated, please select the choice that best describes your school's level of compliance. When completed, please return this survey to:*

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Physical Education and Physical Activity

(objectives this specific section...site based)

Objective:	In Compliance	In the process of becoming compliant	Not Compliant
Rhea County Wellness Plan states that each classroom teacher will encourage physical activity in accordance with the state physical activity law.	✓		

Rhea County Elementary Schools and Middle Schools will use the Go Noodle Program.	✓		
All students in grades 4, 6, 8 and wellness class are required to participate in the PACER Program.	✓		

#### Nutrition and Nutrition Education

The Rhea County Schools Wellness Plan states that the district is committed to providing school environments that promote children's well-being and ability to learn by supporting healthy eating habits. Specifically this policy establishes the following goals and objectives:

(Specific objectives from this section...site based)

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Ensure that whole grain products are made available	✓		
Fresh fruits and vegetables are offered at least three times per week.	✓		
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#### Other School Based Activities Designed to Promote Wellness

The Rhea County Schools Wellness Plan states that the district will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity settings. In order to create and maintain this environment, Rhea County Schools recognize the importance of the following:

(Specific objectives from this section...site based)

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Food or physical activity will be discouraged from using as a reward or punishment.	✓		
When fundraising events are permitted, encourage healthy fundraiser as alternatives to fundraisers that involves the selling of food items of limited nutritional value.	✓		

Each school has a Healthy School Team consisting of teachers, students, parents and administrators.	✓		
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As the District/School Nutrition Program/Athletics Department/PTA/PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness	✓		

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Additional comments about your school's compliance:

School:

RCES

Name and title of person completing survey:

Quend. Lueman

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policy.			
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Additional comments about your school's compliance:

School: Rhen Middle School

Name and title of person completing survey:

Doy Key L Principal



SCM

Rhea County Schools  
Wellness Policy Assessment

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policy.			
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Additional comments about your school's compliance:

School: Spring City Middle

Name and title of person completing survey: Ashlee Brackett, Principal

Rhea County Schools  
Wellness Policy Assessment

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Rhea County Elementary Schools and Middle Schools will use the Go Noodle Program.	NA		
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policy.			
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Additional comments about your school's compliance:

Due to the COVID 19 year, there are two of these boxes that we will be working towards in the upcoming school year.

School: Rhea County High School

Name and title of person completing survey: Michael Swafford  
Assistant Principal Trainee