

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:

Sally Lane, Rhea County School Nutrition Supervisor
lanes@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. | ✓ | | |
| | | | |

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|---|---|--|--|
| 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)

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

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 | ✓ | | |
| 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. | | ✓ | |
|---|--|---|--|

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. | ✓ | | |
| 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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| policy. | | | |
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Additional comments about your school's compliance:

School: Frazier Elementary

Name and title of person completing survey: Wayne Price, 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 | Not Compliant |
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| 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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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. | ✓ | | |
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| 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. | ✓ | | |
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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 | ✓ | | |
| Fresh fruits and vegetables are offered at least three times per week. | ✓ | | |
| Any foods sold in schools must meet the Smart Snacks Standards | ✓ | | |

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 |
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| Students are given adequate time to enjoy eating healthy meals with friends | ✓ | | |
| 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. | ✓ | | |

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| 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 |
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| 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. | ✓ | | |
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Policies for Food and Beverage Marketing

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| 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. | ✓ | | |
| 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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| policy. | | | |
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Additional comments about your school's compliance:

School: Graysville Elementary

Name and title of person completing survey: Dedra Sims

Rhea County Schools
Wellness Policy Assessment

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| 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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Physical Education and Physical Activity

(objectives this specific section...site based)

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

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

Other School Based Activities Designed to Promote Wellness

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| Each school has a Healthy School Team consisting of teachers, students, parents and administrators. | ✓ | | |
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| Notify the public regarding the Rhea County Wellness Policy on the Rhea County website and in back to school packets. | ✓ | Ⓢ | |
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Policies for Food and Beverage Marketing

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| policy. | | | |
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Additional comments about your school's compliance:

School: Rhea Central Clerk.

Name and title of person completing survey: Rhonda Freeman
Principal

Rhea County Schools
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Physical Education and Physical Activity

(objectives this specific section...site based)

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| Rhea County Wellness Plan states that each classroom teacher will encourage physical activity in accordance with the state physical activity law. | ✓ | | |
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| 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. | ✓ | | |
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Nutrition and Nutrition Education

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

Other School Based Activities Designed to Promote Wellness

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| policy. | | | |
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Additional comments about your school's compliance:

School: Rhea Middle School

Name and title of person completing survey: Dory Key
Principal, RMS

Rhea County Schools Wellness Policy Assessment

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Physical Education and Physical Activity

(objectives this specific section...site based)

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| Rhea County Wellness Plan states that each classroom teacher will encourage physical activity in accordance with the state physical activity law. | | | ✓ |
| | | | |

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

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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

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Public Notification

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| Notify the public regarding the Rhea County Wellness Policy on the Rhea County website and in back to school packets. | ✓ | | |
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Policies for Food and Beverage Marketing

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policy.

Additional comments about your school's compliance:

We want to promote a healthy school environment
for our students and school employees.

School: Rhea County High School

Name and title of person completing survey: Micah Ruehling APLAD
Ruel Barnett Food Service Mgr
Jimmy Baird wellness teacher

Rhea County Schools

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| 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. | X | | |
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Physical Education and Physical Activity

(objectives this specific section...site based)

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| Rhea County Wellness Plan states that each classroom teacher will encourage physical activity in accordance with the state physical activity law. | X | | |
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| Rhea County Elementary Schools and Middle Schools will use the Go Noodle Program. | X | | |
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Nutrition and Nutrition Education

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| Objective: | In Compliance | In the process of becoming compliant | Not Compliant |
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| | | | |
| Ensure that whole grain products are made available | X | | |
| Fresh fruits and vegetables are offered at least three times per week. | X | | |
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Other School Based Activities Designed to Promote Wellness

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| Students are given adequate time to enjoy eating healthy meals with friends | X | | |
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| Notify the public regarding the Rhea County Wellness Policy on the Rhea County website and in back to school packets. | X | | |
| Invite stakeholders to participate in the development, implementation, periodic review and update of the Rhea County Wellness Policy. | X | | |
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Policies for Food and Beverage Marketing

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| | | | |
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| policy. | | | |
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Additional comments about your school's compliance:

School: Spring City Elem.

Name and title of person completing survey: Jamene Boles

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:

Sally Lane, Rhea County School Nutrition Supervisor
lanes@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. | ✓ | | |
| | | | |

| | | | |
|---|---|--|--|
| 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)

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

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 | ✓ | | |
| 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. | ✓ | | |
|---|---|--|--|

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. | ✓ | | |
| 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 | ✓ | | |

| | | | |
|---------|--|--|--|
| policy. | | | |
|---------|--|--|--|

Additional comments about your school's compliance:

School: Spring City Middle

Name and title of person completing survey: Lesia Harrison, SCMS Principal