

SCHOOL WELLNESS

Code **ADF** Issued **6/17**

Purpose: To establish the board's vision for nutrition, physical education, and physical activity in the schools.

Local Wellness

School District Five of Lexington and Richland Counties is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

To accomplish these goals the district will assure the following:

- child nutrition programs comply with federal, state, and local requirements; child nutrition programs are accessible to all children
- sequential and interdisciplinary nutrition education is provided and promoted
- patterns of meaningful physical activity will be incorporated into the school day as much as possible
- all foods provided through School District Five food services adhere to food safety and security guidelines
- the school environment is safe, comfortable, and pleasing and allows ample time and space for eating meals; food and/or physical activity are not used as a reward or punishment

Wellness Promotion and Marketing

Local wellness policy goals will be considered in planning all school-based activities such as school events, field trips, dances, and assemblies.

Principals will encourage staff to model healthy behaviors including healthy eating and physical activity. To the extent feasible, staff will model healthy behaviors for students, including healthy eating/drinking and physical activity.

Schools will not use foods or beverages as rewards for academic performance or good behavior. Schools will not withhold food or beverages as punishment. Teachers are provided with a list of alternative ideas. Using physical activity as a reward when feasible is highly recommended.

Schools will not deny a student participation in recess or other physical activities as a form of discipline or for classroom make up time. Schools will not use physical activity (e.g., running laps, pushups) as a form of punishment.

School will promote healthy food items including fruits, vegetables, whole grains, and low-fat dairy products. Promotions can include taste tests, posters, and signage highlighting healthy items on the menu during morning announcements, etc.

Schools will encourage participation in after-school projects, intramurals, and other non-competitive physical activity programs via in-school announcements, school newsletters, posters, etc.

Healthy nutrition and physical activity will be incorporated into family events provided throughout the school year.

Only foods and beverages that meet Smart Snacks in school nutrition standards can be marketed and advertised on school property.

School District Five of Lexington and Richland Counties (see next page)

PAGE 2 - ADF - SCHOOL WELLNESS

It is recommended that schools avoid participation in fundraising or corporate incentive programs that promote a message inconsistent with the goals of the school district for a healthy school community.

Nutrition Education

Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors such as acquiring skills for reading food labels and menu planning. Nutrition education will be offered weekly in grades K through five, annually in grades six through eight, and at least one time in the required health education instruction for high school graduation.

Nutrition education will be part of a sequential comprehensive standards based health education program designed to provide students with the knowledge and skills necessary to promote and protect their health. Nutrition education may also be integrated into other areas of the curriculum.

Nutrition education will be linked with the school food environment.

Nutritional Guidelines for Foods on School Campus

During the instructional day, only allow food that comes from home with the purpose of sharing among the students to be store-bought, packaged foods.

Nutrition standards for competitive and other foods and beverages

All foods and beverages sold on campus will comply with current USDA Smarts Snacks standards including vending machines, à la carte foods, beverage contracts, concession stands, classroom parties, and celebrations.

Fundraising activities with any food items must be sold 30 minutes after the school day ends.

Students will be provided access to drinking water throughout the school day.

The district standard is that no competitive foods will be sold during the school day on school campuses.

- No outside commercial foods are to be brought in during the school day and sold to students (school day ends 30 minutes after the last scheduled bell).
- Food brought from home for the purpose of distribution must be store-bought and in the original package with nutritional label.
- Schools should limit celebrations that involve food during the school year

Smart Snacks

The Healthy Hunger-Free Kids Act of 2010 directed the USDA to establish nutrition standards for all foods and beverages sold to students in school during the school day. The new Smart Snacks in School nutrition standards will help schools to make the healthy choice the easy choice by offering students more of the foods and beverages we should be encouraging - whole grains, fruits and vegetables, leaner protein, lower-fat dairy - while limiting foods with too much sugar, fat, and salt.

Standards for USDA school meals

Child nutrition programs (e.g., school lunch, school breakfast, after school snacks, and summer food service) will comply with federal, state, and local requirements and will be accessible to all students.

PAGE 3 - ADF - SCHOOL WELLNESS

The USDA Professional Standards for State and Local Nutrition Programs are followed to ensure professional development in the area of food and nutrition is provided for food service directors, managers, and staff.

Qualified child nutrition professionals will provide all students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.

The school nutrition environment will be safe, comfortable, and pleasing. The school nutrition environment will allow students with ample space and at least 20 minutes to consume their meal after obtaining food.

The nutritional content of meals will be shared and publicized with students and parents on the district website (<http://www.lexrich5.org>).

Applications for free and/or reduced priced meals are sent home to all families at the beginning of the school year. The application is also available on the district website.

Students will be made aware of the availability of water during meals and students will be allowed access to water throughout the meal period.

Students will not be allowed to leave school campus.

Physical Education and Activity

The district will comply with the requirements of the Comprehensive Health Education Act, the 2005 Student Health and Fitness Act, and the South Carolina Physical Education Standards regarding physical education and activity.

The physical education curriculum for grades K through 12 will be aligned with established South Carolina Academic Standards for Physical Education, the 2005 Student's Health and Fitness Act, and the defined minimum program.

The school district will provide opportunities for ongoing professional development for all teachers and volunteers on the importance of physical activity for students and the relationship of physical activity and good nutrition to academic performance and healthy lifestyles.

Students and staff will be given opportunities for physical activity during the school day, known as Comprehensive School Physical Activity through physical education (PE) classes, daily recess periods lasting at least 20 minutes for elementary school students, physical activity breaks, the integration of physical activity into the academic curriculum, and opportunities before and after school. This will not include transition times.

Schools will promote walking and biking to school.

Physical activity opportunities may be provided at the school for families and community members.

The school district will develop joint use agreement with community partners or adopt the South Carolina model policy Open Community Use of School Recreational Areas (KFA) to provide expanded physical activity opportunities for all students, families, and community members.

Implementation, Evaluation, and Communication

The district health advisory council will meet on a regular basis during the school year.

PAGE 4 - ADF - SCHOOL WELLNESS

At a minimum, the district health advisory council will permit participation by the public and the school community including parents/legal guardians, students, and representatives of school food authority, teachers of physical education, community health professionals, the school board, and school administrators.

The school district has established a wellness policy leadership official(s) who have the authority and responsibility to ensure each school complies with the policy (e.g., superintendent, or designee at the school district and principal or designee at the school).

The school district will conduct an assessment of the wellness policy at least once every three years to determine compliance with the policy, to compare with model wellness policies, and to monitor progress. The triennial assessment including progress toward meeting the goals of the policy will be shared with the public.

Adopted 8/28/06; Revised 5/9/11, 9/26/11, 6/12/17

Legal References:

A. Federal Law:

1. Healthy, Hunger-Free Kids Act of 2010, Pub. L. No. 111-296, 124 Stat. 3183.

B. Federal Regulations:

1. National School Lunch Program and School Breakfast Program: Nutrition Standards for All Goods Sold in School, 7 C.F.R. Parts 210 and 220 (2016).
2. Local School Wellness Policy Implementation, 7 C.F.R. Parts 210 and 220 (2016).

C. S.C. Code, 1976, as amended:

1. Section 59-10-10, *et seq.* - Physical education, school health services, and nutritional standards.
2. Section 59-10-330 - Coordinated School Health Advisory Council (CSHAC).
3. Section 59-10-350 - Length of elementary school lunch period.
4. Section 59-32-30(A)(1)-(3) - Comprehensive health education program; guidelines and restrictions.

D. State Board of Education Regulations:

1. R43-168 - Nutrition standards for elementary (K-5) school food service meals and competitive foods.
2. R43-238 - Health education requirements.

E. State Board of Education Academic Standards:

1. 2009 Academic Standards for Health and Safety Education.
2. 2014 SC Academic Standards for Physical Education.
3. 2015 SC "Smart Snacks" and Exempt Fundraisers Memorandum.

F. Other References:

1. National Standards for Physical Education, NASPE (National Association for Sport and Physical Education).
2. National Health Education Standards, Joint Committee on National Health Education Standards.
3. USDA Dietary Guidelines for Americans.
4. USDA *Guide to Smart Snacks in School* (2016).
5. USDA Professional Standards for State and Local School Nutrition Programs (2015).