

Policy

SCHOOL WELLNESS

Code EFEF Issued 8/16/16

Purpose: The emotional stability and ability to learn are impacted by proper diet and physical activity. The board will establish goals and guidelines for nutrition education and physical activity throughout Anderson School District Five.

The Anderson School District Five School Board believes healthy individuals can achieve at higher levels and are more likely to be successful. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs.

The board will do the following:

- Establish nutrition education guidelines as outlined in Public law 111-296 Nutrition Standards for all Foods Sold in Schools as required by the Healthy Hungry – Free Act of 2010.
- Establish nutrition guidelines consistent with USDA and DGFAM standards requiring the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes for all foods offered by the district’s nutrition services department or contracted vendors. Product selection will be conducted by community advisory groups comprised of students, parents/legal guardians and staff whenever possible.
- Provide comprehensive physical education and health program that are aligned with state standards and in compliance with Act 102, R129, H3499 (Standard Health and Fitness Act of 2005).
- Assure that all school environments are clean and safe, provide adequate seating and allow at least the minimum time for eating meals according to Act 102, R129, H3499 (Student Health and Fitness Act of 2005). Food and meal times are not to be used as a reward or punishment.
- Maintain that all foods and beverage made available on campus (including vending, concessions, a la carte, student stores, parties and fundraising) during the school day are consistent with the current Smart Snack guidelines as outlined under the Healthy Hunger-Free Act of 2010. All foods and fundraisers will adhere to food safety and safety guidelines as outlined in section 302 of the Act requiring that the school food safety program be based on Hazard Analysis and Critical Control Point (HACCP) principles and be applied to any facility or part of a facility in which food is stored, prepared or served for the purpose of the NSLP, SBP or other FNS program. This includes any facility or part of facility where food is stored, prepared or served such

as school buses, hallways, school court yards, kiosks classrooms or other locations outside the cafeteria

Adopted 4/17/07; Revised 6/10/14, 8/16/16

Legal references:

- A. United States Code:
 - 1. Child Nutrition Act (Reauthorization) (42 U.S.C. § 1741) June 30, 2004.
- B. S.C. Code of Laws, 1976, as amended:
 - 1. Student Health and Fitness Act of 2005 – Section 59-10-10, *et seq.*