

## **SCHOOL WELLNESS**

*Code EFEF-R Issued 5/11/2017*

### **School Wellness**

#### **1. Nutrition Education**

**A.** 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-5, annually in grades 6 – 8 and at least one time in the required health education instruction for high school graduation.

**B.** 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.

**C.** Nutrition education will be linked with the school food environment.

#### **2. Standards for USDA School Meals**

**A.** 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

**B.** 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.

**C.** 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.

**D.** 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.

**E.** The nutritional content of meals will be shared and publicized with students and parents.

**F.** 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 (**[www.a5fans.com](http://www.a5fans.com)**).

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

### **3. Nutrition Standards for Competitive and Other Foods and Beverages**

**A.** All foods and beverages sold on campus will comply with current USDA standards including vending machines, a la carte foods, beverage contacts, concession stands, school stores, classroom parties, and celebrations.

**B.** Fundraising activities will strive to support healthy eating and wellness. Fundraising activities will align with state and federal requirements.

- i. Beginning with school year 2017-2018, schools may have up to 10 exempted events per school not to exceed 1 day in length.

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

**D.** The district will establish standards for foods made available, but not sold, during the school day on school campuses.

### **4. Physical Education and Physical Activity**

**A.** The physical education curriculum for grades K-12 will be aligned with established state and federal requirements.

**B.** 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.

**C.** 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.

**D.** Schools will promote walking and biking to school, as appropriate.

**E.** Physical activity opportunities will be provided at the school for families and community members, as appropriate.

**F.** The school district will develop joint use agreements 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.

## **5. Wellness Promotion and Marketing**

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

**B.** 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.

**C.** 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.

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

**E.** Schools 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.

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

**G.** Healthy Nutrition and physical activity will be incorporated into family events provided throughout the school year as appropriate.

**H.** Only foods and beverages that meet state and federal standards in school nutrition standards can be marketed and advertised on school property.

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

## **6. Implementation, Evaluation, and Communication**

**A.** The District Wellness Committee or Coordinated School Health Advisory Committee (CSHAC) will meet on a regular basis during the school year.

**B.** At a minimum, the District Wellness Committee or CSHAC will permit participation by the public and the school community including parents, students, and representatives of school food authority, teachers of physical education schools, community health professionals, the school board, and school administrators.

**C.** The school district will establish wellness policy leadership of one or more school district and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy e.g. superintendent, assistant superintendent or designee at the school district and principal or designee at the school.

**D.** 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.

Legal Citations:

<http://www.fns.usda.gov/school-meals/regulations>

<http://www.scstatehouse.gov/code/t59c010.php>

<http://www.scstatehouse.gov/code/t59c032.php>

<http://www.fns.usda.gov/school-meals/regulations>

[http://www.fns.usda.gov/sites/default/files/allfoods\\_flyer.pdf](http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf)

<https://ed.sc.gov/scdoe/assets/File/instruction/standards/PE/2014AcademicStandardsforPhysicalEducation.pdf>

<http://www.ed.sc.gov/scdoe/assets/file/agency/ccr/Standards-Learning/documents/SHFA2005.pdf>

<https://www.cdc.gov/healthyschools/physicalactivity/cspap.htm>

<http://www.saferoutespartnership.org>

<http://www.scdhec.gov/Health/Nutrition/ResourcesforCommunityPartners>

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