

BEAUFORT COUNTY SCHOOL DISTRICT WELLNESS POLICY; Revised 2015

GOAL	STATUS	Monitoring & Evaluation	Compliance BCSD Regulations	Compliance State Regulations	Compliance Federal Regulations
<p>Nutrition Education Goals The Beaufort County School District will ensure that students in grades PreK-12 receive nutrition education that is interactive and teach the skills that are needed to adopt healthy eating behaviors.</p>	<p>Food Services provide nutritional meals and nutritional information at all levels to schools regarding nutrition education. State Health and Curriculum Standards provide guidelines for both nutrition and education. The staffs providing nutrition education have appropriate training. <i>Nutritional Marketing concepts:</i> High Schools- <i>Mind Body and Soul</i> Middle Schools- <i>Performance Zone</i> Elementary Schools- <i>School Stars</i> Every Elementary School has a <i>Star Nutrition Board</i> posted in the dining room which contains nutritional information of the current month's menu, to include the USDA food pyramid. Menu nutritional analysis information is sent monthly to Principals and school nurses for distribution and posted in school cafeteria. Menus are sent home monthly with elementary school students to include nutritional information and physical activities. Monthly nutrition and physical activity posters are posted in the cafeterias</p>	<p>CSHAC (Coordinated School Health Advisory Council) Food Services BCSD Student Health and Wellness Education Coordinator Principals</p>	<p>Yes</p>	<p>Yes</p>	<p>Yes</p>

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<p>Physical Activity Goals The Beaufort County School District will ensure that students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum.</p>	<p>In compliance with the Student Health and Fitness Act of 2005, all Elementary schools are providing to students at least 60 minutes of Physical Education and 90 minutes of Physical Activity each week. Each elementary school has an appointed Physical Activity Director on their staff to coordinate the activities before, during and after school.</p>	<p>CSHAC BCSD Student Health and Wellness Education Coordinator Fitness Gram</p>	<p>Yes</p>	<p>Yes</p>	<p>Yes</p>

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<p>Nutrition Standards for All Foods Available on School Campus During the School Day</p> <p>The Beaufort County School District will set guidelines for refreshments served at parties, celebrations, and meetings during the school day and make decisions on these guidelines based on nutrition goals and not profit making.</p>	<p>Administrative rule B-30 establishes guidelines for refreshments served school parties, celebrations and meetings.</p> <p>USDA Smart Snacks guidelines for foods offered in schools.</p> <p>Foods must also meet several nutrient requirements:</p> <p>Calorie limits:</p> <ul style="list-style-type: none"> ◦ Snack items: ≤ 200 calories ◦ Entrée items: ≤ 350 calories <p>Sodium limits:</p> <ul style="list-style-type: none"> ◦ Snack items: ≤ 230 mg** ◦ Entrée items: ≤ 480 mg <p>Fat limits:</p> <ul style="list-style-type: none"> ◦ Total fat: ≤35% of calories ◦ Saturated fat: < 10% of calories ◦ Trans fat: zero grams <p>Sugar limit: ≤ 35% of weight from total sugars in foods</p> <p>Nutrition Standards for Beverages</p> <ul style="list-style-type: none"> • All schools may sell: <ul style="list-style-type: none"> • Plain water (with or without carbonation) • Unflavored low fat milk 	<p>CSHAC Principals BCSD Office of Instructional Services</p>	<p>yes</p>	<p>yes</p>	<p>yes</p>

	<ul style="list-style-type: none"> • Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP • 100% fruit or vegetable juice and • 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners. • Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water. • Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students. <ul style="list-style-type: none"> • No more than 20-ounce portions of • Calorie-free, flavored water (with or without carbonation); and • Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces. • No more than 12-ounce portions of • Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces. • Smart Snacks rule applies to the entire school campus from midnight the evening before through 30 minutes after the last dismissal bell. 				
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	•Teacher lounges and other “adults-only” areas are exempt.				
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<p>Other School-Based Activities Designed to Promote Student Wellness Goals</p> <p>The Beaufort County School District will provide a clean, safe, enjoyable meal environment for students and adequate time for students to enjoy eating healthy foods with friends in schools.</p> <p>The Beaufort County School District will create a school environment that provides consistent wellness messages that promote healthy and pleasurable eating, enjoyable physical activity and respect for body size differences and ensure that the entire school</p>	<p>All school district cafeterias are inspected two (2) times a year and must receive a grade of “A” or 92 or better. School cafeterias provide enough space and serving areas to ensure all students have access to school meals with minimum wait time. Drinking fountains are available in all schools. Food Services uses a POS (Point- of- Sale) system to monitor use and protect the identity of students who are enrolled in the Free and Reduced Lunch Program. Food Services will advertise annually for parents to apply to the Free and Reduced Lunch Program. Food Services is audited by the state every 3 years- all foods must meet Federal Dietary Guidelines. Each cafeteria is inspected twice yearly by DHEC. Each cafeteria has a monthly (24) point <i>HACCP food safety audit</i>. Schools are inspected at random by an independent NSF □ inspector. Monthly food safety training. <i>HACCP</i> logs maintained daily. Cooler/freezer logs maintained daily.</p> <p><i>PCS</i>, POS system protects student meal status identification. Student ID is their SASI number.</p>	<p>CSHAC Food Services Principals</p>	<p>Yes</p>	<p>Yes</p>	<p>Yes</p>

<p>environment, not just the classroom or cafeteria, is aligned with healthy school goals.</p>	<p>All school district cafeterias audited yearly for Smarter Lunchrooms compliance and assigned designation of bronze silver or gold.</p>				
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<p>Other School-Based Activities Designed to Promote Student Wellness Goals cont'd. The Beaufort County School District will provide a clean, safe, enjoyable meal environment for students and adequate time for students to enjoy eating healthy foods with friends in schools. The Beaufort County School District will create a school environment that provides consistent wellness messages that promote healthy and pleasurable eating, enjoyable physical activity and respect for body size differences and ensure</p>	<p>Yearly training on seven food safety topics; Personal hygiene, Food and produce receiving, hot and cold food handling, sanitary cleaning, chemical storage and safe chemical handling, (19 point physical safety (safe lifting techniques, fire extinguisher handling, lock/out tag/out, first aid training, knife safety) All meal patterns are in accordance with the 2012 HHFKA which exceeds previous standards for this policy. Fresh Fruit and Vegetable Program at James J. Davis, Whale Branch Elementary and St. Helena schools. Salad Bars will be offered at all elementary schools Youth Advisory Committees (YAC) completed a minimum of year at each school. We continue to maximize the <i>Fresh Fruit and vegetable</i> program and “back-pack buddies”.</p>	<p>CSHAC Food Services Principals</p>	<p>Yes</p>	<p>Yes</p>	<p>Yes</p>

<p>that the entire school environment, not just the classroom or cafeteria, is aligned with healthy school goals.</p>					
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<p>Maintenance and Utilization of a Coordinated School Health Advisory Council and Monitoring and Review of the Policy The Beaufort County School District will ensure that the council involves parents, students, school food service, teachers, administrators, and the public in the development of a healthy school nutrition environment through assessing needs; effectively using resources; and establishing a plan for the development, implementation, and measurement of the policy.</p>	<p>District will report annually to the school board and the public on the progress toward meeting policy goals. The CSHAC meets Monthly.</p>	<p>CSHAC Members to include Food Service Manager/ Director, dietician, medical professional, school nurse, parent representative, student representative, School Board Member, PE/ Health Teacher, family and consumer science teacher and community member.</p>	<p>partially</p>	<p>partially</p>	

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<p>Setting Goals for Measurement and Evaluation Through the evaluation process, we will be able to answer some basic questions that are very important to policymakers, students, school staff, parents, and the general public.</p>	<p>CSHAC committee will be reviewing the process and evaluating the BCSD Wellness Policy. A rubric will be developed for the evaluation of the BCSD Wellness Policy for the school year 2015-2016.</p>	CSHAC	yes	yes	N/A

Coordinated School Health Advisory Council (CSHAC)

2015-2016 CSHAC Committee Members include:

- Cindy Coburn-Smith- Manager LifeFit Community Health Improvement Program, Beaufort Memorial Hospital
- Holly Mlodzinski- Health Promotions Coordinator, Hilton Head Hospital
- Jessica R. Perez- Director of Wellness, Sodexo Food Services
- Mark Senn- Senior Director, LifeFit Wellness Services, Beaufort Memorial Hospital
- Lakinsha Swinton- Director of Student Services, Beaufort County School District
- Denise Unruh- Nursing Coordinator, Beaufort County School District
- Jen Wright, Program Director- Working Well, South Carolina Hospitals Association