SS - 42 STUDENT WELLNESS

Purpose: To establish the basic structure for the wellness program for students.

The district believes that a student's health impacts his/her school attendance, readiness to learn, potential learning and achievement. Therefore, the district is committed to a sound, comprehensive wellness program of nutrition education, physical activity and other school-based activities that are designed to promote student wellness. The district recognizes that collaborating with parents, students, school personnel, health professionals, and community members is the most effective method of creating a healthy environment where children can learn about and adopt positive lifestyle habits that are essential for them to achieve their full academic potential, as well as lifelong good health and wellbeing.

Healthy eating patterns, respect for body-size differences, and physical activity are essential for students to reach their academic potential, full physical and mental growth, and lifelong health and wellbeing. Recent studies have shown a strong link among nutrition, physical activity, and learning. Positive correlations have been made regarding wellness and academic performance as measured by test scores, concentration, tardiness, attendance rates, and discipline. The district shall promote student wellbeing and academic achievement by supporting quality nutrition and physical activity as part of the learning environment. The program includes the following:

- Teaching, encouraging and supporting healthy eating by students (the schools will provide nutrition education based on the S.C. standards).
- Providing students with the recommended amount of daily physical activity as required by law and encouraging students to fully embrace regular physical activity as a personal behavior because students need opportunities for physical activity beyond physical education classes (the principal of each school is responsible for ensuring compliance at his/her school).
- Supporting the efforts of parents/legal guardians to provide a healthy diet and daily physical activity for their children.
- Ensure that students in grades K-12 receive nutrition education that is interactive and teaches the skills that are needed to adopt healthy eating behaviors.
- *Set guidelines for refreshments served at parties, celebrations, and meetings during the school day and make decisions on these guidelines based on the nutritional goals and not on profit making. (Admin Rule?)*
- Provide a clean, safe, enjoyable meal environment for students and adequate time for students to enjoy eating healthy foods with friends in schools.

- Create a school environment that provides consistent wellness messages that promote health and pleasurable eating, enjoyable physical activity and respect for body size differences and ensure that the entire school environment, not just the classroom or cafeteria, is aligned with healthy school goals.

- Maintain and utilize a Coordinated School Health Advisory Council that 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.

Adopted 4/07; Revised 07/10

Legal references:

A. Federal Legislation:
   1. The Child Nutrition and WIC Reauthorization Act of 2004.
   2. Public Law 103-448, Healthy Meals for Healthy Americans Act, 1994.
   3. NASPE standards.
   4. USDA/FNS guidelines for nutritional integrity of school meals.

B. S.C Code of Laws, 1976, as amended to include Chapter 10 of Title 59, Students Health and Fitness Act of 2005:
   1. Title 59 of the 1976 Code as amended: Physical Education, School Health Services and Nutritional Standards - Sections 1,2, and 3.

BEAUFORT COUNTY SCHOOL DISTRICT WELLNESS POLICY; Revised 2017

GOAL	STATUS	Monitoring & Evaluation	Compliance BCSD Regulations	Compliance State Regulations	Compliance Federal Regulations
Nutrition Education Goals The Beaufort County School District will ensure that students in grades K-12 receive nutrition education that is interactive and teach the skills that are needed to adopt healthy eating behaviors. Nutrition education curriculum is aligned with state and federal learning objectives and standards.	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 staff providing nutrition education have appropriate training. *Nutritional Marketing concepts:* High Schools-*Mindful* Middle Schools-*Performance Zone* Elementary Schools-*School Stars.* Every Elementary School has a *Star Nutrition Board* posted in the dining room which contains nutritional information of the current month's menu. Menu nutritional analysis information is sent monthly to	CSHAC (Coordinated School Heath Advisory Council) Food Services Principals (Follow up with Tonya Crosby on status of meetings with Food Services & Operations)			

	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				
GOAL	**STATUS**	**Monitoring & Evaluation**	**Compliance BCSD Regulations**	**Compliance State Regulations**	**Compliance Federal Regulations**
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. The Beaufort County School District shall provide all teachers with professional development opportunities that are focused on the integration of physical activity into classroom academic content and scheduled throughout the school day.	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. All District teachers are provided professional	CSHAC FitnessGram			

	development opportunities through Summer Institute, Best Practices Day and other District sponsored professional development.				
GOAL	**STATUS**	**Monitoring & Evaluation**	**Compliance BCSD Regulations**	**Compliance State Regulations**	**Compliance Federal Regulations**
Nutrition Standards for All Foods Available on School Campus During the School Day Child nutrition programs shall comply with all federal, state and local requirements including the USDA smart snacks regulations and shall be available to all students. https://www.fns.usda.gov/sbp/school-breakfast-program-sbp https://www.fns.usda.gov/nslp/national-school-lunch-program-nslp All schools shall provide access to breakfast and lunch with ample time to	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 is audited by the state every 3 years- all foods must meet Federal Dietary Guidelines. Nutrition program compliant with all regulation. Last Annual review March 2016	CSHAC Principals BCSD Office of Instructional Services Office of Auxiliary Services (Determine the oversight role of Finance & Operations with regards to Food Services)			

consume meals (10 minutes or greater- breakfast, 20 minutes or greater- lunch) The district has a closed campus policy and staff may not provide permission for student to leave for the purpose of obtaining lunch. All students have access to drinking water. Students have input on the menus through student advisory committees and meal preference surveys. 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.	All schools participate in National School Lunch and Breakfast programs. Additionally, 16 sites are eligible to provide dinner programs. All students encouraged to participate in meals program. Free/ reduced meal applications sent home to all students yearly in both English and Spanish. Food service participated in 2 back to school expositions to help with application process. Food Services will advertise annually for parents to apply to the Free and Reduced Lunch Program. *PCS,* POS system protects student meal status identification. Student ID is their SASI number. All cafeterias have drinking fountains and/or water dispensers and cups available during meals.				

	Student advisory committees help at each school yearly with additional meal surveys being offered at least yearly. Administrative rule B-30 establishes guidelines for refreshments served school parties, celebrations and meetings. **USDA Smart Snacks guidelines for foods offered in schools.** **Foods must also meet several nutrient requirements:** Calorie limits: ° Snack items: ≤ 200 calories ° Entrée items: ≤ 350 calories Sodium limits: ° Snack items: ≤ 230 mg** ° Entrée items: ≤ 480 mg Fat limits: ° Total fat: ≤35% of calories				

	° Saturated fat: < 10% of calories ° Trans fat: zero grams Sugar limit: ≤ 35% of weight from total sugars in foods **Nutrition Standards for Beverages** **● All schools may sell:** • Plain water (with or without carbonation) • Unflavored low fat milk • 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**. • 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. •Teacher lounges and other “adults-only” areas are exempt.				
GOAL	**STATUS**	**Monitoring & Evaluation**	**Compliance BCSD Regulations**	**Compliance State Regulations**	**Compliance Federal Regulations**
Other School- Based Activities Designed to Promote Student Wellness Goals 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, and students will have ample time of 20 minutes or greater to consume meals. 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 environment, not just the	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	CSHAC Food Services Principals			

classroom or cafeteria, is aligned with healthy school goals. The Beaufort County School District recognizes that best practice is that recess and food not be withheld as a form of punishment or offered as reward for academic performance. The Beaufort County School District will encourage schools to identify a Wellness Champion, who will work to promote healthy eating, drinking and physical activity behaviors amongst school staff.	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 *HACCP food safety audit.* Schools are inspected at random by an independent NSF inspector. Monthly food safety training. *HACCP* logs maintained daily. Cooler/freezer logs maintained daily. *PCS,* POS system protects student meal status identification. Student ID is their SASI number. All school district cafeterias audited yearly for Smarter Lunchrooms compliance and assigned designation of bronze silver or gold.				

GOAL	STATUS	Monitoring & Evaluation	Compliance BCSD Regulations	Compliance State Regulations	Compliance Federal Regulations
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 that the entire school environment, not just the classroom or cafeteria, is aligned with healthy school goals.	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 is currently at Joseph S. Shanklin Elementary School and Lady's Island Elementary School. Salad Bars will be offered at all elementary schools *Youth Advisory Committees* (YAC) meet a minimum of once per year at each school. We continue to maximize the *Fresh Fruit and vegetable* program and "back-pack buddies".	CSHAC Food Services Principals			

GOAL	STATUS	Monitoring & Evaluation	Compliance BCSD Regulations	Compliance State Regulations	Compliance Federal Regulations
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.	District will report annually to the school board and the public on the progress toward meeting policy goals.	CSHAC	partially	partially	
GOAL	**STATUS**	**Monitoring & Evaluation**	**Compliance BCSD Regulations**	**Compliance State Regulations**	**Compliance Federal Regulations**
Setting Goals for Measurement, Evaluation and Communication 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.	CSHAC committee will be reviewing the process and evaluating the BCSD Wellness Policy annually utilizing the State Department of Education Wellness Policy Assessment Tool.	CSHAC			N/A

	Updates to the BCSD Wellness Policy will be posted on the District website.				

Coordinated School Health Advisory Council (CSHAC)

2016-2017 CSHAC Committee Members include:
Cindy Coburn-Smith- Manager LifeFit Community Health Improvement Program, Beaufort Memorial Hospital
Holly Mlodzinski- Health Promotions Coordinator, Hilton Head Hospital
Bill Payne, Board Member, Beaufort County School District
Earl Campbell, Board Member, Beaufort County School District
Jessica R. Perez- Director of Wellness, Sodexo Food Services
Lakinsha Swinton- Director of Student Services, Beaufort County School District
Denise Unruh- Nursing Coordinator, Beaufort County School District
Jennifer Morillo, Director of Teaching and Learning, Beaufort County School District