



AGENDA
BOARD OF TRUSTEES
REGULAR MEETING
THE CENTER FOR ADVANCED TECHNICAL STUDIES
JUNE 12, 2017

1. Call to order at 5:30 p.m.
2. Enter executive session to consider the following:
 - a. Selected employment items (Exhibit A)
 - b. Receipt of legal advice and discussion of a contractual matter involving the potential purchase of real estate. S. C. Code Ann. Section 3-4-40(a)(5)(b), S.C. Code Ann. Section 59-19-180.
3. Call to order
4. Welcoming remarks
5. Invocation – Ellen Baumgardner, Secretary, Board of Trustees
6. Pledge of Allegiance - Jan Hammond, Board of Trustees
7. School Board Spotlight
8. Approval of the agenda
9. Approval of the minutes of the May 22, 2017 board meeting
10. Welcome and brief overview of The Center for Advanced Technical Studies
11. Superintendent's Report
 - a. SC Diploma Pathways
 - b. Status Report: Potential Purchase of Property
12. Public participation*

ACTION AGENDA

13. Action as Necessary or Appropriate on Matters Discussed in Executive Session
14. Second and final reading approval of proposed revisions to Board Policy IHAM "Health Education" (Exhibit B)
15. Second and final reading approval of proposed revisions to Board Policy ADF "School Wellness" (Exhibit C)

DISCUSSION AGENDA

16. Presentation on Energy Conservation by Dr. Larry Price, Cenergistic
17. Adjourn

INFORMATION AGENDA

18. The next board meeting will be June 26, 2017 at The Center for Advanced Technical Studies.

*The Board welcomes and encourages public participation. We respectfully ask that you adhere to the procedures and the decorum provided in board policy BEDH "Public Participation at Meetings". Your comments should be limited to three minutes. Questions asked during public participation that are placed in writing will receive a written response in a timely manner.



Minutes/May 22, 2017

The Board of Trustees of School District Five of Lexington and Richland Counties met at Nursery Road Elementary School with the following members present:

Mr. Robert Gantt, Chairman
Mr. Larry Haltiwanger, Vice Chairman
Mr. Michael Cates
Mrs. Jan Hammond
Ms. Beth Hutchison
Mr. Ed White
Dr. Stephen Hefner, District Superintendent

The following staff were in attendance:

Ms. Katrina Goggins, Director, Office of Communications
Dr. Michael Harris, Chief Student Services Officer
Dr. Allison Jacques, Chief Human Resources Officer
Dr. Christina Melton, Chief Instructional Officer
Mr. Len Richardson, Chief Finance Officer

The Board conducted the public hearing on the 2017-2018 general fund budget.

Len Richardson presented the 2017-2018 budget overview.

During the public participation, Kathy Robins and Kim Murphy spoke regarding the budget.

Chairman Gantt gave welcoming remarks.

The Invocation was given by Larry Haltiwanger, Vice Chairman, Board of Trustees. The Pledge of Allegiance was led by Rebecca Shurtleff, a fifth grade student at Nursery Road Elementary School.

The Board conducted the School Board Spotlight.

A welcome and brief overview of Nursery Road Elementary School was given by Love Ligon, Principal.

During the Superintendent's Report, Dr. Hefner presented a Progress Report: Vision 2020; Len Richardson presented the Monthly Financial Reports (Exhibit B).

During the public participation, Gina Wessinger, Gwen Jaeger, Mike Whitehurst, Leslie Bundrick, Kim Murphy, Mark Ebert, Charli Wessinger, Rebecca Connelly, Juli Booth, Liesha Huffstetler and Kathy Robinson spoke regarding the new elementary school site.

A = Absent
AB = Abstain
N = No
X = Yes
R = Recuse

SCHOOL DISTRICT FIVE
OF
LEXINGTON AND RICHLAND COUNTIES

Meeting of May 22, 2017

	B A U M G A R D N E R	C A T E S	G A N T T	H A L T I W A N G E R	H A M M O N D	H U T C H I S O N	W H I T E
1. M. Haltiwanger S. Cates Enter executive session to consider the following : a) selected employment items (Exhibit A) ; b) contractual matter regarding the guaranteed maximum price (GMP) for the Chapin Middle School addition ; and c) update on active and pending litigation involving School District Five of Lexington and Richland Counties	A	X	X	X	X	A	A
2. M. Hutchison S. Cates Adjourn public hearing on 2017-2018 general fund budget	A	X	X	X	X	X	X
3. M. Cates S. Haltiwanger Approve the agenda	A	X	X	X	X	X	X
4. M. Hutchison S. Hammond Approve the minutes of the the May 8, 2017 board meeting	A	X	X	X	X	X	X
5. M. Hammond S. Cates Approve the selected employment items (Exhibit A)	A	X	X	X	X	X	X
6. M. Hutchison S. Hammond Approve first reading of proposed revisions to Board Policy IHAM « Health Education » (Exhibit C)	A	X	X	X	X	X	X
7. M. Hutchison S. Haltiwanger Approve first reading of proposed revisions to Board Policy ADF "School Wellness" (Exhibit D)	A	X	X	X	X	X	X
8. M. Hutchison S. White Approve second and final reading of the 2017-2018 General Fund Budget in the amount of \$181,891,358. This includes an increase in millage of 2.16% (5.4 mills)							

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SCHOOL DISTRICT FIVE
OF
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Meeting of May 22, 2017

	B A U M G A R D N E R	C A T E S	G A N T T	H A L T I W A N G E R	H A M M O N D	H U T C H I S O N	W H I T E
as allowed by Section 6-1-320 in the SC Code of Laws							
M. Hammond S.							
Amend to raise the millage to 1% and make up the difference with the fund balance							
Amendment failed to get a second							
Vote on original motion	A	X	X	X	No	X	X
9. M. Hutchison S. White	A	X	X	X	X	X	X
Adjourn at 9:35 p.m.							

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MEMORANDUM

To: Members of the Board of Trustees

Through: Dr. Stephen W. Hefner, Superintendent

From: Dr. Christina S. Melton, Chief Instructional Officer *CSM*

Date: May 30, 2017

Re: June 12, 2017 Board Meeting
Second Reading: Approval of Proposed Revisions
Board Policy IHAM "Health Education"

Item: Proposed revisions to Board Policy IHAM "Health Education" is attached in draft form, along with the current Board Policy IHAM.

Recommendation: The administration recommends the proposed revisions to Board Policy IHAM "Health Education" pass Second Reading approval.

I will be present to answer any questions you may have regarding these revisions.

Attachments: Current Board Policy IHAM "Health Education"
Proposed revisions to Board Policy IHAM "Health Education"

IHAM Health Education

Purpose: To establish the board's vision for health education.

The school district is committed to a sound, comprehensive health education program that is an integral part of each student's general education.

The district will fulfill its responsibility for meeting the health needs of children and youth through a comprehensive program of health education in grades kindergarten through twelve.

Comprehensive health education includes instruction that maintains, reinforces or enhances the health, health-related skills, and health attitudes and practices of children and youth that are conducive to their good health. Instruction will promote skills, practices and attitudes which promote wellness, health maintenance and disease prevention. Instruction also will include reproductive health education, family life education and pregnancy prevention education, stressing abstinence from sexual activity is the only certain means for the prevention of pregnancy, and stressing the importance of abstinence from sexual activity until marriage, in accordance with state law.

The administration will develop a method whereby principals notify parents/legal guardians of students in the relevant grades of the content of the instructional materials concerning reproductive health, family life, sexually transmitted diseases and pregnancy prevention. The notice will inform parents/legal guardians of their option to exempt their child from this instruction.

Teachers who provide instruction in family life and sex education will have professional preparation in the subject area, either at the pre-service or inservice level.

Teaching about drugs, alcohol and tobacco

All schools in the district will teach the nature of alcohol and narcotics and their effects upon the human system. Schools should help students develop an awareness of the consequences of the use and abuse of alcoholic drinks and drugs. Instruction will emphasize problems related to their use, pharmacological aspects, physiological effects and the impact upon the total community. Schools will present drug education as thoroughly, and in the same manner, as all other required subjects.

HIV/AIDS education

The district will teach students about the life-threatening dangers of acquired immunodeficiency syndrome (AIDS) and its prevention. The district will develop an AIDS prevention education program in consultation with teachers, administrators, parents/legal guardians and other community members including, but not limited to, persons from medical, public health and mental health organizations and agencies. The curriculum for AIDS prevention education will be designed to teach students which behaviors place a person dangerously at risk of infection by the human immunodeficiency virus (HIV) and methods to avoid such risk including the following.

- dangers of drug abuse, especially involving the use of hypodermic needles
- dangers of sexual intercourse, with or without condoms

The program of AIDS prevention education will stress the life-threatening dangers of contracting AIDS and will stress that abstinence from sexual activity is the only certain means for the prevention of the spread or contraction of the AIDS virus through sexual contact. . Other agency presentations approved by South Carolina Healthy Schools will be added to assist in teaching the information.

Adopted 8/1/73; Revised 3/27/82, 1/21/85, 2/6/89, 4/9/12

Legal references:

S.C. Code, 1976, as amended:

Sections 59-29-20, 59-29-30, 59-29-40 - Instruction required regarding the effects of alcohol and narcotics.

Section 59-32-10, et seq. - Comprehensive Health Education Act.

Section 59-10-10, et seq. - Students Health and Fitness Act of 2005.

State Board of Education Regulations:

R-43-231, 43-232, 43-234 - Basic program; defined program.

*Suggested Policy Revisions
Second Reading 6.12.17*

**DRAFT IHAM
Health Education**

Issued ~~4/12~~

Purpose: To establish the board's vision for health education.

The school district is committed to a sound, comprehensive health education program that is an integral part of each student's general education.

The district will fulfill its responsibility for meeting the health needs of children and youth through a comprehensive program of health education in grades **pre**-kindergarten through 12.

The district will comply with the requirements of the Comprehensive Health Education Act, Section 59-29-100, Code of Laws of South Carolina, 1976; the 2005 Student Health and Fitness Act; and the South Carolina Physical Education Standards regarding physical education and activity.

Comprehensive health education includes instruction that maintains, reinforces or enhances the health, health-related skills, and health attitudes and practices of children and youth that are conducive to their good health. Instruction will promote skills, practices and attitudes which promote wellness, health maintenance and disease prevention.

Instruction ~~also~~ will include **sexual abuse and assault prevention, domestic violence, cardiopulmonary resuscitation (CPR), automated external defibrillator (AED) awareness,** reproductive health education, family life **education** and pregnancy prevention education, ~~stressing abstinence.~~ **Abstinence** from sexual activity is the only certain means for the prevention of pregnancy. **In accordance with State law, and stressing** the importance of **abstinence abstaining** from sexual activity until marriage **will be emphasized in accordance with state law.**

The administration will develop a method whereby principals notify parents/legal guardians of students in the relevant grades of the content of the instructional materials concerning reproductive health, family life, sexually transmitted diseases, ~~and~~ pregnancy prevention, **hands-only CPR, and AED awareness.** The notice will inform parents/legal guardians of their option to exempt their child from this instruction. **A waiver for CPR and AED awareness instruction is also provided in the event of student absence on the day of instruction, or if a student with a disability whose individualized education program indicates such student is unable to complete all or a portion of the hands-only CPR requirement.**

Teachers who provide instruction in family life and sex education will have professional preparation in the subject area, either at the pre-service or in-service level.

Teaching about drugs, alcohol and tobacco

All schools in the district will teach the nature of alcohol and narcotics and their effects upon the human system. Schools should help students develop an awareness of the consequences of the use and abuse of alcoholic drinks and drugs. Instruction will emphasize problems related to their use, pharmacological aspects, physiological effects and the impact upon the total community. Schools will present drug education as thoroughly, and in the same manner, as all other required subjects.

HIV/AIDS education

The district will teach students about the life-threatening dangers of acquired immunodeficiency syndrome (AIDS) and its prevention. The district will develop an AIDS prevention education program in consultation with teachers, administrators, parents/legal guardians and other community members including, but not limited to, persons from medical, public health and mental health organizations and agencies. The curriculum for AIDS prevention education will be designed to teach students which behaviors place a person dangerously at risk of infection by the human immunodeficiency virus (HIV) and methods to avoid such risk including the following.

- dangers of drug abuse, especially involving the use of hypodermic needles
- dangers of sexual intercourse, with or without condoms

The program of AIDS prevention education will stress the life-threatening dangers of contracting AIDS and will stress that abstinence from sexual activity is the only certain means for the prevention of the spread or contraction of the AIDS virus through sexual contact. Other agency presentations approved by South Carolina Healthy Schools will be added to assist in teaching the information.

Adopted 8/1/73; Revised 3/27/82, 1/21/85, 2/6/89, 4/9/12

Legal references:

S.C. Code, 1976, as amended:

Sections 59-29-20, 59-29-30, 59-29-40 - Instruction required regarding the effects of alcohol and narcotics.

Section 59-29-100, 59-32-10, et seq. - Comprehensive Health Education Act.

Section 59-10-10, et seq. - Students Health and Fitness Act of 2005.

State Board of Education Regulations:

R-43-231, 43-232, 43-234 - Basic program; defined program.



MEMORANDUM

To: Members of the Board of Trustees

Through: Dr. Stephen W. Hefner, Superintendent

From: Mr. Len Richardson
Chief Financial Officer 

Date: June 2, 2017

Re: June 12, 2017 Board Meeting
Second Reading: Approval of Proposed Revisions
Board Policy ADF "School Wellness"

Item: Proposed revisions to Board Policy ADF "School Wellness" is attached in draft form, along with the current Board Policy School Wellness.

Recommendation: The administration recommends Second Reading approval to the revisions to Board Policy ADF "School Wellness".

Todd A. Bedenbaugh, Director of Student Nutrition will be present to answer any questions you may have regarding these revisions.

Attachments: Current Board Policy ADF "School Wellness"
Proposed revisions to Board Policy ADF "School Wellness"

Policy ADF School Wellness

Issued 9/11

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 should 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 shall be considered in planning all school-based activities such as school events, field trips, dances and assemblies
- Principals shall encourage staff to model healthy behaviors including healthy eating and physical activity. To the extent feasible, staff shall model healthy behaviors for students, including healthy eating/drinking and physical activity.
- Schools shall not use foods or beverages as rewards for academic performance or good behavior. Schools shall 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 shall not deny a student participation in recess or other physical activities as a form of discipline or for classroom make up time. School shall not use physical activity e.g. running laps, pushups as a form of punishment.
- Schools shall 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.

Source: (<https://www.fns.usda.gov/farmtoschool/farm-school>) &
(<http://www.smarterlunchrooms.org>).

- Schools shall encourage participation in after-school sports, intramurals and other non-competitive physical activity programs via in school announcements, school newsletters, posters, etc.
- Healthy Nutrition and physical activity shall 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.
- 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.

Nutrition education

- Require that school cafeteria managers meet with student advisory committees in grades 4 through 12 a minimum of twice a year.
- Ensure that school food service meals not only provide the optimal nutrition that students need for growth, development and academic achievement, but also support the development of healthful eating behaviors in students, including their learning to eat a variety of foods.
- Provide information on calories, percentages of fat and serving sizes of school meal items to help children select appropriate portions of food.
- Encourage input regarding the selection of food items to be offered at all grade levels in the school meal programs by promoting and encouraging student and parent/legal guardian participation in taste-testing events and in menu review panels.
- Schools will not use foods of minimal nutritional value as a reward.
- Nutrition education will be incorporated into classroom instruction when appropriate and in the school dining area.
 - **Students shall 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 shall 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. (Source: <http://www.fns.usda.gov/school-meals/regulations>; <http://www.scstatehouse.gov/code/t59c010.php>; <http://www.scstatehouse.gov/code/t59c032.php>).**
 - Nutrition education shall 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 shall be linked with the school food environment.

Nutritional guidelines for foods on school campus

- Ensure that school food service meals are made attractive to students by appealing to their taste preferences and meeting their cultural needs.
- Encourage students to eat school meals by offering a choice of entrées at lunch—a minimum of 2 in elementary schools, 3 in middle and junior high schools (one choice may be an entrée salad) and 4 in high schools (one choice may be an entrée salad).
- Allow students to purchase at a la carte prices additional servings of any food item that is part of a reimbursable school meal (serving sizes should be comparable to those of the meal components).
- Offer a minimum of 3 milk choices (1% fat and nonfat) for all grade levels at breakfast and lunch. Restrict access to whole milk.
- Offer a low-fat meal choice (30% or less of calories from fat) at every meal.
- Offer a minimum of 4 choices of fruits and vegetables daily, including fresh fruits and vegetables in season at all grade levels (salad bars or prepackaged salads may be included).
- Provide low-fat and non-fat salad dressings.
- Offer whole-grain foods in all programs at all grade levels if possible to meet bread and cereal requirements.
- Encourage preschool, kindergarten and elementary students to try a variety of foods by serving the full reimbursable meal.
- Ensure that all foods and beverages sold or otherwise made available at any public school site through District Five Food Services provide the optimal nutrition that students need for growth, development and academic achievement as well as development of healthful eating behaviors.
- Limit single-serving food items sold to students to the following maximum portion sizes: 1.25 ounces for snacks (including baked chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruits, jerky); 2 ounces for cookies or cereal bars; 3 ounces for other bakery items (sweet rolls, muffins, etc.); 4 ounces for frozen desserts, including ice cream; 8 ounces for yogurt (not frozen); and 1/2 cup for fried potatoes or other fried vegetables.
- Ensure that single servings of entrée items and side dishes are no larger than the portions of those foods served by school food services.
- Offer fruits and vegetables for sale at any location on the school site where foods are sold.
- Make the following beverages available to all students: low-fat or nonfat milk, water and 100% juices that do not contain added sugars or sweeteners.
- Sell no beverage except water or reduced-fat milk in portions larger than 20 ounces.
- 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 shall comply with current USDA Smarts Snacks standards including vending machines, a la carte foods, beverage contracts, concession stands, classroom parties, and celebrations. (Source: http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf)
 - Fundraising activities with any food items must be sold thirty minutes after the school day ends.
 - Students shall be provided access to drinking water throughout the school day.
 - The district standard is 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 shall comply with Federal, State, and Local requirements and shall be accessible to all students. (Source: <http://www.fns.usda.gov/school-meals/regulations>)
- 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 shall 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 shall be safe, comfortable, and pleasing. The school nutrition environment shall allow students with ample space and at least 20 minutes to consume their meal after obtaining food.
- The nutritional content of meals shall 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 (<http://www.lexrich5.org>).

- Students shall be made aware of the availability of water during meals and students shall 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, [Section 59-29-100](#), Code of Laws of South Carolina, 1976; the 2005 Student Health and Fitness Act 102; and the South Carolina Physical Education Standards regarding physical education and activity.

- **The physical education curriculum for grades K-12 shall be aligned with established South Carolina Academic Standards for Physical Education, the 2005 Student's Health and Fitness Act and the Defined Minimum Program. (Source: <https://ed.sc.gov/scdoe/assets/File/instruction/standards/PE/2014AcademicStandardsforPhysicalEducation.pdf> and <http://www.ed.sc.gov/scdoe/assets/file/agency/ccr/Standards-Learning/documents/SHFA2005.pdf>)**

- Students in grades K through 8 will participate annually in physical education designed to facilitate the development of the knowledge, attitudes and skills to live a physically active lifestyle and maintain health-related fitness.
- A physical activity coordinator, who is a certified physical education teacher, will be designated in each elementary school to coordinate physical activity initiatives.
- Middle school students (grades 6 through 8) will participate annually in physical education for at least 9 weeks.
- Students in grades 9 through 12 will successfully complete a minimum of one Carnegie unit in physical education or ROTC prior to graduation, with half of the course addressing personal fitness and wellness, in addition to lifetime fitness.
- Student health-related fitness reports will be shared with parents/legal guardians at the fifth grade, eighth grade and high school level.
- The district will establish a Coordinated School Health Advisory Council to assess, implement and monitor district/school health policies and programs and develop school health improvement plans to be included in the required district strategic plan.
- Administrators and staff will promote a school environment which is supportive of physical activity. Staff is encouraged to model physical activity by participating, as

appropriate, in physical activities with children. A staff wellness program, including physical activity, will be offered to all district employees.

- ~~Withholding participation in recess or other physical activity as a disciplinary action is not allowed.~~

- The school district shall 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 shall 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 shall not include transition times.
(<https://www.cdc.gov/healthyschools/physicalactivity/cspap.htm>).
- Schools shall promote walking and biking to school. (Source: <http://www.saferoutespartnership.org>)
- Physical activity opportunities may be provided at the school for families and community members.
- The school district shall 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. (Source: <http://www.scdhec.gov/Health/Nutrition/ResourcesforCommunityPartners>).

Implementation, Evaluation, and Communication

- The District Health Advisory Council shall meet on a regular basis during the school year. (<http://www.fns.usda.gov/school-meals/regulations>).
- At a minimum, the District Health Advisory Council shall permit participation by the public and the school community including parents, students, and representatives of school food authority, teachers of physical education, community health professionals, the school board, and school administrators. (<http://www.fns.usda.gov/school-meals/regulations> & SHFA)
- 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. (<http://www.fns.usda.gov/school-meals/regulations>)
- The school district shall 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 shall be shared with the public.

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

Legal references:

Federal Legislation:

The Child Nutrition and WIC Reauthorization Act of 2004. [7 CFR 210.31 2017](#)

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

Students Health and Fitness Act of 2005 ([Chapter 10 of Title 59](#): Physical Education, School Health Services and Nutritional Standards - Sections 1, 2 and 3).

[Section 59-29](#)-80 - Courses in physical education; ROTC programs.

[Section 59-29](#)-100 - Supervision of administration of physical education program by state superintendent of education.

[Section 59-32](#)-30 (A)(1)-(3) - Local school boards to implement comprehensive health education program; guidelines and restrictions.

State Board of Education Regulations:

[R-43-168](#) - Nutrition standards for elementary (K-5) school food service meals and competitive foods.

[R-43-231](#) - Defined program, grades K-5.

[R-43-323](#) - Defined program, grades 6-8.

[R-43-234](#) - Defined program, grades 9 - 12.

[R-43-238](#) - Health education requirements.

State Board of Education Academic Standards:

2009 SC Health and Safety Education Academic Standards.

2008 SC Physical Education Academic Standards.

Other references:

National Standards for Physical Education, NASPE (National Association for Sport and Physical Education).

National Health Education Standards, Joint Committee on National Health Education Standards.

Dietary Guidelines for Americans.

Policy ADF School Wellness

Issued 9/11

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 should 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.

Nutrition education

- Require that school cafeteria managers meet with student advisory committees in grades 4 through 12 a minimum of twice a year.
- Ensure that school food service meals not only provide the optimal nutrition that students need for growth, development and academic achievement, but also support the development of healthful eating behaviors in students, including their learning to eat a variety of foods.
- Provide information on calories, percentages of fat and serving sizes of school meal items to help children select appropriate portions of food.
- Encourage input regarding the selection of food items to be offered at all grade levels in the school meal programs by promoting and encouraging student and parent/legal guardian participation in taste-testing events and in menu-review panels.
- Schools will not use foods of minimal nutritional value as a reward.
- Nutrition education will be incorporated into classroom instruction when appropriate and in the school dining area.

Nutritional guidelines for foods on school campus

- Ensure that school food service meals are made attractive to students by appealing to their taste preferences and meeting their cultural needs.

- Encourage students to eat school meals by offering a choice of entrées at lunch - a minimum of 2 in elementary schools, 3 in middle and junior high schools (one choice may be an entrée salad) and 4 in high schools (one choice may be an entrée salad).
- Allow students to purchase at a la carté prices additional servings of any food item that is part of a reimbursable school meal (serving sizes should be comparable to those of the meal components).
- Offer a minimum of 3 milk choices (1% fat and nonfat) for all grade levels at breakfast and lunch. Restrict access to whole milk.
- Offer a low-fat meal choice (30% or less of calories from fat) at every meal.
- Offer a minimum of 4 choices of fruits and vegetables daily, including fresh fruits and vegetables in season at all grade levels (salad bars or prepackaged salads may be included).
- Provide low-fat and non-fat salad dressings.
- Offer whole-grain foods in all programs at all grade levels if possible to meet bread and cereal requirements.
- Encourage preschool, kindergarten and elementary students to try a variety of foods by serving the full reimbursable meal.
- Ensure that all foods and beverages sold or otherwise made available at any public school site through District Five Food Services provide the optimal nutrition that students need for growth, development and academic achievement as well as development of healthful eating behaviors.
- Limit single-serving food items sold to students to the following maximum portion sizes: 1.25 ounces for snacks (including baked chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruits, jerky); 2 ounces for cookies or cereal bars; 3 ounces for other bakery items (sweet rolls, muffins, etc.); 4 ounces for frozen desserts, including ice cream; 8 ounces for yogurt (not frozen); and 1/2 cup for fried potatoes or other fried vegetables.
- Ensure that single servings of entrée items and side dishes are no larger than the portions of those foods served by school food services.
- Offer fruits and vegetables for sale at any location on the school site where foods are sold.
- Make the following beverages available to all students: low-fat or nonfat milk, water and 100% juices that do not contain added sugars or sweeteners.
- Sell no beverage - except water or reduced-fat milk - in portions larger than 20 ounces.
- 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.

Physical education and activity

- The district will comply with the requirements of the Comprehensive Health Education Act, [Section 59-29-100](#), Code of Laws of South Carolina, 1976; the 2005 Student Health and

Fitness Act 102; and the South Carolina Physical Education Standards regarding physical education and activity.

- Students in grades K through 8 will participate annually in physical education designed to facilitate the development of the knowledge, attitudes and skills to live a physically active lifestyle and maintain health-related fitness.
- A physical activity coordinator, who is a certified physical education teacher, will be designated in each elementary school to coordinate physical activity initiatives.
- Middle school students (grades 6 through 8) will participate annually in physical education for at least 9 weeks.
- Students in grades 9 through 12 will successfully complete a minimum of one Carnegie unit in physical education or ROTC prior to graduation, with half of the course addressing personal fitness and wellness, in addition to lifetime fitness.
- Student health-related fitness reports will be shared with parents/legal guardians at the fifth grade, eighth grade and high school level.
- The district will establish a Coordinated School Health Advisory Council to assess, implement and monitor district/school health policies and programs and develop school health improvement plans to be included in the required district strategic plan.
- Administrators and staff will promote a school environment which is supportive of physical activity. Staff is encouraged to model physical activity by participating, as appropriate, in physical activities with children. A staff wellness program, including physical activity, will be offered to all district employees.
- Withholding participation in recess or other physical activity as a disciplinary action is not allowed.

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

Legal references:

Federal Legislation:

The Child Nutrition and WIC Reauthorization Act of 2004.

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

Students Health and Fitness Act of 2005 ([Chapter 10 of Title 59](#): Physical Education, School Health Services and Nutritional Standards - Sections 1, 2 and 3).

[Section 59-29-80](#) - Courses in physical education; ROTC programs.

[Section 59-29-100](#) - Supervision of administration of physical education program by state superintendent of education.

[Section 59-32-30 \(A\)\(1\)-\(3\)](#) - Local school boards to implement comprehensive health education program; guidelines and restrictions.

State Board of Education Regulations:

R-43-168 - Nutrition standards for elementary (K-5) school food service meals and competitive foods.

R-43-231 - Defined program, grades K-5.

R-43-323 - Defined program, grades 6-8.

R-43-234 - Defined program, grades 9 - 12.

R-43-238 - Health education requirements.

State Board of Education Academic Standards:

2009 SC Health and Safety Education Academic Standards.

2008 SC Physical Education Academic Standards.

Other references:

National Standards for Physical Education, NASPE (National Association for Sport and Physical Education).

National Health Education Standards, Joint Committee on National Health Education Standards.

Dietary Guidelines for Americans.

SCHOOL DISTRICT FIVE OF LEXINGTON AND RICHLAND COUNTIES