

Policy ADF District Wellness

Issued 12/20

Purpose: To establish the board's vision for nutrition and physical activity in the district schools in order to provide an environment that enhances learning and development of lifelong wellness practices for students and district staff.

The board believes that a goal of public education is to assist all students in reaching their full potential and that a student's health impacts his/her school attendance, readiness to learn, potential for learning, and academic achievement.

Therefore, the school district is committed to a sound, comprehensive health education program that is an integral part of each student's general education. Major components of health education are nutrition and physical activity.

The district will ensure or do the following:

Nutrition Programs and Education at All Grade Levels

- Child nutrition programs will comply with current federal, state, and local requirements and be accessible to all children per USDA Meal Requirements.
- Qualified child nutrition professionals will provide all students with access to a variety of affordable, nutritious, and appealing foods that meet nutritional guidelines. 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.
- The district will provide opportunities for ongoing professional training and development for teachers, and volunteers on the importance of physical activity for children and the relationship of physical activity and good nutrition to academic performance and healthy lifestyles.
- The school environment will be safe, comfortable, and pleasing and will allow ample time and space for eating meals and at least twenty (20) minutes to consume their meal after obtaining food. Students will be made aware of the availability of water during meals and students will be allowed access to water throughout the meal period. To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus.

Promote Physical Activity and Healthy Eating

- Schools should not deny a student participation in recess or other physical activities as a form of discipline or for classroom make-up time. Schools will not use physical activity (e.g. running laps, pushups) as a form of punishment. This does not include participation on sports teams or with other sports-related after school activities, nor does it include participation on sports teams with specific academic requirements.
- Teach, encourage, model, and support healthy eating and physical activity by students. 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. Nutrition education may also be integrated into other areas of the curriculum. Nutrition education and promotion will be linked with the school food environment.

- Provide children with the recommended amount of daily physical activity as required by state law and encourage students to fully embrace regular physical activity as a personal behavior; students should be offered physical activities beyond physical education class. Schools will encourage participation in after-school sports, intramurals, and other non-competitive physical activity programs via in school announcements, school newsletters, posters, etc. The physical education curriculum for grades K through 12 will be aligned with established state physical education standards, the Students Health and Fitness Act and the defined minimum program.
- All school-based programs and initiatives will be consistent with local wellness policy goals.
- Support parents/legal guardians' efforts to provide a healthy diet and daily physical activity for their children.
- Schools and their employees will not use foods or beverages as rewards for academic performance for good behavior. Schools and their employees will not withhold food or beverages or limit meal choices as a means of punishment. Teachers are provided with a list of alternative rewards in lieu of foods; physical activity is a highly recommended reward.

District Food and Beverage Compliance

- All foods and beverages sold in district schools during the school day (including vending, concessions, á la carte, school stores, parties, and fundraising) as well as during all school-related activities should feature healthy choices and will be consistent with current United States Department of Agriculture (USDA) and Smart Snacks in School regulations.
- The district will establish standards for foods made available, but not sold, during the school day on school campuses. 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. Each school is approved to have up to thirty (30) "Smart Snacks" exempt fundraisers not to exceed one (1) day in length each. School administration will document all fundraising activities and provide copies to the district office.

The superintendent or his/her designee will ensure compliance with the established district-wide local wellness policy goals. In each school, the principal or his/her designee will ensure compliance with those policies. The school food service division will ensure compliance with nutrition policies within the school cafeterias. The district's Coordinated School Health Advisory Council (CSHAC) will develop, implement, monitor, review, and, as necessary, revise the local school wellness policy. Coordinated School Health Advisory Committee (CSHAC) will meet at least once per school year to perform an annual wellness policy review. At a minimum, the District Wellness Committee or CSHAC will permit participation by the public and the school community including parents, students, representatives of school food authority, teachers of physical education schools, community health professionals, the school board, and school administrators. The superintendent or his/her designee will have the authority and responsibility to ensure each school complies with the School Wellness Policy. The school district will conduct an assessment of the wellness policy at least once every three (3) years to determine compliance with the policy, to compare with model wellness policies, and to monitor progress. The triennial assessment includes progress toward meeting the goals of the policy and will be shared with the public.

The district highly values the health and well-being of every employee and will plan and implement activities that encourage a healthy lifestyle. Principals will encourage staff to model healthy behaviors including healthy eating and physical activity.

Marketing of Food and Beverage Products

The district is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The district strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on district property that contains messages inconsistent with the health information the district is imparting through nutrition education and health promotion efforts. It is the intent of the district to protect and promote students' health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the district's wellness policy.

Any foods and beverages marketed or promoted to students on school campuses during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students. These standards do not apply to marketing that occurs at events outside of school hours, such as after school sporting events or any other events, including school fundraisers.

Contracts for goods or services that include a food and beverage marketing component executed after June 30, 2017, must conform to federal nutrition standards. No exceptions will be granted.

Recordkeeping

The district will retain records to document compliance with the requirements of the wellness policy. Documentation maintained by the district will include but will not be limited to:

- the written wellness policy
- documentation demonstrating that the policy has been made available to the public
- documentation of efforts to review and update the policy, including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the district wellness committee (e.g. copy of meeting notice posted on the district website)
- documentation to demonstrate compliance with the annual public notification requirements
- the most recent assessment on the implementation of the wellness policy
- documentation demonstrating the most recent assessment on the implementation of the wellness policy has been made available to the public.

Adopted 1/9/07; Revised 3/8/16, 6/13/17, 12/8/20

Legal References:

United States Code of Laws, as amended:

Healthy, Hunger-Free Kids Act of 2010, [Pub. L. No. 111-296](#), 124 Stat. 3183.

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

[Section 59-10-10](#), *et seq.* - Physical education, school health services, and nutritional standards.

[Section 59-10-330](#) - Coordinated School Health Advisory Council (CSHAC).

[Section 59-10-350](#) - Length of elementary school lunch period.

[Section 59-32-30](#) - Comprehensive health education program; guidelines and restrictions.

Code of Federal Regulations, as amended:

National School Lunch Program and School Breakfast Program: Nutrition Standards for All Goods Sold in School, [7 C.F.R. § 210](#) and [220](#).

Local School Wellness Policy Implementation, [7 C.F.R. § 210](#) and [220](#).

S.C. State Board of Education Regulations:

[R43-168](#) - Nutrition standards for elementary (K-5) school food service meals and competitive foods.

[R43-238](#) - Health education requirements.

S.C. State Board of Education Academic Standards:

2009 Academic Standards for Health and Safety Education.

2014 SC Academic Standards for Physical Education.

Other:

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

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

USDA Dietary Guidelines for Americans.

USDA *Guide to Smart Snacks in School* (2016).

USDA Professional Standards for State and Local School Nutrition Programs (2015).

York School District One