

AR ADF-R District Wellness

Issued 12/20

School Health Councils

The school district will establish and maintain a Coordinated School Health Advisory Council (CSHAC) to assess, plan, implement, and monitor district and school health policies and programs composed of members of the community, school representatives, students, parents/legal guardians, district food service employees, and school board members. The district health improvement plan goals and progress toward those goals will be included in the district's strategic plan. Individual schools within the district will establish and maintain School Health Councils (SHC) to develop school level improvement plans and to implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A SHC consists of a group of individuals representing the school and community and could include parents/legal guardians, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)

District Food Service Program

Meals served through the national school lunch and breakfast programs will meet and/or exceed the nutrition requirements established by local, state, and federal statutes and regulations. All meals will be appealing and attractive to students and served in clean, pleasant settings. School and district staff will discourage students from sharing their foods or beverages with one another during meal or snack times to reduce potential allergic reactions and/or the spreading of germs.

Elementary students will have a minimum of twenty (20) minutes to eat, excluding the time it takes to obtain their meals and sit down. Students will have access to bathrooms, handwashing stations, or hand sanitizers before eating meals or snacks.

School meals will offer students a variety of fruits and vegetables. Low-fat milk (2% or 1%), fat-free milk, and nutritionally equivalent non-dairy alternatives (to be defined by USDA) will be provided for all students. Half of the food items containing grains will be whole grain products by the school year 2008-2009. Nutritional content for all meals served will be shared with parents, legal guardians, and students via one or more of the following: menus, websites, cafeteria menu boards, placards, or other point-of-purchase materials.

In efforts to identify new, healthful, and appealing food choices for students, schools may host for students and parent's opportunities to participate in taste-tests and surveys. The data received from these activities will be utilized when expanding and/or revising school lunch and breakfast menus.

The district will ensure qualified nutrition professionals administer the school meal programs. These persons must possess a degree in nutrition, have continuing education, and/or extensive experience in nutrition. To ensure all food service staff are highly qualified, to include but not limited to, child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility, the district will provide on-going professional development, training, and/or certifications.

Meal Scheduling

In addition to the reimbursable school meal program, district food services will also provide à la carte items that meet nutrition and portion size standards as indicated in district policy and Smart Snacks in School. All food and beverages sold in schools during the school day (including vending, concessions, a la

carte, school stores, parties and fundraisers) as well as during all school related activities should feature healthy choices and consistent with current United States Department of Agriculture (USDA) and the Smart Snacks regulations.

Food and Beverages Not Provided Through School Food Service

School administrators will be responsible for all snacks and beverages provided to students during the school day. This includes the use of vending machines, school fundraisers, and other special occasions. School principals will ensure snacks and beverages meet USDA “Smart Snack” nutrition standards. These include but are not limited to the following:

- Snacks and beverages provided to students are pre-packaged with nutritional information
- Vending machines are only available for faculty and staff in elementary schools
- Vending machines cannot compete with district food service meals

Snacks Provided by School or Parents/Legal Guardians

Snacks served during the school day or in after-school care or enrichment programs should make a positive contribution to children’s diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Snacks and beverages brought from home or donated for special occasions for all students must be pre-packaged, contain a listing of their nutritional and allergy contents.

Nutrition and Physical Activity Promotion

Nutrition education and promotion

York School District One aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that does the following:

- Is offered at each grade level K-8 and at high school in health course as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health
- Is encouraged to be part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities such as contests, promotions, taste testing, farm visits, and school gardens
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise)
- Encourages links with school meal programs, other school foods, and nutrition-related community services
- Teaches media literacy with an emphasis on food marketing
- Includes training for teachers and other staff

Integrating physical activity into the classroom setting

Students need opportunities for physical activity beyond physical education class. Toward that end, classroom health education will compliment physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television; opportunities for physical activity will be incorporated into other subject lessons when feasible; and classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents/Legal Guardians

The district/school will support parents'/legal guardians' efforts to provide a healthy diet and daily physical activity for their children through activities, such as offering sending home nutrition information, posting nutrition tips on school Web sites and providing nutrient analysis of school menus. Schools should encourage parents/legal guardians to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages.

Staff Wellness

York School District One highly values the health and well-being of every staff member and will plan to implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each district/school should establish and maintain a staff wellness committee. (The staff wellness committee can be a subcommittee of the school health council.) The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

Physical Activity Opportunities and Physical Education Elementary School Physical Activity Requirements

The district will provide students with physical education using an age appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physical active lifestyle and will help students develop skills to engage in lifelong healthy habits and incorporate essential health education concepts. The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The district will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

South Carolina Physical Education Assessment

Using the South Carolina Department of Health and Environmental Control South Carolina Department of Education FitnessGram, students will be assessed in grades 2 (BMI only), 5, 8, and once in high school to assess PE standards and program effectiveness. A report will be made to the community on the district and school report cards. An individual student's fitness status will be reported to the student's parent/legal guardian during 5th and 8th grades and once during high school.

Daily Recess

All elementary school students will have at least twenty (20) minutes a day of supervised recess, preferably outdoors, during which school should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. Recess is not to be withheld as a punishment in the elementary schools; it is recommended that physical activity not be assigned as a punishment in the elementary schools

Physical Activity Opportunities Before and After School

All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools and middle schools, as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that could meet the needs,

interests, and abilities of all students, including boys, girls, students with disabilities, and students with special healthcare needs.

After-school childcare and enrichment programs will provide and encourage - verbally and through the provision of space, equipment, and activities - daily periods of moderate to vigorous physical activity for all participants.

Safe Routes to School

Schools are encouraged to participate in such programs as “Safe Routes to School” and “International Walk to School Day.”

Monitoring and Policy Review

Monitoring

Amy Hagner, Assistant Superintendent, ahagner@york.k12.sc.us will have the authority and responsibility to ensure each school complies with the School Wellness Policy. In each school, the principal or his/her designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or his/her designee. 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.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review finding and any resulting changes.

The superintendent or his/her designee will develop a summary report every three years on districtwide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

Policy and Record review

Per policy [ADE](#), the district will retain records to document compliance as well as conduct annual policy reviews, to include but not limit to physical activity and nutrition. All recommended policy changes will be reviewed and approved by the board of trustees.

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Footnotes:

To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.

A whole grain is one labeled as a “whole” grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include “whole” wheat flour, cracked wheat, brown rice, and oatmeal.

It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or “paid” meals.

School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.

York School District One