

Wellness Policy Components	Fully In Place	Partially in Place	Not in Place	Describe Actions Taken for Implementation (include supports and challenges)	Data Source for Monitoring
District Wellness Committee/Coordinated District Health Advisory Council					
Policy Leadership					
1. The designated officer for ensuring district compliance with the wellness policy and oversight is identified. (PO-3)	YES			SHAC committee established	Superintendent
1a. Each school has a designated wellness leader	YES			Representatives meet quarterly	Parents, Students, Nurses, Coordinators
1b. Each school wellness leader monitors implementation of the wellness policy and reports compliance to the District wellness leader.	YES			Campus and Department Representatives	Proposals and policies for guidance
Public Involvement					
2. Meets at least once per year to establish district wellness goals, and to oversee, school health and safety policies and programs including development, implementation, periodic review, and update of the wellness policy	YES			Meets quarterly to review progress	SHAC Parent President
3. To the extent possible, committee includes representative of: (PO-3) Parents/Legal Guardians Students District Nutrition Services Physical Education Teachers School Health Professionals Local School Board School Administrators General Public/Community Members Food and Beverage Availability	YES			Participants in wellness community	Posting for parents and community
4. Pre-K to Fifth graders will be provided a minimum of 20 minutes to consume lunch after they have received their food. (NS-11)	YES			Students are provided 30 minutes	Teacher, Aides, and School Administrators monitor meal periods
Foods Sold Outside of School Meals Program (Competitive Foods and Beverages)					
5. Foods and beverages sold outside of the school meal programs (e.g. "competitive" foods and beverages) will meet USDA Smart Snacks in School Nutrition standards. (SS-1, SS-2)	YES			No outside foods are permitted during meal times	School administrators
5a. The following venues currently comply with Smart Snacks requirements during the school day: School Stores Vending Machines Concessions	YES			Standards are in place	Director of Food Services
6. Standards established for foods provided but not sold (e.g. class parties, class snacks) during the school day meet or exceed the USDA Smart Snacks in School Nutrition standards. (PO-3)	YES			Standards are in place	School Administrators

7. Any foods and beverages marketed or promoted to students on school campuses during the school day meet or exceed the USDA Smart Snacks in School Nutrition standards. (PO-3)	YES			No other foods or snacks allowed during meal periods	School Administrators
District Goals for Health & Wellness					
Nutrition Education					
8. Schools will provide nutrition education and engage in nutrition promotion that fulfils the criteria identified in the District's LWP. (NS-8, NS-12, HPW-11)	YES			Pre-K-K receive regular lessons on nutrition, Pop-up lessons are offered at all campuses	School Administrators and Director of Food Services
8a. Nutrition education is integrated across the curriculum.	YES			Taught at all campuses	School Administrators, Teachers
8b. Nutrition education is linked with the school food environment/cafeteria	YES			Food Service posts visual posters	Director of Food Services
Nutrition Promotion					
9. Nutrition promotion using evidence-based techniques, creating food environments that encourage healthy nutrition choices and participation in school meal programs using a comprehensive and multi-channel approach by school staff, teachers, parents/legal guardians, students, and the community. (NS-5, NS-8, NS-9)	YES			Implementing farm to school program	School Administrators, Director of Food Services
9a. All Schools in the District are Team Nutrition (TN) Schools.	YES			Standards are in Place	Oversight by Director of Food Services
9b. TN resources are used to promote nutrition throughout the District.				Social Media, Website	Oversight by Administration
10. Promote healthy food and beverage choices and participation in school meal programs through use of marketing and merchandising and through adherence to 100% of foods and beverages promoted to students meeting USDA Smart Snacks in School Nutrition standards. (PO-8, PA-4, PA-3, PA-2)	YES			Consistent with federal standards	Director of Food Services
Physical Activity					
11. Schools promote and ensure varied physical activity opportunities such as before, during, and after school; staff involvement; family and community engagement that are in addition to, and not a substitute for quality physical education. (PO-8, PA-4, PA-3, PA-2)	YES			Fitness Gram	Athletics Department and Campus Clubs
12. Physical activity during the school day (including but not limited to recess, classroom physical activity breaks, or physical education) will not be withheld as punishment for any reason. (9PA-6, PA-7 ES)	YES			Students are not withheld from PE	Athletics Department, School Administrators, Campus Clubs
Physical Education					
13. District will provide students with physical education using an age-appropriate, sequential PE curriculum consistent with national and state standards for PE. (HPE-3)	YES			District website gives parents instruction and information	PE Instructors, School Administrators

13a. Fitness testing of students occurs at a minimum in grades 2 (height & weight only) 5, 8, and in High School PE courses required for graduation. Individual student fitness reports are shared with parents/caregivers. <i>Per SC Students Health and Fitness Act of 2005.</i>	YES			District website gives parents instruction and information	PE Instructors, School Administrators, School Nurses
13b. Student fitness data is used by the District and Schools for instruction planning, fitness equipment, and professional development	YES			Primarily used by Athletics Department	Athletic Director
14. All students will be provided equal opportunity to participate in physical education classes. Appropriate accommodations allow for equitable participation for all students and physical education classes and equipment are adapted as necessary.	YES			Provisions for adaptive PE are in place	PE Instructors
Update/Inform the Public					
15. Annually, the public is notified about the content and implementation of the wellness policy and any updates to the policy. The name and contact information of the designated officer is publicized with information on how the public can become involved with the wellness committee or obtain information on the wellness policy. (PO-3)	YES			Posted on District website	Quarterly Reports, Monthly Board Reports
15a. The name and contact information of the designated officer is publicized	YES			Posted on District website	Karen Peterson, RN
15b. Information is shared on how the public can become involved with the wellness committee or obtain additional information on the wellness policy	YES			Posted on District website	Karen Peterson, RN
16. Every three years the District develops a report that meets the following requirements. (PO-3)	YES			Annual report is compiled and posted	Karen Peterson, RN
16a. All schools compliance with the District wellness policy.	YES			District wellness policy is a partnership	Superintendent
16b. How the District policy compares with state and/or federal model wellness policies		YES		District actively works to improve the wellness policy	Board of Trustees
16c. A description of progress towards attaining wellness policy goals.		YES		Wellness committee continues to improve the policy	Campus Administrators
16d. This report is made available to the public.				Posted to social media and website	Monthly Board Reports
17. Records will be maintained to document compliance with the requirements of the wellness policy including items 1, 2, 3, 15, and 16	YES			Meeting minutes, policy reviews	Administrative Assistant
Other School-Based Strategies for Wellness					
18. SFAs must include, at a minimum, one goal for Other School-Based Strategies for Wellness in the LWP. SFA's must explore the use of evidenced based strategies when identifying goals. (List and report below)	YES			Offer students the opportunity to give input	Classroom Teachers

Optional Goals-School Meals					
19. Schools will not use foods or beverages as rewards for academic performance or good behavior. Additionally, schools will not withhold foods or beverages for punishment. Teachers are provided a list of alternative ideas for behavior management.	YES			Food is not used as a reward mechanism	Superintendent, School Administrators
19a. Schools will not withhold food or beverages for punishment	YES			Students are not denied or withheld meals	Campus Administrators
19b. Teachers are provided with a list of alternative ideas for behavior management.	YES			Teachers can obtain idea lists, continued collaboration for new ideas	Campus Administrators
Optional Goals - Water					
20. Free, safe, unflavored drinking water is available throughout the school day at every campus.	YES			Water fountains, water Cambro's and cups available in cafeterias	Teachers and aides monitor the meal periods
Optional Goals - Staff Wellness					
21. Schools will offer staff wellness programs such as weight management, health assessments, and employee assistance program.	YES			Annual medical screenings offered, EAP program promoted and paid for by District	Karen Peterson, RN
Optional Goals - Community Involvement					
22. School will allow community members access to the District's outdoor physical activity facilities before and after school			NO	Property damage to fields and facilities	Athletic Director, Superintendent, Board of Trustees
22a. District has adopted the SC School Boards Association's model Open Community Use of School Recreational Areas (KFA) policy			NO	Property damage to fields and facilities	Athletic Director, Superintendent, Board of Trustees
23. School partners with local community organizations, businesses, or local hospitals to engage students and their families in health promotion activities. (PO-9)	YES			Free sports physicals provided by UTMB	Karen Peterson, RN, Athletic Director
Other Optional Goals					
Success/Updates from the Past Three years					
District has been successful in recruiting members from the community to serve on the SHAC Committee. Recommended ideas are reviewed for implementation. Water fountains have been replaced and updated. School nutrition pop-up lessons provided from the Director of Food Service at campuses. Culinary Arts Program classes are offered and available for High School students to obtain knowledge in healthy eating and meal preparation/planning and serve safe certification while gaining High School credit. Additional school clubs are offered for students to participate including running club, cooking club, fishing club. All clubs teach student wellness, nutrition, and importance of healthy living.					