Regulation SS - 42 District Wellness

March 2024

I. Purpose. This Administrative Regulation establishes the Superintendent's expectation for the promotion of student wellness, proper nutrition, nutrition education, and regular and physical activity in the Beaufort County School District (BCSD).

II. Nondiscrimination. The BCSD is committed to nondiscrimination and equal opportunity for all students, parents/legal guardians, staff, visitors, applicants for admission and employment, personnel, and community members who participate or seek to participate in its educational programs or activities. Accordingly, the BCSD does not discriminate against any individual on the basis of race, religion, gender, gender identity, sexual orientation, sex, pregnancy, childbirth, or any related medical conditions, color, physical or mental disability, age (40 or older), ancestry, genetic information, national origin, or any other applicable status protected by Title VI, Title VII, Title IX or any other local, state, or federal law.

III. Introduction. The BCSD recognizes student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn and is committed to the optimal development of every student. BCSD believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year. Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks. [i], [ii], [iii], [iv], [v], [vi], [vii] Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students. [viii],[ix],[x] In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities – do better academically. [xi],[xii],[xiii],[xiv] . The BCSD is committed to providing a school environment promoting student wellness, proper nutrition, nutrition education, and regular and physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices.

IV. Food and Beverage Availability.

A. The BCSD 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.
B. The BCSD is committed to:
    1. Serving healthy meals to students, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk;
    2. Serving meals moderate in sodium, low in saturated fat, and with zero-added trans-fat per serving (nutrition label or manufacturer's specification); and
    3. Meeting the nutrition needs of school children within their calorie requirements.
C. The school meal program aims to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.
D. All BCSD schools participate in the USDA child nutrition programs through the National School Lunch Program (NSLP) and the School Breakfast Program (SBP) and are committed to offering

school meals that:

1. Are accessible to all students;
2. Are appealing and attractive to children;
3. Are served in clean, safe, and pleasant settings for students;
4. Meet or exceed current nutrition requirements established by local, state, and federal statutes and regulations; and
5. Promote healthy food and beverage choices using evidence-based best practices as recommended by the USDA where appropriate.

E. Students in pre-Kindergarten to fifth grade shall be provided a minimum of twenty (20) minutes to eat lunch and ten (10) minutes to eat breakfast after they have received their food.

F. Schools and teachers shall not use foods or beverages as rewards for academic performance or good behavior. Additionally, schools and teachers shall not withhold food or beverages as punishment.

G. To promote hydration, free, safe, unflavored drinking water will be available to students throughout the school day and throughout every school campus. The BCSD shall make drinking water available where school meals are served during mealtimes, and through drinking fountains and water dispensers.

H. The BCSD has a closed campus lunch policy, and BCSD staff shall not allow or provide permission, expressly or impliedly, for any student to leave campus for the purpose of obtaining lunch.

I. BCSD students shall have input on menus through student advisory committees and meal preference surveys.

J. Competitive foods and beverages

1. The BCSD is committed to ensuring all foods and beverages available to students on school campuses during the school day support healthy eating. The foods and beverages sold outside of the school meal programs (e.g., “competitive” foods and beverages) shall meet the USDA Smart Snacks in School nutrition standards, as outlined in SS-42-E. The BCSD will establish standards for food made available, but not sold during the school day on campus that align with these standards.
2. All fundraisers during the school day, on school campus, must meet Smart Snacks in Schools Nutrition Standards. Up to five (5) fundraisers per school year per school may be exempt from the nutritional requirements, as determined by the State Board of Education. A “Smart Snacks” Individual Exempt Fundraiser Checklist and a “Smart Snacks” Annual School-Based Exempt Fundraiser Summary Report must be completed by school principals and maintained by the school for a period of three (3) years, subject to District and/or state monitoring.
3. Fundraisers that do not meet the Smart Snacks requirements or are approved and documented per section IV.J.2 as exempt are not permitted to be sold from midnight the night before until thirty (30) minutes after the last bell rings at the end of the school day.
4. School campus is defined as any area of the campus that students have access to.
5. Snacks Provided by a BCSD 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 purchased commercially, be pre-packaged, and contain a listing of their nutritional contents and any contents that may potentially cause allergic reactions. Students with allergies to tree nuts or other substances will not be served pre-packaged snacks and beverages containing potential allergen ingredients.

V. BCSD Goals for Health and Wellness.

A. Nutrition Promotion.
   1. Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages and by creating food environments encouraging healthy nutrition choices and participation in school meal programs. Students and staff shall receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents/legal guardians, students, and the community.
   2. The BCSD shall promote healthy food and beverage choices for students throughout the school campus and encourage participation in school meal programs. This promotion shall occur through the use of evidence-based best practices and through adherence to the USDA Smart Snacks in School nutrition standards.

B. Nutrition Education.
   1. The BCSD shall ensure students in grades K-12 receive nutrition education that is interactive and teaches skills needed to adopt healthy eating behaviors. The BCSD nutrition education curriculum shall be aligned with state and federal learning objectives and standards.
   2. The BCSD shall teach, model, encourage, and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion which:
      a. Fosters the adoption and maintenance of healthy eating behaviors such as acquiring skills for reading food labels and menu planning;
      b. Is 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;
      c. Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
      d. Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
      e. Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, and other school foods and nutrition-related community services;
      f. Teaches media literacy with an emphasis on food and beverage marketing; and
      g. Includes nutrition education training for teachers and other staff.
      h. Includes a weekly nutrition component in the health curriculum for students in kindergarten through fifth grade.
   3. BCSD food services shall 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 shall have appropriate training.
   4. Each BCSD Elementary School shall have a *Nutrition Board* posted in the dining room containing nutritional information for the current month's menu.
   5. Complete menu nutritional analysis information shall be accessible to parents and students through the vendor's menu application.
   6. Menus are available on the BCSD website and shall be sent home monthly with elementary school students to include nutritional information.

C. Physical Activity.
    1. In compliance with the Student Health and Fitness Act of 2005, all elementary schools shall provide students with at 90 minutes of physical education and 60 minutes of physical activity each week. Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program which includes quality physical education as the foundation; physical activity before, during, and after school; staff involvement; and family and community engagement. Schools may promote opportunities for physical activity via in school announcements, newsletters, and posters. The BCSD is committed to providing these opportunities, and schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education.
    2. The BCSD shall ensure 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.
    3. The BCSD shall provide all teachers with professional development opportunities focused on the integration of physical activity into classroom academic content and scheduled throughout the school day through the BCSD Summer Institute, BCSD Best Practices Day, or other BCSD sponsored professional development.
    4. The BCSD encourages the use of physical activity as a reward when feasible. Physical activity during the school day (including but not limited to recess, classroom physical activity breaks, or physical education) shall not be withheld as punishment for any reason. 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.

D. Physical Education.
    1. The BCSD shall 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 shall promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits and incorporate essential health education concepts. The curriculum shall support the essential components of physical education.
    2. All students shall be provided equal opportunity to participate in physical education classes. The BCSD shall make appropriate accommodations to allow for equitable participation for all students and adapt physical education classes and equipment as necessary.

VI. District Wellness Committee/Coordinated School Health Advisory Council (CSHAC).

A. The BCSD shall convene a wellness committee entitled the Coordinated School Health Advisory Council ("CSHAC") to meet at least once per year to establish BCSD wellness goals for and to oversee school health and safety policies and programs to assess, develop, plan, implement, and monitor by periodic review and update of this Administrative Regulation. CSHAC members shall include, to the extent possible, parents/legal guardians, students, representatives of BCSD nutrition services or food service management company, physical education teachers, school health professionals, the Board of Education, school administrators, and the general public. The designated officer for ensuring compliance with the wellness policy and oversight of the committee shall be the BCSD Chief Financial Officer (CFO). The BCSD Chief Instructional Services Officer (CISO), shall also assist in ensuring compliance with the wellness policy. Additionally, the BCSD shall encourage each school to identify a Wellness Champion, who shall work to promote healthy eating, drinking, and physical activity behaviors among school staff.

B. Annually, the BCSD shall notify the public about the content and implementation of this Administrative Regulation and share any updates to this Administrative Regulation. The BCSD shall also publicize the name and contact information of the Chief Financial Officer and the Chief Instructional Officer with information on how the public can become involved with the wellness committee or obtain additional information on this Administrative Regulation. The information for this annual review can be gathered through and utilized in the BCSD strategic planning process.

C. Annually, the CSHAC shall review and evaluate this Administrative Regulation using the South Carolina Department of Education Wellness Policy Assessment Tool (District Wellness Policy Annual Progress Report) and shall annually report its progress in attaining the goals of this Administrative Regulation to the Board of Education and public. The results of this assessment shall be made available to the public to showcase the wellness efforts being made by the BCSD and how each school complies with this Administrative Regulation. Following this assessment, the BCSD shall update or modify this Administrative Regulation as necessary and share these changes with the public. The CSHAC shall prepare a Triennial Assessment Report every three years and submit it to the South Carolina Department of Education Wellness Contact.

VII. Recordkeeping. The BCSD shall retain records to document compliance with the requirements of this Administrative Regulation. Documentation maintained by the BCSD shall include but will not be limited to:

A. This Administrative Regulation;

B. Documentation demonstrating this Administrative Regulation has been made available to the public;

C. Documentation of efforts to review and update this Administrative Regulation, including an indication of who is involved in the update and methods the BCSD uses to make stakeholders aware of their ability to participate on the wellness committee (e.g., copy of meeting notice posted on the BCSD website);

D. Documentation to demonstrate compliance with the annual public notification requirements;

E. The most recent assessment on the implementation of this Administrative Regulation; and

F. Documentation demonstrating the most recent assessment on the implementation of this Administrative Regulation has been made available to the public.

VIII. Food and Beverage Marketing.

A. The BCSD is committed to providing a school environment ensuring opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The BCSD 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 BCSD property containing messages inconsistent with the health information the BCSD is imparting through nutrition education and health promotion efforts. It is the intent of the BCSD to protect and promote student's health by permitting advertising and marketing for only those foods and beverages permitted to be sold on the school campus, consistent with this Administrative Regulation.

B. Any foods and beverages marketed or promoted to students on school campuses during the school day shall 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 occurring at events outside of school hours such as after school sporting events or any other events, including school fundraisers.

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

D. Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing includes any oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:
   1. Brand names, trademarks, logos, or tags, except when placed on a physically present food or beverage product or its container;
   2. Displays, such as on vending machine exteriors;
   3. Corporate brand, logo, name, or trademark on school equipment displayed during the school day, such as marquees, message boards, scoreboards, or backboards Immediate replacement of these items is not required; however, the BCSD shall replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent such is financially feasible over time so items are compliant with this Administrative Regulation.
   4. Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by the BCSD;
   5. Advertisements in school publications or school mailings; and
   6. Free product samples, taste tests, coupons of a product, or free samples displaying advertising of a product.

Adopted: February 2016

Revised: June, 2017; February, 2019; March, 2024

Legal References:

Federal Law:

Healthy, Hunger-Free Kids Act of 2010, Pub. L. No. 111-296, 124 Stat. 3183.

Federal Regulations:

National School Lunch Program and School Breakfast Program: Nutrition Standards for All Goods Sold in School, 7 C.F.R. Parts 210 and 220 (2016).

Local School Wellness Policy Implementation, 7 C.F.R. Parts 210 and 220 (2016).

42 U.S.C. § 1758(f) National School Lunch Act

S.C. Code, 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(A)(1)-(3) - Comprehensive health education program; guidelines and restrictions.

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.

State Board of Education Academic Standards:

2014 SC Academic Standards for Physical Education.

2009 Academic Standards for Health and Safety Education.

2015 SC “Smart Snacks” and Exempt Fundraisers Memorandum.

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.

USDA Dietary Guidelines for Americans.

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

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

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[iii] Murphy JM. Breakfast and learning: an updated review. Current Nutrition & Food Science. 2007; 3:3–36.

[iv] Murphy JM, Pagano ME, Nachmani J, Sperling P, Kane S, Kleinman RE. The relationship of school breakfast to psychosocial and academic functioning: Cross-sectional and longitudinal observations in an inner-city school sample. Archives of Pediatrics and Adolescent Medicine. 1998;152(9):899–907.

[v] Pollitt E, Mathews R. Breakfast and cognition: an integrative summary. American Journal of Clinical Nutrition. 1998; 67(4), 804S–813S.

[vi] Rampersaud GC, Pereira MA, Girard BL, Adams J, Metzl JD. Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents. Journal of the American Dietetic Association. 2005;105(5):743–760, quiz 761–762.

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[viii] MacLellan D, Taylor J, Wood K. Food intake and academic performance among adolescents. Canadian Journal of Dietetic Practice and Research. 2008;69(3):141–144.

[ix] Neumark-Sztainer D, Story M, Dixon LB, Resnick MD, Blum RW. Correlates of inadequate consumption of dairy products among adolescents. Journal of Nutrition Education. 1997;29(1):12–20.

[x] Neumark-Sztainer D, Story M, Resnick MD, Blum RW. Correlates of inadequate fruit and vegetable consumption among adolescents. Preventive Medicine. 1996;25(5):497–505.

[xi] Centers for Disease Control and Prevention. *The association between school-based physical activity, including physical education, and academic performance*. Atlanta, GA: US Department of Health and Human Services, 2010.

[xii] Singh A, Uijtdewilligne L, Twisk J, van Mechelen W, Chinapaw M. *Physical activity and performance at school: A systematic reviewof the literature including a methodological quality assessment.* Arch Pediatr Adolesc Med, 2012; 166(1):49-55.

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Beaufort County Schools Coherent Governance Manual:

GC-1 Board Purpose.

GC-2 Governing Commitments (GC 2.1, 2.2, 2.3).

GC-3 Board Job Description (GC-3.4.b.c.d., 3.17).

GC-6 Annual Work Plan.

GC-11 Diversity Statement and Goals.

B/SR-4 Authority of the Superintendent.

B/SR-5.8 Superintendent Accountability.

OE-1 Global Operational Expectation.

OE-3 Treatment of Stakeholders (OE-3.1, 3.3).

OE-10 Communicating with the Board (OE-10.1, 10.2, 10.4, 10.6, 10.12, 10.16).

OE-11 Communicating with the Public (OE-11.1, 11.2.a.b.c).

OE-18 Food and Nutrition Services

Exhibits

SS-42(E) Smart Snacks