



Coordinated School Health Advisory Committee

Tuesday, April 22, 2025

Agenda

Welcome & Introductions
Overview: What is CSHAC?

Smart Snacks


Physical Education

Spotlight: MUSC & Boeing Center for Children's
Wellness

Reflecting on Past Goals & Setting New Objective

Introductions

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Emily Gray

- Serves as District physical education and health coordinator
- Oversees compliance for school's participation in MUSC's wellness program
- communicates with schools and administration district wide initiatives in physical education and health



Colleen Boulware

- Serves as the School District Nutritionist
- Oversee Smart Snacks compliance across all schools
- Lead and coordinate district-wide nutrition education initiatives



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What Is CSHAC?

BCSD recognizes student wellness and proper nutrition are related to a student's well-being, growth development, and readiness to learn.

on in the U.S. Department of
A) School Breakfast Program:

s and standardized test scores
lower absenteeism,
performance on cognitive tasks.

Students who are physically active

- recess
- physical activity breaks
- high-quality physical education, active games and activities – do better academically

Local Wellness Policy

A written document that guides a school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn.

ditional agencies participating in the Lunch Program (NSLP) and School Breakfast Program (SBP) are required to develop a policy

Requirements:

- Set goals for nutrition, physical activity, and mental health
- Define nutrition standards for all foods sold on campus
- Include guidelines for non-sold foods and beverages
- Involve community members in policy development and implementation
- Regularly inform and update the public

Smart Snacks

Applies to all foods & beverages sold to students on school grounds during the school day (includes a la carte and fundraisers) • Up to 5 fundraiser exemptions per year for BCSD schools

Low-fat and fat-free milk permitted by the NSLP/SBP • 100% fruit or vegetable juice • 8 fl oz for elementary; 12 fl oz for secondary

High Schools Only: Low and no-calorie beverages with or without caffeine and/or carbonation; calorie-free, flavored

TEACHING TURNAUTS & Celebrations

raisers

Hold a field
day

Host a
walk/run/bike-a-
thon

Celebratic

Prizes

Healthy
Treats

DID YOU KNOW?

EDUCATION GROUP HAS A FACEBOOK PAGE



Education Group at Beaufort County
District

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MUSC Boeing Center for Children's Wellness

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Intro

Posts

MUSC CHILDREN'S WELLNESS HAS A FACEBOOK PAGE

Previous Goals

2024-2025

Nutrition Education & Promotion



By April 1, 2025, 18 schools within BCSD will implement at least one nutrition education or promotion initiative each month. - Achieved 22 schools in total

Physical Activity:



All elementary school students are to receive 90 minutes of physical education and 60 minutes of physical activity. By April 1, 2025, the number of elementary schools in compliance will increase by a minimum of 5%. (17 schools) Updated goal: Fall 2024. - Achieved



Other School-Based Wellness Activity:

By April 1, 2025, BCSD school participation in the MUSC wellness program shall increase from 21 schools (2023-24 SY) to 28 schools. - 23 schools currently participating

BCSP 2025-2026



Nutrition Education & Promotion



Physical Activity



Any

Questions?



Beaufort County School District CSHAC



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