

# Policy ADF District Wellness

Issued 03/21

Richland County School District One is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of a total learning experience. In a healthy school environment, students will learn, experience and participate in positive dietary and lifestyle practices.

Therefore, it is the policy of the board to ensure the following:

## Food and Beverage Availability

- This policy will be administered by the superintendent or his/her designee.
- All schools within the district will participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) and will provide meals that meet the current Federal Regulation's nutrition standards for school meals. The school environment will be safe, comfortable and pleasing.
- All food made available on campus will adhere to food safety and security guidelines.
- Students will have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they are seated.
- Schools will not use foods or beverages as rewards for academic performance or good behavior. Additionally, school will not withhold food or beverages as punishment
- Commodity foods donated by the United States Department of Agriculture (USDA) will be used and accounted for in accordance with federal regulations. The food will only be used for the purpose of feeding children.

## Competitive Foods and Beverage

- The District will ensure that all foods and beverages sold and served to students on the school campus during the school day meet USDA guidelines, including those provided outside of the school meal program. All food and beverages sold outside of school meal programs, during the school day will, at a minimum, meet USDA Smart Snack Standards. These standards will apply in all locations and through all services where food and beverages are sold and served, which may include but are not limited to a la carte, vending machines, school stores, snack or food carts, celebrations, parties, classroom snacks as well as any food-based fundraisers meant for consumption during the school day. See Nutrition Services website competitive food sales/vending machines policies  
<http://www.schoolnutritionandfitness.com/index.php?sid=2110122009427796&page=wellnesspolicy>

## Water

- To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout the school campus.

## Health and Wellness

### Nutrition Promotion

- All schools will meet state standards for nutrition education and physical activities by the end of SY 2022. See link below for details on state standards. See South Carolina State Department website for details on state standards. <https://ed.sc.gov/instruction/standards-learning/>
- Nutrition promotion using evidence-based techniques and nutrition messages help to create healthy food environments and positively influence lifelong healthy eating behaviors. In order to be compliant with the USDA final rule, the district will ensure that all schools will promote healthy food and beverage choices for

all students across the school campus during the school day and will encourage participation in school meal programs.

### Nutrition Education

- Nutrition education will be offered at each grade level as a 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. Nutrition education may also be integrated into other areas of the curriculum.

### Physical Activity

- Students will be given opportunities for physical activity during the school day through physical education classes, 20 minute daily recess periods for elementary school students, physical activity breaks and the integration of physical activity into the academic curriculum. The district requires that physical activity opportunities be adapted in order to make them accessible to students with disabilities.
- Schools will 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., walk/run laps, pushups) as a form of punishment.

### Physical Education

- Physical education will be offered 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 physically 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. Appropriate accommodations will be made to allow for equitable participation for all students and physical education classes and equipment will be adapted as necessary.

### District Goals

- The district will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary and work toward the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.
- Families will be informed and encouraged to participate in school-sponsored “wellness” activities and will receive information about health promotion efforts.
- The district wellness committee will support staff wellness by identifying and disseminating wellness resources, and by promoting a district-wide physical activity initiative.
- The district will provide opportunities for ongoing professional training and development for food service staff, teachers and volunteers on the importance of physical activity for students and the relationship of physical activity and good nutrition to academic performance and healthy lifestyles.
- Local wellness policy goals will be considered in planning all school-based activities (such as school events, field trips, celebrations, dances and assemblies).

### District Wellness committee/Coordinated School Health Advisory Council

- The district will maintain a Coordinated School Health Advisory Council (CSHAC) that meets at least once a year to establish district wellness goals for and to oversee school health and safety policies and programs including development, implementation, and periodic review and update of the wellness policy. The council will be comprised of parents/legal guardians, students, and representatives of district nutrition

services, physical education teachers, school health professionals, a school board member, school administrators, and the general public. The designated officer for ensuring district compliance with the wellness policy and oversight of the committee will be the district's health and physical education coordinator.

- In order to be compliant with the USDA final rule, the district is committed to ensuring that the community is aware of and involved in the development and implementation of the district wellness policy. The district will actively communicate the ways in which representatives of the CSHAC, School Wellness Councils, and others can participate in the development, implementation and periodic review and update of the district wellness policy.
- Annually, the district will notify the public about the content and implementation of the wellness policy and share any updates to the policy. In order to be compliant with the USDA final rule, the district will actively inform caregivers and the public each year of basic information about the district wellness policy, including but not limited to:
  - its content and any updates
  - district-level and school-level implementation status
  - an explanation of why updates were made, who was involved and how stakeholders were made aware of their ability to participate
  - the effective dates of any policy changes
  - the names and contact information of the district and school officials leading and Coordinating the Coordinated School Health Advisory Committee (CSHAC)
  - information on how the public can get involved with CSHAC
  - information about CCHAC meetings including dates, times, locations, agendas, and meeting minutes mechanisms for the public to provide feedback and comments.
- Every three years, the district will assess its compliance with the policy, how it compares to model wellness policies published by state and federal agencies, the district's progress in attaining the goals of the policy, and make this assessment available to the public. Progress will be monitored through utilization of tools such as the district wellness policy Annual Progress Report Survey or with Healthier Generation district reports.

#### Recordkeeping

- The district will retain records to document compliance with the requirements of the wellness policy.

#### Food and Beverage Marketing

- In order to be compliant with the USDA final rule, all foods and beverages marketed to students on the school campus during the school day will meet or exceed USDA Smart Snack Standards. This includes the marketing of products on:
  - The exterior of vending machines
  - Posters, flyers, menu boards, coolers, trash cans, and other food service equipment
  - Cups used for beverage dispensing

As entities, including the district, school nutrition services, athletic department, and the parent-teacher association/organization (PTA/PTO) reviewing existing contracts and consider new contracts, equipment, and product purchasing (and replacement) decisions should reflect the marketing guidelines by this district wellness policy.

Adopted 6/06; Revised 12/8/15, 00/00/21

Legal references:

Federal Law:

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

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 59-32-30\(A\)\(1\)-\(3\)](#) – Local school boards to implement comprehensive health education program; guidelines and restrictions.

State Board of Education Regulations:

[R-43-168](#) - Nutrition standards for elementary (K-5) school food service meals and competitive foods.

[R-43-238](#) - Health education requirements.

State Board of Education Academic Standards:

2008 SC Physical Education Academic Standards.

2009 SC Health and Safety Education Academic Standards

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*

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

Office of Student Nutrition Services School Wellness:

A Healthy and Nutritious School Environment Policy and Procedures.

Richland County School District One