

# SCHOOL WELLNESS

POLICY **ADF** *Issued* **12/8/2015**

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Purpose: To establish the basic structure for the promotion of wellness in all schools within the district.

Richland County School District One is committed to providing a school environment that promotes and protects children's health, well-being and ability to learn by supporting healthy eating and physical activity.

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

- Child nutrition programs (e.g., school lunch, school breakfast, after school snack and summer food service programs) will comply with federal, state and local requirements and will be accessible to all children.
- Qualified child nutrition professionals will provide all students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students.
- All foods and beverages sold or served on campus will comply with the current United States Department of Agriculture (USDA) Dietary Guidelines for Americans and Smart Snacks in School regulation (including vending machines, á la carte foods, beverage contracts, concession stands, school stores and canteens and school parties).
- Food items sold in fundraisers that meet the nutrition requirements are not limited. The number of fundraisers exempt from the nutrition requirements will be determined by the South Carolina Department of Education. For additional information regarding district fundraisers, refer to administrative rule EFE-R, Competitive Food Sales-Vending Machines.
- All foods made available on campus will adhere to food safety and security guidelines.
- The school environment will be safe, comfortable and pleasing and will allow ample time and space for eating meals.
- 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.
- Students will be given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, physical activity breaks and the integration of physical activity into the academic curriculum. Whenever possible, recess for elementary schools will be scheduled before lunch so that children will come to lunch less distracted and ready to eat.
- Schools will not use foods or beverages as rewards for academic performance or good behavior and will not withhold food or beverages as a punishment. 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., running laps, pushups) as a form of punishment.

## PAGE 2 - ADF - SCHOOL WELLNESS

- Advertising messages and promotional activities will be consistent with and reinforce the objectives of the USDA guidelines which promotes items that are smart snack compliant as well as education and wellness policy goals of the board and individual schools.
- 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 young children 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, dances and assemblies).
- The district will maintain a Coordinated School Health Advisory Council (CSHAC) to assess, plan, implement and monitor district and school health policies and programs. The council will be comprised of members of the community, school representatives, students, parents, district food service employees, district health education and physical education coordinators, district nursing coordinators and board members.

Adopted 06/2006, 12/8/2015

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### Legal references:

#### A. Federal Law:

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

#### B. S.C Code, 1976, as amended:

1. Section 59-10-10, *et seq.* - Physical education, school health services, and nutritional standards.
2. Section 59-10-330 - Coordinated School Health Advisory Council (CSHAC).
3. Section 59-32-30 (A)(1)-(3) - Local school boards to implement comprehensive health education program; guidelines and restrictions.

#### C. State Board of Education Regulations:

1. R43-168 - Nutrition standards for elementary (K-5) school food service meals and competitive foods.
2. R43-238 - Health education requirements.

#### D. State Board of Education Academic Standards:

1. 2008 SC Physical Education Academic Standards.
2. 2009 SC Health and Safety Education Academic Standards.
3. 2015 SC "Smart Snacks" and Exempt Fundraisers Memorandum.

#### E. Other references:

1. National Standards for Physical Education, NASPE (National Association for Sport and Physical Education).
2. National Health Education Standards, Joint Committee on National Health Education Standards.
3. USDA Dietary Guidelines for Americans.
4. USDA Smart Snacks in School Regulation.
5. Office of Student Nutrition Services School Wellness-A Healthy and Nutritious School Environment Policy and Procedures