

WELLNESS POLICIES ON PHYSICAL ACTIVITY AND NUTRITION

Code **ADF** Issued **1/12**

Purpose: To provide a school environment that promotes and protects children's health, well-being and ability to learn by supporting healthy eating and physical activity.

The district will do the following.

- The district will engage students, parents/legal guardians, teachers, food service professionals, health professionals and other interested community members in developing, implementing, monitoring and reviewing district-wide nutrition and physical activity policies.
- All students in grades 4K-12 will have opportunities, support and encouragement to be physically active on a regular basis.
- Foods and beverages sold and served at schools will follow the nutritional recommendations of the U.S Dietary Guidelines for Americans.
- The school food services program will provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutritional needs of students and provide clean, safe and pleasant settings with adequate time for students to eat.
- To the extent practicable, all schools in the district will participate in available federal school meals programs.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs and with related community services.

To achieve these policy goals, the district will implement the following.

School health councils

The district health council will create, develop, implement, monitor, review and, as necessary, revise school nutrition and physical activity policies. The council also will serve as a resource to school sites for implementing those policies.

Nutritional quality of foods and beverages sold and served on campus

School meals

Meals served through the national school lunch and breakfast programs will do the following.

- be appealing and attractive to children
- be served in clean and pleasant settings
- meet, at a minimum, nutrition requirements established by local, state and federal statutes and regulations
- will serve four fruits and vegetables daily
- offer only low-fat and fat-free milk
- offer whole grains served daily

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Schools should engage students, through taste-tests of foods, in selecting food sold and served through the school meal programs in order to identify new, healthful, popular and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents/legal guardians and students whenever possible.

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, schools will do the following.

- Operate the school breakfast program.
- To the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- If schools serve breakfast to students, notify parents/legal guardians and students of the availability of the school breakfast program.

Free and reduced priced meals

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced price school meals. Toward this end, schools will utilize whatever methods are available.

Meal times and scheduling

Schools will do the following.

- Provide students in elementary school with at least 20 minutes after being served for lunch and 10 minutes for breakfast.
- Schedule meal periods at appropriate times.
- Not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- As possible in the elementary schools, schedule lunch periods in conjunction with recess periods.

Qualifications of school food services staff

Qualified professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, the district will provide continuing professional development for all school food services employees. Staff development programs should include appropriate certification and/or training programs for program directors, cafeteria managers and cafeteria operators according to their levels of responsibility.

Sharing of foods and beverages

Schools should discourage students from sharing their foods or beverages with one another during meals or snack times, given concerns about allergies, other diet restrictions and the spread of germs.

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Foods and beverages sold individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.)

Elementary schools

Beverages

Students in grades K through five will be served 100% fruit juice, non-fat milk, 1% milk and water daily.

Managers will meet with grades four through five twice a year to discuss nutritional standards required by the state department.

Given young children's limited nutrition skills, food in the elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, water, fruits, non-fried vegetables and non-carbonated fruit juice beverages.

Coin operated vending machines or food sold as school-sponsored fundraisers will not be available to elementary students on campus during the school day.

Middle/Junior high schools

In middle/junior high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte snack lines), vending machines or through programs for students after the school day will meet the following nutrition and portion size standards.

Beverages

- *Allowed*
 - water or seltzer water without added caloric sweeteners
 - fruit and vegetable juices and fruit-based drinks that contain at least 100 percent fruit juice and that do not contain additional caloric sweeteners
 - unflavored or flavored low-fat or fat-free fluid milk, sports drinks and diet carbonated soft drinks
- *Not allowed*
 - soft drinks containing caloric sweeteners
 - high energy drinks
 - fruit based drinks that contain less than 50 percent real fruit juice or that contain additional caloric sweeteners

Beverage portion sizes should not exceed 12 ounces per individual serving excluding water.

Foods

A food item sold individually and in vending machines will meet the following guidelines.

- If the saturated fat percentage of daily value (satisfat%DV) exceeds 10 percent, then the item may not be sold.
- If the carbohydrates percentage of daily value (carb%DV) exceeds 10 percent, then the item may not be sold.

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- If an item fails one of these criteria, it may be sold if the value of the sat fat/carb that failed is equal to or less than 20 percent DV and if the item has equal to or more than four grams of fiber or equal to or more than 10 percent DV of calcium or equal to or more than 100 percent of Vitamin C. In other words, an item that is over 10 percent and less than 20 percent in one of the two targeted areas (saturated fat and carbohydrates) can be redeemed by another nutritional quality such as fiber content, percent DV of calcium or percent DV Vitamin C.

Fundraising activities

To support children's health and school nutrition education efforts, individuals involved with school fundraising activities will be encouraged to promote projects that involve physical activity and discouraged from promoting projects that sell foods or beverages of minimal nutritional quality.

Snacks

Snacks served during the school day or in after school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks, and water or non fat or low fat milk as the primary beverages. Schools will assess if and when to offer snacks based on the timing of school meals, children's nutritional needs, children's ages and other considerations.

If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the national school lunch program.

Rewards

Schools will be encouraged not to use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (listed above), as rewards for academic performance or good behavior. Schools will not withhold food or beverages (including food served through school meals) as punishment.

School sponsored events and celebrations

Sponsors of school events, such as athletic events, class celebrations, dances or performances, will be encouraged to follow the guidelines meeting nutrition standards for meals or for foods and beverages sold individually as listed above.

Adopted 4/18/06; Revised 4/17/07, 8/9/11, 1/10/12

Legal references:

- A. Federal Legislation:
 1. The Child Nutrition and WIC Reauthorization Act of 2004.
- B. S.C Code of Laws, 1976, as amended:
 1. Students Health and Fitness Act of 2005 (Chapter 10 of Title 59: Physical Education, School Health Services and Nutritional Standards - Sections 1, 2 and 3).
 2. Section 59-29-80 - Courses in physical education; ROTC programs.
 3. Section 59-29-100 - Supervision of administration of physical education program by state superintendent of education.
 4. Section 59-32-30 (A)(1)-(3) - Local school boards to implement comprehensive health education program; guidelines and restrictions.

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C. State Board of Education Regulations:

1. R-43-168 - Nutrition standards for elementary (K-5) school food service meals and competitive foods.
2. R-43-231 - Defined program, grades K-5.
3. R-43-232 - Defined program, grades 6-8.
4. R-43-234 - Defined program, grades 9 - 12.
5. R-43-238 - Health education requirements.

D. State Board of Education Academic Standards:

1. 2009 SC Health and Safety Education Academic Standards.
2. 2008 SC Physical Education Academic Standards.

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. Dietary Guidelines for Americans.