

WELLNESS POLICY

Code **ADF** Issued **6/17**

Nutrition Education

Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors such as acquiring skills for reading food labels and menu planning. Nutrition education will be offered weekly in grades K through 5, annually in grades six through eight, and at least one time in the required health education instruction for high school graduation.

Nutrition education will be 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.

Nutrition education will be linked with the school food environment.

Standards for USDA Child Nutrition Programs and School Meals

Child nutrition programs (e.g., school lunch, school breakfast, after-school snacks, and summer feeding) will comply with federal, state, and local requirements and will be accessible to all students.

The USDA Professional Standards for State and Local Nutrition Programs are followed to ensure professional development in the area of food and nutrition is provided for food service directors, managers, and staff.

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.

The school nutrition environment will be safe, comfortable, and pleasing. The school nutrition environment will allow students with ample space and at least 20 minutes to consume their meal after obtaining food.

Students will be made aware of the availability of water during meals and will be allowed access to water throughout the meal period.

Nutrition Standards for Competitive and Other Foods

All foods and beverages sold on campus will comply with current USDA Smarts Snacks standards including vending machines, á la carte foods, beverage contacts, concession stands, school stores, classroom parties, and celebrations.

Florence Five will establish standards for foods made available, but not sold, during the school day on school campuses.

Physical Education and Physical Activity

The physical education curriculum for grades K through 12 will be aligned with established state physical education standards, the Students Health and Fitness Act (SHFA), and the Defined Minimum Program.

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The school district will provide opportunities for ongoing professional development for all 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.

Wellness Promotion and Marketing

Local wellness policy goals will be considered in planning all school-based activities, such as school events, field trips, dances, and assemblies.

Principals will encourage staff to model healthy behaviors including healthy eating and physical activity. To the extent feasible, staff will model healthy behaviors for students, including healthy eating/drinking and physical activity.

Schools will not use foods or beverages as rewards for academic performance or good behavior. Schools will not withhold food or beverages as punishment. Teachers are provided with a list of alternative ideas. Using physical activity as a reward when feasible is highly recommended.

Schools will not deny a student participation in recess or other physical activities as a form of discipline or for classroom make-up time. School will not use physical activity, e.g., running laps, pushups as a form of punishment.

Schools will promote healthy food items, including fruits, vegetables, whole grains, and low-fat dairy products. Throughout the year, schools participate in taste tests, communicate with the student advisory council, promote meals on the food service Facebook page, and post monthly wellness newsletters and signage that promote healthy items on menus.

Schools will encourage participation in after-school sports, intramurals and other non-competitive physical activity programs via in school announcements, school newsletters, posters, etc.

Only foods and beverages that meet Smart Snacks in school nutrition standards can be marketed and advertised on school property.

It is recommended that schools avoid participation in fundraising or corporate incentive programs that promote a message inconsistent with the goals of the school districts for a healthy school community.

Implementation, Evaluation, and Communication

The district wellness committee will meet on a regular basis during the school year.

At a minimum, the district wellness committee will permit participation by the public and the school community, including parents/legal guardians, students, representatives of the school food authority, teachers of physical education schools, community health professionals, the school board, and school administrators.

The district will designate an official in each school to be accountable for ensuring each school is in compliance.

The school district will conduct an assessment of the wellness policy at least once every three years to determine compliance with the policy, to compare with model wellness policies, and to monitor progress. The triennial assessment including progress toward meeting the goals of the policy will be shared with the public.

Florence Five will complete an annual assessment of the school wellness policy implementation/progress towards wellness goals.

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Progress reports on compliance/implementation is made to the school community (the board, superintendent, principals, staff, students, and parents/legal guardians) and the public.

The district will update policies based on best practices.

Adopted 8/28/06; Revised 5/24/10, 6/26/17

Legal References:

A. Federal Law:

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

B. Federal Regulations:

1. 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).
2. Local School Wellness Policy Implementation, 7 C.F.R. Parts 210 and 220 (2016).

C. 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 59-10-350 - Length of elementary school lunch period.
4. Section 59-32-30(A)(1)-(3) - Comprehensive health education program; guidelines and restrictions.

D. 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.

E. State Board of Education Academic Standards:

1. 2009 Academic Standards for Health and Safety Education.
2. 2014 SC Academic Standards for Physical Education.
3. 2015 SC "Smart Snacks" and Exempt Fundraisers Memorandum.

F. 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 *Guide to Smart Snacks in School* (2016).
5. USDA Professional Standards for State and Local School Nutrition Programs (2015).