

SCHOOL WELLNESS

Code **ADF** Issued **DRAFT/15**

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

Orangeburg Consolidated School District Three 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.

The local wellness team

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 consist of the superintendent, school administration, teachers, physical education and health teachers, school nurses, school board members, food service directors, students, parents/legal guardians and concerned communities members. The council will perform an annual assessment of the policy and the results will be compiled and reported to the superintendent.

Nutrition and physical goals

The district will strive to create a healthy school environment that promotes healthy eating and physical activity. In order to create this environment, the following activities will be implemented:

Nutrition

- Age-appropriate nutrition education will be integrated through the curriculum and offered every year to all students of the district according to state guidelines.
- Nutrition education will be made available to parents/legal guardians and the community.
- Reimbursable school meals will meet the program requirements and nutrition standards found in state and federal regulations.
- All other foods and beverages sold or served to students, including fund raisers, will be monitored to ensure compliance with state and federal nutrition requirements.
- Students will be encouraged to make nutritious food choices.
- Students will be given adequate time to obtain and eat lunch, scheduled in the middle of the school day as possible.
- If possible, recess should be scheduled before lunch as children who are more relaxed and less distracted due to exercise are more likely to eat lunch and make healthy food choices.
- The use of food as a reward or punishment will be prohibited.

Physical activity

- Students will have opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, physical activity

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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 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.
- Physical activity should be used as a reward (such as PBIS incentive activities).
- Students will be given information regarding community based physical programs (e.g., Boys & Girls Club).

Each school principal/administrator will ensure compliance with the wellness policy. Staff members are encouraged to serve as role models in practicing healthy eating and being physically active.

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.

Adopted ^

Legal references:

A. Federal Law:

1. The Child Nutrition and WIC Reauthorization Act of 2004, Pub. L. No. 108-265, 118 Stat. 729.
2. 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. R-43-168 - Nutrition standards for elementary (K-5) school food service meals and competitive foods.
2. 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.