

# DISTRICT WELLNESS

Code **ADF** Issued **5/17**

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## School Wellness Committee

### *Committee role and membership*

The district will convene a representative district wellness committee (hereto referred to as the DWC or work within an existing school health committee) that meets at least two times per year to establish goals for and to oversee school health and safety policies and programs including development, implementation, and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”). The DWC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to, parents/legal guardians and caregivers, students, representatives of the school nutrition program, physical education teachers, health education teachers, school health professionals, mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists], school administrators, school board members, health professionals, and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-EDEDSNAP-Ed). To the extent possible, the DWC will include representatives from each school building and reflect the diversity of the community.

### *Leadership*

The superintendent or his/her designee(s) will convene the DWC and facilitate development of and updates to the wellness policy and will ensure each school’s compliance with the policy. Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy.

## Wellness Policy Implementation, Monitoring, and Accountability

### *Implementation plan*

The district will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy.

This wellness policy and the progress reports can be found at: [www.pickens.k12.sc.us](http://www.pickens.k12.sc.us)

## Recordkeeping

The district will retain records to document compliance with the requirements of the wellness policy at student nutrition services:

- the written wellness policy
- documentation demonstrating that the policy has been made available to the public
- documentation of efforts to review and update the local schools wellness policy, including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC
- documentation to demonstrate compliance with the annual public notification requirements
- the most recent assessment on the implementation of the wellness policy
- documentation demonstrating the most recent assessment on the implementation of the local school wellness policy has been made available to the public

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### *Annual notification of policy*

The district will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy, and implementation status. The district will make this information available via the district website.

### *Triennial progress assessments*

At least once every three years, the district will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- the extent to which schools under the jurisdiction of the district are in compliance with the wellness policy
- the extent to which the district's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy
- a description of the progress made in attaining the goals of the district's wellness policy

The position/person responsible for managing the triennial assessment and contact information is director of student nutrition services, coordinator of nursing, and coordinator of professional development.

### *Revisions and updating the policy*

The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

## **Nutrition**

### *School meals*

Our school district is committed to serving healthy meals to students, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the district participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and Seamless Summer Feeding Program. This district also operates additional nutrition-related programs and activities including Breakfast in the Classroom, Mobile Breakfast carts, and Grab 'n' Go Breakfast. All schools within the district are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students.
- Are appealing and attractive to children.
- Are served in clean and pleasant settings.
- Meet or exceed current nutrition requirements established by local, state, and federal statutes and regulations. (The district offers reimbursable school meals that meet USDA nutrition standards.)

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- Promote healthy food and beverage choices using at least 10 of the following Smarter Lunchroom techniques:
  - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
  - Sliced or cut fruit is available daily.
  - Daily fruit options are displayed in a location in the line of sight and reach of students.
  - All available vegetable options have been given creative or descriptive names.
  - Daily vegetable options are bundled into all grab-and-go meals available to students.
  - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
  - White milk is placed in front of other beverages in all coolers.
  - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
  - A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms).
  - Student surveys and taste testing opportunities are used to inform menu development, dining space décor, and promotional ideas.
  - Student artwork is displayed in the service and/or dining areas.
  - Daily announcements are used to promote and market menu options.
- Menus will be posted on the district website or individual school websites.
- Menus will be created/reviewed by the director of student nutrition services.
- School meals are administered by a team of child nutrition professionals.
- The district child nutrition program will accommodate students with special dietary needs.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
- Students are served lunch at a reasonable and appropriate time of day.
- Participation in federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

### *Staff qualifications and professional development*

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

### *Water*

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The district will make drinking water available where school meals are served during mealtimes.

- Water cups/jugs will be available in the cafeteria if a drinking fountain is not present.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources and containers may include drinking

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fountains, water jugs, hydration stations, water jets, and other methods for delivering drinking water.

- Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

### *Competitive foods and beverages*

The district is committed to ensuring that all foods and beverages available to students on school campuses during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at [www.foodplanner.healthiergeneration.org](http://www.foodplanner.healthiergeneration.org).

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores, and snack or food carts.

### *Celebrations and rewards*

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

- Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
- Classroom snacks brought by parents. The district will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards.
- Rewards and incentives. The district will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

### *Fundraising*

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. The schools will encourage non-food fundraisers, and encourage those promoting physical activity (such as walk-a-thons, Jump Rope for Heart, fun runs, etc.). Fundraising during school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards.

### *Nutrition promotion*

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms,

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gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents/legal guardians, students, and the community.

The district will promote healthy food and beverage choices for all students throughout the school campus and will encourage participation in school meal programs. This promotion will occur through at least:

- implementing at least 10 or more evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#)
- ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards; additional promotion techniques that the district and individual schools may use are available at <http://www.foodplanner.healthiergeneration.org/>

### *Nutrition education*

The district will teach, model, encourage, and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- is designed to provide students with the knowledge and skills necessary to promote and protect their health
- is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects
- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods
- emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise)
- links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, and other school foods and nutrition-related community services
- teaches media literacy with an emphasis on food and beverage marketing
- includes nutrition education training for teachers and other staff

### *Essential healthy eating topics in health education*

The district will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- relationship between healthy eating and personal health and disease prevention
- food guidance from [MyPlate](#)
- reading and using FDA's nutrition fact labels
- rating a variety of foods every day
- balancing food intake and physical activity
- eating more fruits, vegetables, and whole grain products
- choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
- choosing foods and beverages with little added sugars
- eating more calcium-rich foods

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- preparing healthy meals and snacks
- risks of unhealthy weight control practices
- accepting body size differences
- food safety
- importance of water consumption
- importance of eating breakfast
- making healthy choices when eating at restaurants
- eating disorders
- [The Dietary Guidelines for Americans](#)
- reducing sodium intake
- social influences on healthy eating, including media, family, peers, and culture
- how to find valid information or services related to nutrition and dietary behavior
- how to develop a plan and track progress toward achieving a personal goal to eat healthfully
- resisting peer pressure related to unhealthy dietary behavior
- influencing, supporting, or advocating for others' healthy dietary behavior

### **Food and Beverage Marketing in Schools**

The district is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The district strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on district property that contains messages inconsistent with the health information the district is imparting through nutrition education and health promotion efforts. It is the intent of the district to protect and promote students' health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the district's wellness policy.

Any foods and beverages marketed or promoted to students on school campuses during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing includes any oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- brand names, trademarks, logos, or tags, except when placed on a physically present food or beverage product or its container
- displays, such as on vending machine exteriors

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- corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards (**Note: Immediate replacement of these items is not required; however, the district will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is in financially possible over time so that items are in compliance with this policy.**)
- corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by the district
- advertisements in school publications or school mailings
- free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product

As the district/school nutrition services/athletics department/PTA/PTO reviews existing contracts and considers new contracts, equipment, and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the district wellness policy.

### *Physical activity*

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during, and after school; staff involvement and family and community engagement and the district is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical education" subsection). All schools in the district will be encouraged to participate in *Let's Move! Active Schools* ([www.letsmoveschools.org](http://www.letsmoveschools.org)) in order to successfully address all CSPAP areas.

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks, or physical education) will not be withheld as punishment for any reason.

To the extent practicable, the district will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The district will conduct necessary inspections and repairs.

### *Physical education*

The district will provide students with physical education 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, as well as incorporate essential health education concepts (discussed in the "Essential physical activity topics in health education" subsection). The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The district will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All SDPC **elementary students** in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.

All SDPC **secondary students** (middle and high school) are required to take the equivalent of one academic year of physical education.



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The district physical education program will promote student physical fitness through individualized fitness and activity assessments (via the [Presidential Youth Fitness Program](#) or other appropriate assessment tool) and will use criterion-based reporting for each student.

### *Essential physical activity topics in health education*

Health education will be required in all grades (elementary) and the district will require middle and high school students to take and pass at least one health education course. The district will include in the health education curriculum a minimum of 12 of the following essential topics on physical activity:

- the physical, psychological, or social benefits of physical activity
- how physical activity can contribute to a healthy weight
- how physical activity can contribute to the academic learning process
- how an inactive lifestyle contributes to chronic disease
- health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- differences between physical activity, exercise, and fitness
- phases of an exercise session, that is, warm up, workout, and cool down
- overcoming barriers to physical activity
- decreasing sedentary activities, such as TV watching
- opportunities for physical activity in the community
- preventing injury during physical activity
- weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
- how much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity
- developing an individualized physical activity and fitness plan
- monitoring progress toward reaching goals in an individualized physical activity plan
- dangers of using performance-enhancing drugs, such as steroids
- social influences on physical activity, including media, family, peers, and culture
- how to find valid information or services related to physical activity and fitness
- how to influence, support, or advocate for others to engage in physical activity
- how to resist peer pressure that discourages physical activity



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### *Recess (elementary)*

All elementary schools will offer at least **20 minutes of recess** on all days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

**Outdoor recess** will be offered when weather is feasible for outdoor play.

In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

### *Before and after school activities*

The district offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The district will encourage students to be physically active before and after school through sports teams, after school care activities, and scholastic or intramural sports or clubs.

### *Other activities that promote student wellness*

The district will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The district will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

### *Professional learning*

When feasible, the district will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school. Professional learning will help district staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

## **Glossary**

*Extended school day* - the time during, before, and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals, and more.

*School campus* - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses, or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

*School day* - the time between midnight the night before to 30 minutes after the end of the instructional day.

*Triennial* - recurring every three years.

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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. 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).