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<p>42 U.S.C. Sec. 1758b</p> <p>7CFR 210.30</p>	<p>Each building principal or designee shall report annually to the Superintendent or his/her designee regarding compliance in his/her school.</p> <p>Staff members responsible for programs related to school wellness shall report to the Superintendent or his/her designee regarding the status of such programs.</p> <p>The Superintendent or designee shall annually report to the Board on the District's compliance with law and policies related to school wellness. The report may include:</p> <ul style="list-style-type: none">• Evaluation and/or review of food services program.• Evaluation and/or review of applicable curriculum.• Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.• Assessment of school environment regarding school wellness issues.• Listing of activities and programs conducted to promote nutrition and physical activity.• Recommendations for policy and/or program revisions.• Suggestions for improvement in specific areas.• Feedback received from District staff, students, parents/guardians, community members and the Wellness Committee. <p>The Superintendent or designee and the appointed Wellness Committee shall every three years conduct an assessment on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. The assessment shall include the extent to which District schools are in compliance with law and policies related to student wellness, and shall describe the progress made by the District in attaining the goals of this policy. The assessment shall be made available to the public. The triennial assessment will also describe how the policy compares to model wellness policies and shall be made available to the public.</p> <p>At least once every (3) years, the District shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as District and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.</p>
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<p>42 U.S.C. Sec. 1758b</p>	<p>The District shall annually inform and update the public, including parents/guardians, students, and others in the community, about the contents and implementation of this policy.</p>
<p>4. <u>Guidelines</u></p>	<p>An assurance that District guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided by the food service director and Wellness Committee Chair.</p>
	<p><u>District Wellness Committee</u> The Board shall appoint a District Wellness Committee comprised of at least one (1) of each of the following: School Board member, District administrator, District food service representative, physical education teacher, certified school nurse, student, parent/guardian, and a member of the public. Other members of the District Wellness Committee may include:</p>
	<ul style="list-style-type: none">• Teacher• School Counselor• Coach• Support Staff• Dietitian• Health Professional• Representative of local or county agency• Representative of community organization• Food vendor• Other individuals chosen by the Board
<p>7CFR 210.15</p>	<p><u>Recordkeeping</u></p> <p>The District shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:</p> <ul style="list-style-type: none">• The written School Wellness policy.• Documentation demonstrating that the District has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy.• Documentation of efforts to review and update the School Wellness policy, including who is involved in the review and methods used by the District to inform the public of their ability to participate in the review.• Documentation of the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public.
	<p>The District Wellness Committee shall serve as an advisory committee regarding</p>

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<p>42 U.S.C. Sec. 1758b</p>	<p>student health issues and shall be responsible for developing a Student Wellness Policy that complies with law to recommend to the Board for adoption.</p> <p>District Wellness Committee</p> <p>An District Wellness Committee may be established by the Superintendent to study student health issues and to assist in organizing follow-up programs.</p> <p>The District Wellness Committee may examine related research, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues.</p> <p>The District Wellness Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.</p> <p>The District Wellness Committee may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.</p> <p>The District Wellness Committee shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.</p>
<p>SC 1513 Pol. 102, 105</p>	<p><u>Nutrition Education</u></p> <p>Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for K-12 Health, Safety and Physical Education, and Family and Consumer Sciences.</p> <p>The goal of nutrition education is to teach, model, encourage and support healthy eating by students. Promoting student health and nutrition by all school district staff enhances readiness for learning and increases student achievement.</p> <p>Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.</p> <p>Nutrition education lessons and activities shall be age-appropriate.</p> <p>Nutrition curriculum shall be behavior focused, which may include menu planning, reading nutrition labels and media awareness.</p> <p>Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.</p> <p>Lifelong lifestyle balance shall be reinforced by linking nutrition education and</p>

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	<p>physical activity.</p> <p>The staff shall be properly trained and prepared and shall participate in appropriate professional development. Criteria shall be developed to measure “properly” and “appropriate.” Building principals shall routinely encourage healthy lifestyle practices as well as discourage unhealthy practices which may contradict this policy.</p> <p>Nutrition education shall extend beyond the school environment by engaging and involving families and the community.</p> <p>Nutrition Promotion</p> <p>The District aims to teach, encourage, and support healthful lifelong eating behaviors by evidence-based techniques and nutrition messages and by creating food environments that encourage healthy nutrition choices. District schools and their principals shall promote nutrition by providing appropriate nutrition education in accordance with the Student Wellness Policy.</p> <p>District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.</p> <p>Consistent nutrition messages shall be disseminated and displayed throughout the District, schools, classrooms, cafeterias, homes, community and media.</p> <p>Consistent nutrition messages shall be demonstrated by avoiding use of unhealthy food items in classroom lesson plans and school staff avoiding eating less healthy food items in front of students.</p> <p>District schools shall encourage parents/guardians to provide healthy meals for their children through newsletter articles, take-home materials, District website or other means.</p> <p>District schools shall offer resources about health and nutrition to encourage parents/guardians to provide healthy meals for their children.</p> <p><u>Physical Activity</u></p> <p>District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.</p> <p>District schools shall determine how they will contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity on all or most days of the week. That time will include physical activity outside the school environment, such as outdoor play at home, sports, etc.</p>
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	<p>Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits.</p> <p>Age-appropriate physical activity opportunities, such as outdoor and indoor recess; before and after school programs; programs during lunch; clubs; intramurals; and interscholastic athletics, shall be provided to meet the needs and interests of all students, in addition to planned physical education.</p> <p>A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.</p> <p>Physical activity breaks shall be provided for elementary students during classroom hours-where possible.</p> <p>Before and/or after-school programs shall provide developmentally appropriate physical activity for participating children.</p> <p>Physical activity shall not be used as a form of punishment. Physical activity can be used as a reward only for an entire group of students.</p> <p><u>Physical Education</u></p> <p>A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All District students must participate in physical education.</p> <p>Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.</p> <p>Physical education classes shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.</p> <p>A comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be implemented.</p> <p>A varied and comprehensive curriculum that promotes both team and individual activities and leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.</p>
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<p>CFR Sec. 210.10, 220.8</p>	<p>Adequate amounts of planned instruction shall be provided in order for student to achieve the proficient level for the Health, Safety and Physical Education academic standards.</p> <p>Safe and adequate equipment, facilities and resources shall be provided for physical education courses.</p> <p>Physical education shall be taught by certified health and physical education teachers.</p> <p>Appropriate professional development shall be provided for physical education staff.</p> <p><u>Other School Based Activities</u></p> <p>Drinking water shall be available and accessible to students and at no cost to the student, at all meal periods and throughout the school day.</p> <p>District schools shall provide adequate space, as defined by the District, for eating and serving school meals.</p> <p>Students shall be provided a clean and safe meal environment.</p> <p>Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.</p> <p>Meal periods shall be scheduled at appropriate hours, as defined by the District.</p> <p>Students shall have access to hand washing or sanitizing before meals and snacks.</p> <p>Nutrition professionals who meet criteria established by the District shall administer the school meals program.</p> <p>Professional development shall be provided for District nutrition staff.</p> <p>Access to the food service operation shall be limited to authorized staff.</p> <p>Nutrition content of school meals shall be available to students and parents/guardians.</p> <p>Students and parents/guardians may be involved in menu selections through various means.</p>
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<p>42 U.S.C. Sec. 1751 et seq, 1773 7 CFR Sec. 210.10, 220.8</p> <p>7 CFR Sec. 210.30 210.11 220.12a</p>	<p>To the extent possible, the District shall utilize available funding and outside programs to enhance student wellness.</p> <p>Food shall not be used in the schools as a reward or punishment.</p> <p>The District shall provide appropriate training to all staff on the components of the School Wellness Policy.</p> <p>Goals of the School Wellness Policy shall be considered in planning all school based activities.</p> <p>Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.</p> <p>Administrators, teachers, food service personnel, students, parents/guardians and community members shall be encouraged to serve as positive role models through District programs, communications and outreach efforts.</p> <p>The District shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.</p> <p><u>Nutrition Guidelines for All Foods/Beverages at School</u></p> <p>All foods and beverages available in District schools during the school day, shall be offered to students with consideration for promoting student health and reducing childhood obesity.</p> <p>Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.</p> <p>Competitive Foods:</p> <p>Competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These Standards shall apply in all locations and through all services where food and beverages are sold to students.</p> <p>Competitive foods are defined as foods and beverages offered or sold to students on school campus during the school day, which are not part of the reimbursable school breakfast or lunch.</p> <p>For the purposes of this policy, school campus means any area of property under the jurisdiction of the school that students may access during the school day.</p> <p>For the purposed of this policy, school day means the period from midnight before</p>
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<p>7 CFR Sec. 210.30 210.11</p> <p>Pol. 229</p> <p>CFR Sec. 210.11</p>	<p>school begins until thirty (30) minutes after the end of the official school day.</p> <p>Fundraiser Exemptions-</p> <p>Fundraising activities held during the school day involving the sale of competitive foods shall be limited to foods that meet the Smart Snacks in School nutrition standards, unless an exemption is approved through the Superintendent's Office.</p> <p>Exempt fundraisers may not be sold in the food service area during the meal period.</p> <p>The District may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.</p> <p>Non-Sold Competitive Foods:</p> <p>Non-sold competitive food available to students, which may include food and beverages offered at classroom parties and celebrations or as shared classroom snacks, shall meet or exceed the standards established by the District.</p> <p>If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply:</p> <p> Rewards and Incentives:</p> <p> Food and beverages shall not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (e.g., guest chef, field trip to a farm or farmers market, etc.).</p> <p>Classroom Parties and Celebrations:</p> <p>Classroom parties/celebrations with food/beverages shall be limited to specific school wide celebrations as determined by the Superintendent's Office.</p> <p>Parents/Guardians shall be informed through the webpage and other efficient communication methods that foods/beverages should only be brought in when requested for scheduled parties.</p> <p>Shared Classroom Snacks:</p> <p>The Superintendent's Office shall provide a list of suggested nonfood ideas and healthy food and beverage alternatives to parents/guardians and staff, which may be</p>
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<p>7CFR Sec. 210.30 Section 210.11</p> <p>CFR Sec. 210.11</p> <p>SC 504.1</p> <p>Pol. 209.1</p>	<p>posted via the District website, student handbooks, posted notices and/or other efficient communication methods.</p> <p>Marketing/Contracting:</p> <p>Any food and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snack in School) and comply with established Board Policy.</p> <p>Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law.</p> <p><u>Management of Food Allergies in District Schools</u></p> <p>The District shall establish Board policy and administrative regulations to address food allergy management in District school in order to:</p> <ol style="list-style-type: none"> 1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions. 2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction. 3. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities. <p><u>Safe Routes to School</u></p> <p>District administrators shall seek and utilize available federal and state funding for safe routes to school, when appropriate.</p> <p>The District shall cooperate with local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to school.</p> <p>References:</p> <p>School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1422.3, 1512.1, 1513</p> <p>National School Lunch Program – 42 U.S.C. Sec. 1751 et seq.; 1758b; 1773</p> <p>School Breakfast Program – 42 U.S.C. Sec. 1773</p> <p>Healthy, Hunger-Free Kids Act of 2010 – P.L. 111-296</p>
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	<p>National Food Service Programs, Title 7, Code of Federal Regulations – 7 CFR Part 210, Part 220</p> <p>Board Policy – 102, 103, 105, 209 and 808 – check 229</p>
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