

FLORENCE COUNTY SCHOOL DISTRICT FOUR

DISTRICT WELLNESS ADMINISTRATIVE RULE

HEALTHY AND NUTRITIOUS SCHOOL ENVIRONMENT

Purpose:

To establish the Board's vision and the basic structure to support the health and well-being of students and staff. The Healthy School Environment Policy supports this vision through the incorporation of healthy food choices, nutrition education, physical education, and physical activity.

This policy will be under the control of the superintendent and his/her designee. The district supports nutrition and nutrition education as well as physical education and physical activity as integral parts of a quality education. This policy seeks to establish a safe, healthy and nutritious school environment where students will have opportunities to learn and practice making healthy food choices. This policy also seeks to establish opportunities for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity. Good nutrition and physical fitness are imperative to peak academic performance for students and for long-term health.

Administrative Rule

HEALTHY AND NUTRITIOUS SCHOOL ENVIRONMENT:

Child nutrition programs e.g. school lunch, school breakfast, after school snacks and summer foodservice shall comply with federal, state, and local requirements and shall be accessible to all students. (Source: <http://www.fns.usda.gov/school-meals/regulations>)

All foods and beverages sold on campus shall comply with current USDA Smart Snacks standards including vending machines, a la carte foods, beverage contacts, concession stands, school stores, classroom parties, and celebrations. Source: http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf)

The district will prohibit the sale of foods of minimum nutritional value in vending machines, snack bars, school stores, concession stands, and a la' carte offerings in the food service program which students will have access to during the school day. Elementary schools are prohibited from having vending machines, which students can access.

"The district shall establish standards for foods made available, but not sold, during the school day on school campuses."

NUTRITION GUIDELINES:

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

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

Quality Foods:

- Applications for free and/or reduced priced meals are sent home to all families at the beginning of the school year. The application is also available on the district website: www.florence4.k12.sc.us.
- 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.
- School Food Service will monitor compliance with USDA guidelines and district nutrition standards for all food and / or beverage items served / sold during the school day in the cafeteria and canteens.
- School Food Service will periodically review and amend meal preparation and cooking methods as well as food transportation methods used to ensure the maximum nutrients possible are retained.
- School Food Service will improve menu choices and selection of qualified products for vending machines and school canteen sales by utilizing student, parent, staff and community input. Food and beverage selections are contingent on compliance with nutrition standard and budget implications.
- Fundraising activities shall strive to support healthy eating and wellness. Fundraising activities shall align with State and Federal requirements. (Source: <http://ed.sc.gov/newsroom/school-district-memoranda-archive/smart-snacks-and-exempt-fundraisers/smart-snacks-and-exempt-fundraisers>)
- Food sales for fundraising must be held before school starts or after the end of the school day, so as not to compete with the (SBP) School Breakfast Program and (NSLP) National School Lunch Program. (Source: <http://ed.sc.gov/newsroom/school-district-memoranda-archive/smart-snacks-and-exempt-fundraisers/smart-snacks-and-exempt-fundraisers>)

- Qualified child nutrition professionals shall provide all students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students.

Eating Environment:

- All foods and beverages sold on campus shall comply with current USDA Smarts Snacks standards including vending machines, a la carte foods, beverage contacts, concession stands, school stores, classroom parties, and celebrations. (Source: http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf)
- Principals shall encourage staff to model healthy behaviors including healthy eating and physical activity. To the extent feasible, staff shall model healthy behaviors for students, including healthy eating/drinking and physical activity.
- School Food Service will work with communications to inform and promote healthy changes to school meals and vending to district staff, parents and the public.
- Students, parents, administrators and staff will have access to valid and useful health information and health promotion products and services. The district will provide nutritional information that will encourage parents and district personnel to provide nutritious foods for their children and themselves.

Nutrition Education:

- Students shall 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 shall be offered weekly in grades K-5, annually in grades 6-8 and at least one time in the required health education instruction for high school graduation. (Source: <http://www/fns.usda.gov/school-meals/regulations>)
- Annually, principals will report level of compliance with the CHEA requirements to be included in district report to the SDE.*

- Schools shall not use foods or beverages as rewards for academic performance or good behavior. Schools shall 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.
- Nutrition education shall 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 shall be linked with the school food environment.
- Only foods and beverages that meet Smart Snacks in school nutrition standards can be marketed and advertised on school property. (Refer to USDA Summary of the Final Rule)
- 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.

*Indicates compliance with CHEA, SH&FA and SDE requirements

Physical Education and Activity:

- Curriculum and Instruction will oversee the implementation of physical education into the instructional program and physical activity into the school day based upon the Student Health and Fitness Act of 2005 and state standards. (Source: <http://www.ed.sc.gov/scdoe/assets/File/instruction/standards/PE/2014AcademicStandardsforPhysicalEducation.pdf>; <http://www.ed.sc.gov/scdoe/assets/file/agency/ccr/Standards-Learning/documents/SHFA2005.pdf>)
- Students will be provided varied opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle.
- Students in grades K-8 will participate annually in physical education designed to facilitate the development of the knowledge, attitudes and skills to live a physically active lifestyle and maintain health-related fitness.

- Student health-related fitness reports will be shared with parents at grades 5, 8 and high school.*
- The S.C. Physical Education Assessment will be administered every 3 years in grades 2, 5, 8 and high school to assess PE standards and program effectiveness. Results will be reported to the community on the district and school report cards.*
- Administrators and staff will promote a school environment, which is supportive of physical activity. Staff is encouraged to model physical activity by participating, as appropriate, in physical activities with children. A staff wellness program, including physical activity, will be offered to all district employees.
- Schools shall not deny a student participation in recess or other physical activities as a form of discipline or for classroom make up time. School shall not use physical activity e.g. running laps, pushups as a form of punishment.
- The school district shall 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 for academic performance and healthy lifestyles.*

**Indicates compliance with Comprehensive Health Education Act, Student Health and Fitness Act, Health and Fitness Act, section 53-29-100, Code of Laws of SC, 1976, SC Physical Education Standards.

Wellness Promotion & Marketing

- Schools shall promote healthy food items including fruits, vegetables, whole grains, and low-fat dairy products. Promotions can include taste tests, posters and flyers. (Refer to Smarter Lunchroom and Farm to School)- These programs will be implemented by the food service department.
- School shall encourage participation in after-school sports, intramurals and other non-competitive physical activity programs via in school announcements, school newsletters, posters, etc.

Implementation, Evaluation & Communication

- At a minimum, the District Wellness Committee or CSHAC shall permit participation by the public and the school community including parents, students, and representatives of school food authority, teachers of physical education schools, community health professionals, the school board, and school administrators. (Refer to USDA Summary of the Final Rule & SHFA)
- The school district shall 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 shall be shared with the public.
- The District will establish Coordinated School Health Advisory Council (CSHAC) to assess, implement, and monitor district / school health policies and programs and develop school health improvement plans to be included in the required district strategic plan. The District Coordinated School Health Advisory Committee (CSHAC) shall meet on a regular basis during the school year. The CSHAC will consist of the Food Service Director, Nurse, P.E. Teacher, High School Secretary, Elementary Principal, Food Service Manager, Parent and a Student.

Definitions:

Nutrition Education - Sequential instructional program that provides knowledge and teaches skills to help students adopt and maintain lifelong healthy eating habits.

Dietary Guidelines for Americans (DGA) – Set of recommendations established by the federal government that are designed to help people choose diets that will meet nutrient requirements, promote health, support active lives, and reduce disease risks.

Food of Minimal Nutritional Value – Food that provides less than five percent of the U.S. recommended daily allowance per serving of protein, vitamin A, Vitamin C, niacin, riboflavin thiamin, calcium and iron.

School Day – The school day is defined as the normal arrival time as approved by the board including the academic day until students are dismissed at the end of the school day as approved by the board.