

SCHOOL WELLNESS

Code **GBGC** Issued **9/06**

Purpose: To establish the board's vision for a school environment that embraces learning and development of lifelong wellness practices.

Introduction

Florence County School District Four is committed to providing a school environment that enhances learning and development of lifelong wellness practices. The district's wellness policy results from a mandate in the Child Nutrition and WIC Reauthorization Act of 2004, which requires by law that by the first day of the school year in 2006, each school district participating in the National School Lunch Program will adopt a local school wellness policy that addresses nutrition, physical activity and other school based activities designed to promote student wellness. The federal requirements have been further defined by the South Carolina Student Health and Fitness Act (SC Code of Laws, Sections 59-1-310, 59-5-60 and 43-168).

Nutrition

Florence School District Four will do the following.

- Offer a school breakfast and lunch program with menus that meet the meal patterns and nutrition standards established by the US Department of Agriculture and SC Department of Education, Office of Child Nutrition Programs.
- Provide nutrition information for parents/legal guardians, including nutrition analysis of school meals and resources to help parents/legal guardians improve food that they serve at home.
- Allow students a minimum of 20 minutes to eat lunch once they have received their food.
- Allow students eating breakfast a minimum of 10 minutes to eat once they have received their food.
- Provide a safe, clean and comfortable atmosphere where students can enjoy their meals in the cafeteria.

All food service personnel will have adequate pre-service training in food service operations. All food made available on campus will comply with state and local food safety and sanitation regulations. Access to food service operations is limited to the food service staff and authorized personnel for the safety and security of the food and facility.

Vending machines for adults (and if offered to students) will offer healthy choices by the beginning of the 2006-2007 school year. (The faculty of each school is encouraged to set the example for district students. Students are not likely to believe that nutritional policies are beneficial if they see faculty consuming foods and beverages that do not align with school policy.)

All school based organizations will be encouraged to use non-food items and/or healthful foods for fundraising programs during the school day by the beginning of the 2006-2007 school year. (Food items sold as fundraisers for off-campus consumption will not be covered by this policy.)

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The district will not use food as a reward or punishment, nor physical activity as punishment, unless the reward is an activity that promotes a positive nutritional message.

Students in grades K-6 will receive weekly nutrition education that is interactive and teaches the skills needed for healthy eating behaviors and teachers will integrate nutrition education into core curriculum areas such as math, science, social studies and language arts, as applicable.

This policy does not apply to any food or beverage provided by a parent/legal guardian that is intended for their child's personal consumption.

The school will collaborate with PTA/PTO groups to educate K-6 parents/legal guardians with nutrition information and to encourage the practice of good eating habits at home, to positively impact the community.

Physical activity

- K-5 aged students will have 60 minutes of physical education and 90 minutes of physical activity weekly.
- By 2008-2009, K-5 aged students will have 90 minutes of physical education and 60 minutes of physical activity weekly.
- The physical education class size average will be 28 students to one teacher.
- Incorporate 5-10 minute physical activity sessions in classrooms to teach subject areas and to make transitions between different lessons ("take 10").
- Establish or enhance physical activity opportunities (like walking clubs or fitness challenges).
- Scheduling must allow for weekly physical education for all students.
- The district will encourage the use of existing walking or jogging routes by staff and students to use before or after school day to encourage movement.
- Physical fitness reports will be sent home annually to grades five and eight and for one year of high school PE.
- South Carolina physical assessment will be completed in grades two, five and eight and one year of high school PE.
- Each school will appoint a certified PE teacher to serve as physical activity director to comply with the physical activity guidelines beginning with the 2006-2007 school year.
- A yearly report of daily physical education and physical activity must be sent to the South Carolina Department of Education by June 15 of each year for students by school, grade and class.
- Waiver procedures for medical or religious excuses will be accepted.

Commitment to comprehensive health education

Section 59-32-20

Each school board will appoint a 13-member local advisory committee consisting of the following.

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- two parents
- three clergy
- two health professionals
- two teachers
- two students (one president of high school)
- two others persons not employed by the district

Section 59-32-30

Local school boards will implement comprehensive health education in 6th-8th grades; requires an additional teacher (health).

Sexually transmitted diseases are to be included as part of instruction.

At least one time during the four years of high school, each student will receive instruction in comprehensive health education, including at least 750 minutes of reproductive health education and pregnancy prevention education. This will be 1/2 unit to one unit which will count towards graduation.

Nutrition education and promotion

The district will support classroom teachers with appropriate nutrition education resources. Professional development will be offered to teachers on the relationship between physical activity and nutrition.

School nurses, the school food service director or manager and outside resources will assist with nutrition education when requested by classroom teachers.

Adopted 9/12/06

Legal references:

- A. Federal Legislation:
 1. The Child Nutrition and WIC Reauthorization Act of 2004.
 2. Public Law 103-448, Healthy Meals for Healthy Americans Act, 1994.
 3. NASPE standards.
 4. USDA/FNS guidelines for nutritional integrity of school meals.
- B. S.C Code of Laws, 1976, as amended to include Chapter 10 of Title 59, Students Health and Fitness Act of 2005:
 1. Title 59 of the 1976 Code as amended: Physical Education, School Health Services and Nutritional Standards - Sections 1,2, and 3.