

## Model Wellness Policy (ADF) April, 2012

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

*(District name)* 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.

Therefore, it is the policy of the board to ensure the following.

- Child nutrition programs (e.g., school lunch, school breakfast, after school snack and summer foodservice programs) will comply with federal, state and local requirements and will be accessible to all children.
- Qualified child nutrition professionals will provide all students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students.
- All foods and beverages sold or served on campus will comply with the current USDA Dietary Guidelines for Americans (including vending machines, a la carte foods, beverage contracts, concession stands, school stores and canteens, school parties and fundraising).
- All foods made available on campus will adhere to food safety and security guidelines.
- The school environment will be safe, comfortable and pleasing and will allow ample time and space for eating meals.
- Nutrition education will be offered at each grade level as a 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.
- Students will be given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, physical activity 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 use foods or beverages as rewards for academic performance or good behavior and will not withhold food or beverages as a punishment.
- 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.
- Advertising messages and promotional activities will be consistent with and reinforce the objectives of the education and wellness policy goals of the board and individual schools.

- 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.
- Local wellness policy goals will be considered in planning all school-based activities (such as school events, field trips, dances and assemblies).
- 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 be comprised of members of the community, school representatives, students, parents, district food service employees, district health education and physical education coordinators, district nursing coordinators and board members.
- Schools should have a local coordinated school health committee comprised of physical education, health education and classroom teachers; school food services managers; health services personnel; guidance personnel; families; administrators and community members to plan, implement and improve nutrition and physical activity in the school environment in accordance with the district wellness policy.

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Legal references:

A. Federal Legislation:

1. The Child Nutrition and WIC Reauthorization Act of 2004.
2. Healthy, Hunger-Free Kids Act of 2010

B. S.C Code of Laws, 1976, as amended:

1. Students Health and Fitness Act of 2005 (Chapter 10 of Title 59: Physical Education, School Health Services and Nutritional Standards - Sections 1, 2 and 3).
2. Section 59-29-80 - Courses in physical education; ROTC programs.
3. Section 59-29-100 - Supervision of administration of physical education program by state superintendent of education.
4. 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-43-231 - Defined program, grades K-5.
3. R-43-323 - Defined program, grades 6-8.
4. R-43-234 - Defined program, grades 9 - 12.
5. 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.