

South Carolina Wellness Policy Guidelines

Office of Health and Nutrition, S.C. Department of Education

2012

Why are Wellness Policies Important?

- The prevalence of obesity among children ages 6 to 11 increased from 7 percent in 1980 to 20 percent in 2008.
- Obesity among adolescents ages 12 to 19 tripled in the same time period, rising from 5 percent to 18 percent. African American and Hispanic American children and adolescents had even higher rates of obesity.
- Overweight children and teens are more likely to become overweight or obese adults.
- The South Carolina Department of Health and Environmental Control estimates that \$1.2 billion dollars were spent in 2009 due to obesity in South Carolina and projects this will increase to \$5.3 billion dollars in 2018.
- The consequences of overweight and obesity may include:

Type 2 diabetes	Some types of cancer
Heart disease	Gallbladder disease
High blood pressure	Osteoarthritis
Stroke	

All of these health problems are preventable with proper diet and adequate physical activity! Addressing this issue will take the combined efforts of families, schools, communities, government agencies, health providers, the food industry, and the media to make significant progress in improving the health and nutrition of our students.

Laws and Regulations about Wellness Policies

The U.S. Congress and the South Carolina General Assembly recognized the role schools will play in addressing obesity when they passed the laws and regulations discussed below.

Federal Law

In 2004, Section 204 of Public Law 108-265 reauthorizing the federal Child Nutrition Programs required each local educational agency (LEA) participating in school meal programs to establish a local school wellness policy. The Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296) restated the need for local wellness policies that, at a minimum:

1. Include nutrition guidelines for all foods available on the school campus during the school day that are consistent with federal requirements and promote student health and reduce childhood obesity;
2. Include goals for nutrition promotion and education, physical activity, and other school-based activities designed to promote student wellness.

LEAs must also inform and update the public about the content and implementation of the local wellness policy and periodically measure policy implementation. LEAs must permit parents, students, representatives of the school food authority (i.e., school nutrition program), physical education teachers, school health professionals, the school board, school administration, and the general public to participate in the development, implementation, and periodic review and update of local wellness policies.

State Law and Regulations

The 2005 Students Health and Fitness Act mirrored the federal requirement for each district to establish a Coordinated School Health Advisory Council to assess, plan, implement, and monitor district and school health policies and programs. The law also directed the S.C. State Board of Education to establish requirements for elementary school food service meals and competitive foods (see S.C. Regulation 43-168). The Students Health and Fitness Act also established other requirements for physical activity, nutrition, and nutrition education, especially for elementary (K-5) schools.

Wellness Policy Guidelines

This document, the *S.C. Wellness Policy Guidelines*, provides guidelines for evidence-based, quality wellness policies. Districts can use the *Guidelines* to assess the current status of their wellness policies and the extent to which they have been implemented at elementary, middle, and high school levels.

The *Wellness Policy Guidelines* are divided into three sections:

- I. Nutrition
- II. Nutrition Education
- III. Physical Activity and Physical Education

Within each section, guidelines are identified at three levels:

BASIC: meets all requirements of current federal and state laws, regulations and policies.

ADVANCED: incorporates all guidelines for the basic level plus more healthful guidelines.

EXEMPLARY: incorporates all guidelines for the Basic and Advanced levels plus more healthful guidelines.

Using the Guidelines

The *Guidelines* can serve as the foundation for reviewing and updating local wellness policies based on credible information. The SCDE Office of Health and Nutrition is providing a *Wellness Policy Assessment Tool* (based on the *Guidelines*) that can be used to record the current status of local wellness policies and plan for improvements. The steps to review and update local wellness policies include:

- Convene the district Coordinated School Health Advisory Council and other interested parties.
- Use the *S.C. Wellness Policy Guidelines* to review your policies and implementation and identify which guidelines have been met, which are in the process of being implemented, and what changes you want to make.
- Complete online *Wellness Policy Assessment Tool* to generate achievement levels and reports.
- Create a written implementation plan that describes what, when, how, and who will turn the wellness policy goals into action.
- Work the plan and track progress.

For more information

For more information contact the SCDE Office of Health and Nutrition at 803-734-8186 or go to www.ed.sc.gov/agency/OS/Health-and-Nutrition.

I. Nutrition Guidelines: Students' lifelong eating habits are greatly influenced by the types of foods and beverages available in their daily environment. In addition to ensuring that reimbursable school meals meet program requirements and nutrition standards, schools must also establish standards or guidelines to address all foods and beverages sold or served to students, including those available outside of the school meal programs.

	BASIC (MINIMUM REQUIREMENTS)	ADVANCED (MORE HEALTHFUL THAN BASIC)	EXEMPLARY (MORE HEALTHFUL THAN ADVANCED)
A	SCHOOL MEALS - GENERAL		
1	The dining area is clean, orderly, and inviting.		
2	The dining area has adequate seating to accommodate all students during each lunch period.		
3	The dining area has adequate adult supervision.		
4	Potable water is always available.		
5	Students are allowed to converse with one another while they eat their meals.		
6	The lunch hour is closed for <u>elementary and middle school</u> students. (Students must have permission to leave the school campus).	▶ The lunch hour is closed for <u>all</u> students.	
7	The district operates under USDA regulations and state policies for all school food programs in which the district participates (e.g., School Breakfast Program, National School Lunch Program, Special Milk Program, and Summer Food Service Program).		
8		The district participates in the Summer Food Service Program.	
9	All schools have a fully implemented food safety program in place, i.e., HACCP (Hazard Analysis and Critical Control Points).		
10			Fryers have been removed from all schools.
11			Schools purchase locally grown fruits and vegetables in season, when possible.
B	SCHOOL MEALS - BREAKFAST		
1	Students have at least 10 minutes to eat breakfast not including time spent walking to and from class or waiting in line.		
2	<u>Some</u> (less than 50%) of the pre-packaged cereals offered meet the following guidelines: <ul style="list-style-type: none"> • 35% or less of weight from total sugar (or less than 9 g. per 100 calories) • 1 g. or more of fiber per serving 	▶ <u>At least 50%</u> of pre-packaged cereals offered meet the guidelines.	▶ <u>All</u> pre-packaged cereals offered meet the guidelines.
3*	Grains are offered daily at breakfast (less than half of grains served are whole grain-rich).	▶ At least half of the grains offered daily at breakfast are whole grain-rich.	▶ All grains offered at breakfast are whole grain-rich.

* see revisions listed at end of document

	BASIC (MINIMUM REQUIREMENTS)	ADVANCED (MORE HEALTHFUL THAN BASIC)	EXEMPLARY (MORE HEALTHFUL THAN ADVANCED)
4	Fresh, canned, dried, or frozen fruits and/or vegetables are offered <u>one or two days a week</u> .	▶ Fresh, canned, dried, or frozen fruits and/or vegetables are <u>at least three days a week</u> .	▶ Fresh, canned, dried, or frozen fruits and/or vegetables are offered <u>daily</u> .
5*	Only low-fat (1%) unflavored milk, fat free (skim) unflavored milk, or fat-free (skim) flavored milk are offered. <i>USDA</i>		
6*		Flavored milks (fat-free) do not have more than 28 g. of total sugar per 8-ounce serving.	▶ Flavored milks (fat-free) do not have more than 22 g. of total sugar per 8-ounce serving or are not offered at all.
C	SCHOOL MEALS - LUNCH		
1	<u>Elementary school students</u> have at least 20 minutes to eat lunch not including time spent walking to and from class or waiting in line. (<i>S.C. Code Ann. §§ 59-10-350</i>)		
	<u>Middle and high school students</u> have at least 15 minutes to eat lunch not including time spent walking to and from class or waiting in line.	▶ <u>Middle and high school students</u> have at least 20 minutes to eat lunch not including time spent walking to and from class or waiting in line.	
2	Schools offer a choice of entrees at lunch (one may be an entrée salad). (<i>S.C. Code Ann. Regs. 43-168.I(A)(1)</i>)		
3	<u>Elementary schools</u> encourage students to try a variety of foods by serving the full reimbursable meal. (<i>S.C. Code Ann. Regs. 43-168.I(B)(7)</i>)	▶ <u>All schools</u> encourage students to try a variety of foods by serving the full reimbursable meal.	
4	<u>Elementary schools</u> ensure that single servings of entrée items and side dishes are no larger than the portions of those foods served by school food services. (<i>S.C. Code Ann. Regs. 43-168.II(A)(3)</i>)	▶ <u>All schools</u> ensure that single servings of entrée items and side dishes are no larger than the portions of those foods served by school food services.	
5	Cooking methods to reduce fat in school meals are used whenever possible.	▶ Purchasing programs and preparation methods are used to decrease fat, calories, and sodium levels in foods.	
6	<u>Elementary schools</u> offer a low-fat meal choice (30% of less of calories from fat) at every meal. (<i>S.C. Code Ann. Regs. 43-168.I(B)(2)</i>)	▶ <u>All schools</u> offer a low-fat meal choice (30% of less of calories from fat) at every meal.	
7*	At least four fruit and/or vegetable choices are offered daily in <u>elementary school</u> . (<i>S.C. Code Ann. Regs. 43-168.I(B)(5)</i>)		
	<u>At least one fruit and one vegetable</u> are offered daily in middle and high school.	▶ <u>At least three fruit and/or vegetable choices</u> are daily in middle and high school.	▶ <u>At least four fruit and/or vegetable choices</u> are offered daily in middle and high schools.
8	Fresh fruits or vegetables are offered <u>one or two days a week</u> .	▶ Fresh fruits or vegetables are offered <u>at least three days a week</u> .	▶ Fresh fruits or vegetables are offered <u>daily</u> .

	BASIC (MINIMUM REQUIREMENTS)	ADVANCED (MORE HEALTHFUL THAN BASIC)	EXEMPLARY (MORE HEALTHFUL THAN ADVANCED)
9*	A variety of fruits and vegetables are offered to include (Basic) USDA: <ul style="list-style-type: none"> • Dark green vegetables • Red/orange vegetables • Beans/peas (legumes) • Starchy vegetables • Other vegetables 		
10*	At least half of the grains offered daily at lunch are whole grain-rich.	▶ At least 75% of the grains offered daily at lunch are whole grain-rich.	▶ All of the grains offered daily at lunch are whole grain-rich.
11*	Only low-fat (1%) unflavored milk, fat free (skim) unflavored milk, or fat-free (skim) flavored milk are offered. <i>USDA</i>		
12*		▶ Flavored milks (fat-free) do not have more than 28 g. of total sugar per 8-ounce serving.	▶ Flavored milks (fat-free) do not have more than 22 g. of total sugar per 8-ounce serving or are not offered at all.
13	In <u>elementary schools</u> , salad dressing are low fat (less than 12 g. of fat per ounce) and fat-free salad dressing are available. S.C. Code Ann. Regs. 43-168.I(B)(3)	▶ In <u>all schools</u> , salad dressing are low fat (less than 12 g. of fat per ounce) and fat-free salad dressing are available.	▶ <u>Only</u> low fat (less than 12 g. of fat per ounce) and fat-free salad dressing are available in <u>all schools</u> .
14	Desserts with more than 5 g. of fat per serving are offered no more than twice a week.		
D	A LA CARTE		
1	A la carte items are offered in compliance with USDA regulations prohibiting the sale of “foods of minimal nutritional value” where school meals are served or eaten during the meal period.		
2	Students in <u>elementary schools</u> are allowed to purchase, at a la carte prices, additional servings of any food item that is part of a reimbursable school meal (serving sizes should be comparable to those of the meal components.) S.C. Code Ann. Regs. 43-168.I(A)(4)	▶ Students in <u>all schools</u> are allowed to purchase, at a la carte prices, additional servings of any food item that is part of a reimbursable school meal (serving sizes should be comparable to those of the meal components.)	
3			Non-fried fruits and/or vegetables are offered a la carte.
4		▶ <u>Regular yogurt</u> is offered a la carte.	▶ <u>Low-fat/nonfat yogurt</u> is offered a la carte.

	BASIC (MINIMUM REQUIREMENTS)	ADVANCED (MORE HEALTHFUL THAN BASIC)	EXEMPLARY (MORE HEALTHFUL THAN ADVANCED)
5*	Only low-fat (1%) unflavored milk, fat free (skim) unflavored milk, or fat-free (skim) flavored milk are offered. <i>USDA</i>		
6*		Flavored milks (fat-free) offered a la carte do not have more than 28 g. of total sugar per 8-ounce serving.	Flavored milks (fat-free) offered a la carte do not have more than 22 g. of total sugar per 8-ounce serving or are not offered at all.
7		Soy or rice beverages with 35% or less of weight from total sugar (or less than 9 g. per 100 calories) are offered a la carte.	
8	In <u>elementary schools</u> , a la carte juice products include <u>only</u> 100% juice.	In <u>all schools</u> , a la carte juice products include <u>only</u> 100% juice.	
9*	In <u>elementary schools</u> , "other" a la carte items (i.e. items other than those listed above) conform to the following guidelines per serving: <ul style="list-style-type: none"> • No more than 30% of calories from fat • Less than 10% of calories from saturated fat • No more than 1% of calories from trans fat • No more than 35% of added sugar by weight (<i>Nuts, seeds, and some cheeses are exceptions</i>) <i>S.C. Code Ann. Regs. 43-168.II(A)(1)</i>	In <u>all schools</u> , "other" a la carte items (i.e. items other than those listed above) conform to the following guidelines per serving: <ul style="list-style-type: none"> • No more than 30% of calories from fat • Less than 10% of calories from saturated fat • No more than 1% of calories from trans fat • No more than 35% of added sugar by weight (<i>Nuts, seeds, and some cheeses are exceptions</i>)	
E*	FOOD VENDING (MACHINES, SNACK BARS, SCHOOL STORES, ETC.) The sale of foods of minimal nutritional value is not allowed in food service areas during the food service period.		
1	The sale of foods of minimal nutritional value is not allowed where school meals are served or eaten during the meal period.	The sale of foods of minimal nutritional value is not allowed until one hour after the end of the last lunch period.	The sale of foods of minimal nutritional value is not allowed until after the end of the school day.
2*	In <u>elementary schools</u> , one serving of snacks, sweets, and side dishes meet the following guidelines: <ul style="list-style-type: none"> • No more than 30% of calories from fat • Less than 10% of calories from saturated fat • No more than 1% of calories from trans fat • No more than 35% of added sugar by weight (<i>Nuts, seeds, and some cheeses are exceptions</i>) (<i>S.C. Code Ann. Regs. 43-168.II(A)(1)</i>)	In <u>all schools</u> , one serving of snacks, sweets, and side dishes meet the guidelines.	

	BASIC (MINIMUM REQUIREMENTS)	ADVANCED (MORE HEALTHFUL THAN BASIC)	EXEMPLARY (MORE HEALTHFUL THAN ADVANCED)
3	In <u>elementary schools</u> , all single serving food items sold to students are limited to the following maximum portion sizes: <ul style="list-style-type: none"> • 1.25 ounces for snacks • 2 ounces for cookies or cereal bars • 3 ounces for other bakery items • 4 ounces for frozen desserts, including ice cream • 1/2 cup for fried potatoes and other fried vegetables (S.C. Code Ann. Regs. 43-168.II(A)(2))	In <u>middle and high schools</u> , at least 50% of single serving food items sold to students are limited to the following maximum portion sizes: <ul style="list-style-type: none"> • 1.25 ounces for snacks • 2 ounces for cookies or cereal bars • 3 ounces for other bakery items • 4 ounces for frozen desserts, including ice cream • 1/2 cup for fried potatoes and other fried vegetables 	In <u>all schools</u> , all single serving food items sold to students are limited to the following maximum portion sizes: <ul style="list-style-type: none"> • 1.25 ounces for snacks • 2 ounces for cookies or cereal bars • 3 ounces for other bakery items • 4 ounces for frozen desserts, including ice cream • 1/2 cup for fried potatoes and other fried vegetables
4			Fried potatoes and other fried vegetables are not sold to students.
5			All school employees serve as positive role models by adhering to same vending guidelines for food as those adopted for students.
F*	BEVERAGE VENDING (MACHINES, SNACK BARS, SCHOOL STORES, ETC.)		
1	<u>Elementary schools</u> do not sell or serve the following beverages to students until after the last regularly scheduled class: soda, soft drinks, sports drinks, punches, ice teas and coffees, and fruit-based drinks that contain less than 100% fruit juice or contain added sweeteners. (S.C. Code Ann. Regs. 43-168.II(B)(2))	<u>Middle and high schools</u> do not sell or serve the following beverages to students until after the last regularly scheduled class: soda, soft drinks, sports drinks, punches, ice teas and coffees, and fruit-based drinks that contain less than 100% fruit juice or contain added sweeteners.	
2	<u>Elementary schools</u> do not sell beverages (except water and nonfat or low-fat milk) in portions larger than 12 ounces). (S.C. Code Ann. Regs. 43-168.II(B)(3))	<u>Middle and high schools</u> do not sell beverages (except water and nonfat or low-fat milk) in portions larger than 12 ounces).	
3		Electrolyte replacement beverages containing not more than 29 g. of sweetener per 12-ounce selling unit are offered only in drink machines located near high school athletic training centers.	
4			All school employees serve as positive role models by adhering to same vending guidelines for beverages as those adopted for students.

	BASIC (MINIMUM REQUIREMENTS)	ADVANCED (MORE HEALTHFUL THAN BASIC)	EXEMPLARY (MORE HEALTHFUL THAN ADVANCED)
G*	DURING THE SCHOOL DAY		
1	Foods and beverages are not used as rewards or discipline for behavior or academic performance.		
2		Students are <u>allowed to have</u> individual water bottles in the classroom.	▶ Students are <u>encouraged to have</u> individual water bottles in the classroom
3		Foods and beverages are not served at parties and celebrations more than <u>once a week</u> .	▶ Foods and beverages are not served at parties and celebrations more than <u>once a month</u> .
4	<u>At least 50% of fundraising activities</u> do NOT involve the sale of food or beverages.	▶ <u>At least 75% of fundraising activities</u> do NOT involve the sale of food or beverages.	▶ <u>No fundraising activities</u> involve the sale of food or beverages.
5	Fundraising activities involving the sale of food or beverages do not take place <u>until after the end of the last lunch period</u> .	▶ Fundraising activities involving the sale of food or beverages do not take place <u>until after the end of the school day</u> .	
6	Parents, teachers and organizations are informed about the guidelines and are encouraged to follow them.		

II. Nutrition Education: The primary goal of nutrition education is to influence students' eating behaviors. Building nutrition knowledge and skills helps children make healthy eating and physical activity choices. To make a difference, school districts should provide nutrition education that is appropriate for students' ages; reflects students' cultures; is integrated into subjects such as math and reading; and provides opportunities for students to practice skills and have fun. School districts should also choose nutrition education curricula that are easy to teach and foster lifelong healthy eating.

	BASIC (MINIMUM REQUIREMENTS)	ADVANCED (MORE HEALTHFUL THAN BASIC)	EXEMPLARY (MORE HEALTHFUL THAN ADVANCED)
A	GENERAL GUIDELINES		
1	All students in grades K-12, including those with disabilities, special health care needs and in alternative education settings, have the opportunity to participate in a variety of learning experiences that support development of healthful eating habits.		
2	The nutrition education curriculum is sequential and consistent with the current <i>South Carolina Academic Standards for Health and Safety Education</i> for kindergarten through high school.		
3	Students in kindergarten through grade five receive instruction in nutrition at least once a week. (<i>S.C. Code Ann. § 59-10-360</i>)		
4	Nutrition education is taught by teachers who hold a certification from the South Carolina State Department of Education that allows them to teach health education.	▶ Nutrition education is taught by teachers who hold a certification specifically in health education.	
5	Nutrition education is based on the most recent Dietary Guidelines for Americans. (<i>S.C. Academic Standards for Health and Safety Education</i>)		
6	Appropriate professional development is provided to teachers and volunteers on the relationship of good nutrition to academic performance and healthy lifestyles. (<i>S.C. Code Ann. § 59-10-40</i>)		
7		Those who teach nutrition education receive professional development in nutrition education at least once every two years.	
B	CAFETERIA		
1	Elementary schools provide information on calories, percentages of fat, and serving sizes of school meal items to help children select appropriate portions of food. (<i>S.C. Code Ann. Regs. 43-168.I(B)(4)</i>)	▶ All schools provide information on calories, percentages of fat, and serving sizes of school meal items to help children select appropriate portions of food.	
2	Attractive, current nutrition education materials are prominently displayed in dining areas and changed at least every 9 weeks.		
3	Teachers discuss with students the nutrition education materials displayed in the dining areas.		
4	Schools provide opportunities for students to visit the cafeteria to learn about food safety, food preparation, or other nutrition-related topics.		

	BASIC (MINIMUM REQUIREMENTS)	ADVANCED (MORE HEALTHFUL THAN BASIC)	EXEMPLARY (MORE HEALTHFUL THAN ADVANCED)
5			Teachers collaborate with the school nutrition staff to use the cafeteria as a learning laboratory that allows students to apply critical thinking skills.
6	Students are encouraged to start each day with a healthful breakfast and to choose nutritious foods throughout the day.		
7		Students participate in taste tests and/or surveys to obtain their input on foods offered in the cafeteria.	
8			Students are taught about the nutrition requirements for school meals and some students are involved in helping plan menus.
C	AFTER SCHOOL PROGRAMS		
1*	Snacks in all after school programs in <u>elementary schools</u> meet USDA guidelines per serving.	Snacks in all after school programs in <u>all schools</u> meet USDA guidelines.	
2		After school programs reinforce classroom learning by providing interactive nutrition education activities (e.g., making healthful snacks, measuring serving sizes, etc.).	
3			Classroom teachers collaborate with after school program staff to reinforce and expand the lessons learned in the classroom.
D	FAMILY & COMMUNITY INVOLVEMENT		
1	Parents are invited to join students for school meals.		
2		Families are provided with information that encourages them to teach their children about health and nutrition, and to provide nutritious meals for their families.	
3			Opportunities are provided for parents to share their healthful food practices with the school and community.

	BASIC (MINIMUM REQUIREMENTS)	ADVANCED (MORE HEALTHFUL THAN BASIC)	EXEMPLARY (MORE HEALTHFUL THAN ADVANCED)
E	COMMUNICATION AND PROMOTION		
1	All elementary schools are Team Nutrition schools.	▶ All schools are Team Nutrition schools.	
2		All elementary schools have applied for the Healthier US School Challenge award.	▶ All schools have applied for the Healthier US School Challenge award.
3			All elementary schools have achieved a bronze award in the Healthier US School Challenge.
4	Elementary schools encourage input regarding the selection of food items by promoting and encouraging student and parent participation in taste-testing events, menu-review panels, and online recipe reviews. (S.C. Code Ann. Regs. 43-168.I(A)(2))	▶ All schools encourage input regarding the selection of food items by promoting and encouraging student and parent participation in taste-testing events, menu-review panels, and online recipe reviews.	
5	Elementary school cafeteria managers meet with a student advisory committee a minimum of twice a year. (S.C. Code Ann. Regs. 43-168.I(A)(3))	School cafeteria managers in all schools meet with a student advisory committee a minimum of twice a year. (S.C. Code Ann. Regs. 43-168.I(A)(3))	
6	Schools use a coordinated school health approach to address health issues of children. (S.C. Code Ann. § 59-10-320(A))		
7	The district has established and maintains a Coordinated School Health Advisory Council (CSHAC) to assess, plan, implement, and monitor district and school health policies and programs. (S.C. Code Ann. § 59-10-330(A))		
8	The CSHAC has developed a school health improvement plan that addresses strategies for improving student nutrition, health, and physical activity (including the district wellness policy). (S.C. Code Ann. § 59-10-330(B))		
9		Advertisements for candy, fast food restaurants, or soft drinks are not allowed in the school building,	
10		Advertisements for candy, fast food restaurants, or soft drinks are not allowed on school buses or other vehicles used to transport students,	
11		Advertisements for candy, fast food restaurants, or soft drinks are not allowed on school grounds (including outside the school building, on playing fields, or other areas of campus),	
12		Advertisements for candy, fast food restaurants, or soft drinks are not allowed in school publications (newsletters, newspapers, Web sites, etc.).	
13*		Candy, meals from fast-food restaurants, and soft drinks are not promoted in the schools through the distribution of products (t-shirts, hats, book covers, coupons, etc.)	

	BASIC (MINIMUM REQUIREMENTS)	ADVANCED (MORE HEALTHFUL THAN BASIC)	EXEMPLARY (MORE HEALTHFUL THAN ADVANCED)
F	STAFF WELLNESS		
1	Schools encourage each member of the staff (both certified and non-certified) to serve as a healthy role model for students.		
2		Schools have a staff wellness committee to plan and implement ongoing activities for school staff that promote health and wellness.	
3			School staff wellness committees develop, promote and oversee a multi-faceted plan to promote staff health and wellness including healthful eating, physical activity and other elements of a healthful lifestyle.

III. Physical Activity and Physical Education (PE): The 2008 Physical Activity Guidelines for Americans recommends that children and adolescents ages six to seventeen engage in 60 minutes or more of physical activity per day. The primary goals for school physical activity and physical education are: to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain students’ physical fitness, to ensure students’ regular participation in physical activity, and to teach students the short- and long-term benefits of a physically active and healthful lifestyle.

	BASIC (MINIMUM REQUIREMENTS)	ADVANCED (MORE HEALTHFUL THAN BASIC)	EXEMPLARY (MORE HEALTHFUL THAN ADVANCED)
A	PHYSICAL EDUCATION (PE)		
1	Students in kindergarten through grade five receive the equivalent of 30 minutes of daily physical education (PE) and/or physical activity (PA). (150 minutes per week). <u>At least 60 minutes</u> of the 150 minutes are in PE class. (S.C. Code Ann. § 59-10-10)	▶ <u>At least 90 minutes</u> of the 150 minutes are in PE class.	▶ <u>All 150 minutes</u> are in PE class.
2	Students in grades six through eight receive <u>100-150 minutes</u> of PE per week.	▶ Students in grades six through eight receive <u>151-200 minutes</u> of PE per week.	▶ Students in grades six through eight receive <u>at least 225 minutes of PE per week</u> . [National Association for Sport and Physical Education (NASPE) Guidelines]
3	Students in grades nine through twelve receive <u>at least one unit</u> of PE at some time during high school. (S.C. Code Ann. § 59-29-10)	▶ Students in grades nine through twelve receive <u>at least two units</u> of PE at some time during high school.	▶ Students in grades nine through twelve receive <u>at least three units</u> of PE at some time during high school. [International Baccalaureate]
4	During PE classes, students engage in moderate to vigorous physical activity for at least 50% of the class time. [NASPE Guidelines]		
5	The PE curriculum is sequential and consistent with the current <i>South Carolina Academic Standards for Physical Education</i> for kindergarten through high school.		
6	PE teachers are certified by the South Carolina Department of Education to teach physical education.		
7	PE classes in kindergarten through grade five have a student to teacher ratio that does not exceed an average of 28:1. (S.C. Code Ann. § 59-10-10)		
8	PE classes in grades six through twelve have a student to teacher ratio that is the same as other classes in the school. [NASPE Guidelines]		
9*	The student to certified PE teacher ratio in the elementary schools does not exceed 700 to 1. (S.C. Code Ann. § 59-10-20.)		
10	The district reports individual student fitness status to parents/guardians during fifth grade, eighth grade, and high school PE courses. (S.C. Code Ann. § 59-10-10)		
11	PE teachers receive professional development on physical education at least once every two years.		

	BASIC (MINIMUM REQUIREMENTS)	ADVANCED (MORE HEALTHFUL THAN BASIC)	EXEMPLARY (MORE HEALTHFUL THAN ADVANCED)
B	PHYSICAL ACTIVITY		
1	All students, including those with disabilities, special health care needs and in alternative education settings, have the opportunity to participate in moderate to vigorous physical activity on a regularly scheduled basis each school week during the entire school year.		
2	Schools provide a physical and social environment that encourages safe and enjoyable physical activity for all students, including those who are not athletically gifted. Students have the opportunity to participate in lifetime physical activities (e.g. walking, Pilates, swimming, golf, tennis, etc.).		
3	Adequate age-appropriate equipment and facilities are available for all students to participate in physical activity. (S.C. Code Ann. § 59-10-60)		
4	Physical activity facilities on school grounds are safe. (S.C. Code Ann. Regs. 43-180)		
5	Each elementary school has designated a PE teacher to serve as a PE Activity Director. (S.C. Code Ann. § 59-10-30(A))		
6	In <u>elementary schools</u> , appropriate professional development is provided to teachers and volunteers on the importance of physical activity and the relationship of activity to academic performance and healthy lifestyles. (S.C. Code Ann. § 59-10-40)	In <u>all schools</u> , appropriate professional development is provided to teachers and volunteers on the importance of physical activity and the relationship of activity to academic performance and healthy lifestyles.	
7	Classroom health education reinforces the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television.		
8		Classroom teachers provide short physical activity breaks between lessons or classes, as appropriate (in addition to recess and physical education classes).	
9			Opportunities for physical activity are regularly incorporated into other subject areas (i.e. math, language arts, social studies, etc.).
10	Physical activity is not used (e.g. running laps, pushups) or withheld (e.g. recess, physical education) as punishment. This guideline does not apply to extracurricular sports teams.		
11/12	Elementary school students have at least <u>20 minutes a day</u> of supervised recess, preferably outdoors.	Elementary school students have <u>two</u> supervised recess periods daily.	
13	Elementary schools encourage moderate to vigorous physical activity verbally and through the provision of adequate space and age-appropriate equipment.		
14			Recess is offered immediately before lunchtime (elementary schools).

	BASIC (MINIMUM REQUIREMENTS)	ADVANCED (MORE HEALTHFUL THAN BASIC)	EXEMPLARY (MORE HEALTHFUL THAN ADVANCED)
C	BEFORE AND AFTER SCHOOL		
1	Daily periods of moderate to vigorous physical activity for all students are encouraged by providing adequate space, equipment and opportunities.		
2		Extracurricular physical activity programs, such as physical activity clubs or intramural programs are offered to all students regardless of physical ability.	
3			A range of physical activities are offered before and/or after school that meet the needs, interests and abilities of all students, including boys, girls, students with disabilities and students with special health-care needs.
4			The school district regularly assesses and, if necessary and to the extent possible, makes needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district works with local public works, public safety and/or police departments in those efforts.
5			Outside of school hours or when school is not in session, children or adolescents may use the school's indoor physical activity facilities for community-sponsored physical activity classes or lessons
D	FAMILY AND COMMUNITY INVOLVEMENT		
1	Information is provided to help families incorporate physical activity into the lives of all household members.		
2		Families and community members are encouraged to help develop or implement policies and programs that support physical activity, such as a walk to school program.	
3			Community members (children and adults) are provided access to the school's outdoor physical activity and athletic facilities outside the normal school day, without being in a supervised program. School policies concerning safety apply at all times.

* Revisions

April 25, 2012:

- Section I.E, which was originally “Vending (Machines, Snack Bars, School Stores, etc.),” was broken into two sections:
I.E. FOOD VENDING (MACHINES, SNACK BARS, SCHOOL STORES, ETC.)
I.F. BEVERAGE VENDING (MACHINES, SNACK BARS, SCHOOL STORES, ETC.)
Guidelines related to foods appear in section I.E, while guidelines related to beverages appear in section I.F. This allows users to indicate the entire section is not applicable if they both foods and beverages in vending areas.
- The original Section I.F was renumbered to be I.G (During the School Day)

May 11, 2012:

- Section III.A, item 9: changed student to certified PE teacher ratio to **700 to 1** to reflect current level of funding of the Students Health and Fitness Act.

May 29, 2012: Various corrections made to conform to USDA regulations:

- Section I.B: item 3 changed to conform to whole grain requirements; items 5 and 6 changed to conform to milk requirements.
- Section I.C: item 7 dropped and remaining items renumbered.
- Section I.C (numbers reflect revised numbering in this section): items 7 and 9 changed to conform to new fruit and vegetable requirements; item 10 changed to conform to whole grain requirements; items 11 and 12 changed to conform to milk requirements.
- Section I.D: items 5 and 6 changed to conform to milk requirements; item 9 changed percent calories from fat to match S.C. regulations.
- Section I.E: item 2 changed percent calories from fat to match S.C. regulations.
- Section II.C: item 1 revised to reflect USDA regulations.
- Section II.E: item 13 changed from basic to advanced.