

Policy ADF School Wellness

Issued 3/19

Richland County School District Two is committed to providing school environments that promote and protect 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 on campus will be Smart Snacks in School compliant (including vending machines, beverage contracts and, school stores and canteens).
- Food items sold in fundraisers that meet the nutrition requirements are not limited. The number of fundraisers exempt from the nutrition requirements will be determined by the South Carolina State Board of Education.
- All foods and beverages served by the cafeteria or otherwise made available to students during meal periods will be Smart Snacks in School compliant.
- Schools are encouraged to follow the nutritional recommendations of the U.S. Dietary Guidelines for Americans when selecting foods and beverages that will be made available (but not sold) to students during non-meal periods.
- 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 should 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 and meet or exceed the USDA's Smart Snacks in School nutrition standards.
- 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 service managers; health services personnel; guidance personnel; families; and administrators to plan, implement, and improve nutrition and physical activity in the school environment in accordance with the district wellness policy.
- The district will annually report updates on the wellness policy to the board and the public. Additionally, the district will conduct a triennial assessment and report those findings and resulting changes as well.

Adopted 6/27/06; Revised 3/14/17, 3/26/19

Legal References:

United States Code of Laws, as amended:

Healthy, Hunger-Free Kids Act of 2010, [Pub. L. No. 111-296](#), 124 Stat. 3183.

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

[Section 59-10-10](#), *et seq.* - Physical education, school health services, and nutritional standards.

[Section 59-10-330](#) - Coordinated School Health Advisory Council (CSHAC).

[Section 59-10-350](#) - Length of elementary school lunch period.

[Section 59-32-30](#) - Comprehensive health education program; guidelines and restrictions.

Code of Federal Regulations, as amended:

National School Lunch Program and School Breakfast Program: Nutrition Standards for All Goods Sold in School, [7 C.F.R. § 210](#) and [220](#).

Local School Wellness Policy Implementation, [7 C.F.R. § 210](#) and [220](#).

S.C. State Board of Education Regulations:

[R-43-168](#) - Nutrition standards for elementary (K-5) school food service meals and competitive foods.

[R-43-238](#) - Health education requirements.

S.C. State Board of Education Academic Standards:

2009 Academic Standards for Health and Safety Education.

2014 SC Academic Standards for Physical Education.

Other:

National Standards for Physical Education, NASPE (National Association for Sport and Physical Education).

National Health Education Standards, Joint Committee on National Health Education Standards.

USDA Dietary Guidelines for Americans.

USDA *Guide to Smart Snacks in School* (2016).

USDA Professional Standards for State and Local School Nutrition Programs (2015).

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