

# Health & Wellness

Issued date: Aug, 15, 2017

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**O**ur district 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.

Our district will develop regulations and procedures ensure that

- **Child nutrition programs-** including school lunch, school breakfast, after-school snack and summer food service 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 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 *USDA Dietary Guidelines for Americans*.
- **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 to promote and protect their health.
- **Students will be given** appropriate opportunities for physical activity.
- **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 or use** opportunities for physical activities as discipline.
- **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.
- **The district will maintain** a wellness committee or assess, plan, implement and monitor district and school health policies and programs.

**Adopted Aug. 15, 2017**

# Constitutional and Statutory Provisions

## United States Code

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

## S.C. Code

- 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).
- Section 59-29-80 - Courses in physical education; ROTC programs.
- Section 59-29-100 - Supervision of administration of physical education program by state superintendent of education.
- Section 59-32-30 (A)(1)-(3) - Local school boards to implement comprehensive health education program; guidelines and restrictions.

## S.C. State Department of Education

- 1. R-43-168 - Nutrition standards for elementary (K-5) school food service meals and competitive foods.
- R-43-231 - Defined program, grades K-5.
- R-43-323 - Defined program, grades 6-8.
- R-43-234 - Defined program, grades 9 - 12.
- R-43-238 - Health education requirements.

## State Board of Education Academic Standards

- 2009 SC Health and Safety Education Academic Standards. 2. 2008 SC Physical Education Academic Standards.
- Other references
  - » National Standards for Physical Education – NASPE (National Association for Sport & Physical Education)
  - » National Health Education Standards, Joint Committee on National Health Education Standards.
  - » Dietary Guidelines for Americans.