

BOARD AGENDA ITEM
December 9, 2014

SUBJECT:

Policy ADF – *Wellness* – **First Reading**

BACKGROUND:

In 1988, pursuant to Act 437 of 1988, the legislature adopted the “Comprehensive Health Education Act.” Among other things the Act provided for local Boards to implement comprehensive health education programs. Our District, as many others in the state, complied with the components of this Act in various ways – primarily in the instructional program arena. Thereafter, the Student Health and Fitness Act of 2005 provided for physical education standards, school health services and nutritional standards. Some of these Acts were either referenced to, or augmenting of, various federal enactments such as related to child nutrition under the WIC Reauthorization Act of 2004 and/or the Healthy, Hunger – Free Kids Act of 2010. With all of these requirements, our School District has sought diligently to be in compliance. Policies EF related to Food Services/Nutrition Education; EFE, related to Competitive Food Sales, and IHAE related to Physical Education all relate to the requirements of these various enactments. The idea of “School Wellness” has become somewhat of a cornerstone and there is a move toward adopting a foundational statement and basic commitment by Districts within their respective policy manuals to address this fundamental issue of *wellness*.

ADMINISTRATIVE CONSIDERATION:

The “A” policies of School Districts relate to the foundational commitments, and Policy ADF is the code identifier assigned to the topic of school wellness. The administration believes that a foundational statement supporting the concept of overall wellness, including not only students but staff as well, is a worthy commitment by the Board of Education. Accordingly, the Department of Instruction has reviewed various individual policy statements and/or instructional practices, including regulatory requirements, and has put together a compendium of the same, drawing from some of the aforementioned policies, in order to establish a foundational statement and commitment to the concept of wellness. The draft policy attached is this District’s proposed summary statement for this foundational commitment. While this proposed policy does not specifically require present changes, it does provide a convenient location for overview of the wellness concept and demonstrates the Board’s commitment to that ideal.

RECOMMENDATION:

Approve on first reading the proposed Policy ADF on wellness.

ATTACHMENT:

Draft Policy ADF

PREPARED BY:

King Laurence, Associate Superintendent for Instruction
William H. Burkhalter, Jr., General Counsel

Wellness Policy

Purpose: To establish the basic structure for the promotion of wellness in all schools in the district in order to provide an environment that enhances learning and development of lifelong wellness practices for students and staff.

The Aiken County Public School 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. 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 or exceed 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 in compliance with state law 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.

- Schools will provide social and physical environments that encourage safe and enjoyable physical activity for all students. Students will be encouraged to embrace regular physical activity as a lifelong behavior.
- 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.
- District 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 (at a minimum) of members of the community, school representatives, students, parents, district food service employees, and school board members. It is recommended that the council also include health education and physical education teachers, the district nursing coordinator, and school nurses.
- Schools will have a local coordinated school health committee to plan, implement and improve nutrition and physical activity in the school environment in accordance with the district wellness policy. The school committee may be comprised of physical education, health education and classroom teachers; school food services managers; health services personnel; guidance personnel; families; administrators and community members.

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.