

**BOARD AGENDA ITEM**

**May 26, 2015**

**SUBJECT:**

Policy ADF – *Wellness* – [Additional Amendments] **First Reading**

**BACKGROUND:**

In January 2015, the Board of Education approved a foundational “A” policy known by identifier ADF as the Wellness Policy.

**ADMINISTRATIVE CONSIDERATION:**

Since its approval in January, the State Board of Education approved “Smart Snacks” guidelines. During our South Carolina Department of Education audit of the School Food Service Program in late January (which was an administrative review audit), it was suggested that once the State Board finalized its recommendations, the Smart Snacks language should be included in this policy. All proposed changes to the policy are the result of the State Board’s Smart Snacks recommendations.

**RECOMMENDATION:**

Approve on first reading the proposed amendments to Policy ADF – *Wellness*.

**ATTACHMENT:**

Proposed amendments to Policy ADF

**PREPARED BY**

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## Policy ADF School Wellness

Issued 1/15

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 follow USDA Dietary Guidelines for Americans that 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 to students on school campuses during the instructional day will comply with the current USDA Dietary Guidelines for Americans (including vending machines, à la carte foods, beverage contracts, concession stands, school stores and canteens, school parties and fundraising) are subject to national Smart Snacks nutritional standards. Federal law allows States to authorize a limited number of exceptions to these standards for infrequent food-based fundraisers that do not meet Smart Snacks standards. These exemptions cannot apply to canteens, vending machines, or school stores that regularly sell food throughout the school year.

Smart Snacks standards do not apply to the following situations:

- Sale of food or beverages that meet the Smart Snacks standards.
- Sale of food outside of school hours. ["School hours" are defined as midnight through thirty minutes after the end of the school day.]
- Sale of food not intended for on-site consumption.
- Sale of food exclusively to adults who are not enrolled students.
- Food given to students at no charge and without suggestion of donation.
- Food brought from home by students for personal consumption.
- Food donated for classroom celebrations or emergency medical situations.

### Furthermore:

- 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.

- For audit purposes, schools shall maintain a record of exempt fundraisers and related nutritional information and shall provide a copy of that information to the School Food Service Department.
- Sale of non-compliant Smart Snack foods (i.e., exempt fundraisers) cannot be sold in competition with the school lunch program. Sale of non-compliant Smart Snack foods (i.e., exempt fundraisers) cannot be sold in competition with the school lunch program.

Adopted 1/13/15

Legal references:

Federal Law:

The Child Nutrition and WIC Reauthorization Act of 2004, Pub. L. No. 108-265, 118 Stat. 729.

Healthy, Hunger-Free Kids Act of 2010, Pub. L. No. 111-296, 124 Stat. 3183.

S.C Code, 1976, as amended:

Section 59-10-10, et seq. - Physical education, school health services, and nutritional standards.

Section 59-32-30 (A)(1)-(3) - Local school boards to implement comprehensive health education program; guidelines and restrictions.

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.

State Board of Education Academic Standards:

2009 SC Health and Safety Education Academic Standards.

2008 SC Physical Education Academic Standards.

Other references:

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

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

Dietary Guidelines for Americans.

**The School District of Aiken County**