

WILLISTON SCHOOL DISTRICT #29

Wellness Policy

For Academic Year 2015-2016

Goal:

Pursuant to the Child Nutrition and WIC Reauthorization Act of 1004 (PL#108-265) and the South Carolina Student Health and Fitness Act (SC Code of Laws Title 59, Chapter 10), all students in the district shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All district employees are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the district adopts this wellness policy with the following commitments to student nutrition, physical activity, comprehensive health and nutrition education, and food marketing. This policy is designed to effectively utilize school and community resources and to equitably serve the needs and interests of all students and staff, taking into consideration differences in culture.

I. Coordinated School Health Advisory Council

The district and individual schools will create and work continually with a health advisory council to develop, monitor, review, and revise school nutrition and physical activity policies. This council will consist of parents, students, Coordinator of Foods & Nutrition, Coordinator of Curriculum and Instruction, members of the school board, school administrators, teachers, district nurse, and members of the public.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

Meals and snacks served through the National School Lunch and Breakfast Programs will:

- meet, at a minimum, nutrition requirements established by the United States Department of Agriculture (USDA) and the South Carolina Department of Education, Office of School Food Services and Nutrition. Specifically, K-5 schools must comply with the Nutrition Standards for Elementary School Food Service Meals and Competitive Foods (SC Code of Laws Section 43-168);
- offer fruits and vegetables;

- serve milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that half of the served grains are whole grain.

Schools will share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, cafeteria menu boards, placards, or other point-of-purchase materials.

Meal Times and Scheduling. Schools:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- will schedule lunch periods to follow recess periods (in elementary schools);
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

Qualifications of School Food Service Staff. Qualified nutrition professionals will administer the school meal programs. As part of the district's responsibility to operate a food service program, we will:

- provide continuing professional development for all nutrition professionals in schools. Staff development programs will include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.
- establish a food safety program for all school food operations as required by Public Law 108-265 using standard operating procedures that include Hazard Analysis Critical Control Points (HACCP).
- Ensure that the South Carolina Department of Health and Environmental Control conduct food safety inspections twice per year for each food service school site.

Foods and Beverages Sold Individually (*i.e.*, foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.)

The school food service program will approve all food and beverage sales to students in the elementary school. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, non-fried vegetables and other snacks deemed to meet national and nutrition standards. All foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day will meet the following nutrition and portion size standards:

- **Beverages**

- **Allowed:** water; 100% fruit and vegetable juices (portion size not to exceed 12 ounces) that do not contain additional sugars and sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);
- **Not allowed:** All carbonated beverages; soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 100% fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, **excluding** low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

- **Foods**

A single-serving food item sold to students:

- will have no more than 30% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters), 10% of its calories from saturated fat and 1% of its calories from trans-fatty acids.
- will be served in portions not to exceed 1.25 ounces for snacks (including baked chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruits, and jerky), 2.0 ounces for cookies or cereal bars, 3.0 ounces for bakery goods (muffins, rolls, etc.), 4.0 ounces for frozen desserts including ice cream, and 8 ounces of yogurt (not frozen).
- will have no more than 35% of its weight from added sugars.

Fundraising Activities. To support children's health and nutrition education efforts, elementary school fundraising activities will not involve food that is considered Restricted by the South Carolina State Competitive Food Policy (These include any carbonated beverages, Water Ices (with exception of fruit juice), chewing gum, and any processed candies such as hard candy, jellies and gums, marshmallow candies, fondant, Licorice, spun candy, and candy coated popcorn) or will use only foods that meet the above nutrition standards for foods and beverages sold individually while on campus with exception to items exempt (see attached list). However, off campus fundraising activities will not be restricted to the nutritional guidelines set out by the state. Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities. The principals of the middle school and high school shall have discretion over the sales of competitive foods within their buildings.

Snacks. Smart snacks served during the school day or in after-school care or enrichment programs at the elementary school will make a positive contribution to children's diets and health. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

Rewards. Elementary schools will only use food or beverages that meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served

through school meals) as a punishment.

Vending Machines. Vending machines will be allowed at the middle and high schools. The contents of the machines will be changed to nutritional offerings by a percentage scale. Nutritional offerings pertain to foods and beverages. For the 2006-2007 school year, the percentage will be 25% nutritional choices, 75% other. By the start of the 2007-2008, the ratio will be 50% to 50%. The 2008-2009 school year will see an increase to 75% nutritional and 25% other. The ratio of nutritional food will meet 100% by the start of the 2009-2010 school year. (Note: The USDA will be informing us of what we can have in our machines starting December 2011.)

Exceptions. These provisions do not apply to student medical emergencies. Schools will not restrict what food and beverages a parent may provide for their child to consume at school.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion. The district aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting. For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 30 minutes per day, to total 150 minutes per week) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents. The district will support parents' efforts to provide a

healthy diet and daily physical activity for their children. The district/school will provide parents a list of foods that meet the district's snack standards and ideas for healthy parties, rewards, and fundraising activities.

The district will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials.

Food Marketing in Schools. School-based marketing will be consistent with the provisions of this policy. As such, schools will limit marketing activities to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

Staff Wellness. The district highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

IV. Physical Activity Opportunities and Physical Education

Physical Education (P.E.) K-12. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (*e.g.*, interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.

- ***Kelly Edwards Elementary.*** Participation in physical activity and physical education shall be required for all students K-5 for a minimum of one hundred fifty (150) minutes per week. These activities shall be monitored and recorded by the school's physical education teacher. Reports shall be submitted quarterly to the District Health Advisory Council.

- **Williston-Elko Middle School.** Physical activity will be provided through formal physical education courses, integration into other courses, and/or regularly scheduled school-wide activities. These activities shall be monitored and recorded by the school's physical education teacher. Reports shall be submitted quarterly to the District Health Advisory Council.
- **Williston-Elko High School.** Will require one (1) credit of Physical Education for graduation.

Recess. All elementary school students will have at least 20 minutes a day of supervised recess, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools will discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities After School. The elementary, middle, and high school will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. The schools will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

Physical Activity and Punishment. Teachers and other school and community personnel will not use physical activity (*e.g.*, running laps, pushups) or withhold opportunities for physical activity (*e.g.*, recess, physical education) as punishment.

Safe Routes to School. The district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The district will explore the availability of federal "safe routes to school" funds, administered by the state department of transportation, to finance such improvements. The district will encourage students to use public transportation when available and appropriate for travel to school, and will work with the local transit agency to provide transit passes for students.

Use of School Facilities Outside of School Hours. Specific spaces and facilities will be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

V. Monitoring and Policy Review

Monitoring. The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the district superintendent or designee. The report shall include at a minimum:

1. The number of students in the school;
2. The average daily participation in the National School Lunch Program;
3. The average daily participation in the School Breakfast Program;
4. The level of the wellness policy implementation;
5. The time of the lunch recess at the elementary school;
6. The length of the breakfast service per grade level;
7. The length of the lunch service per grade level;
8. The number of children with access to physical activity;
9. The average number of physical activity minutes available to each student;
10. The number of children with access to physical education;
11. The number of children receiving physical education;
12. The number of minutes that physical education is provided;
13. The total number of school days a student is required to attend physical education during the current school year

The first report for each school was due to the District Health Advisory Council on June 30 of each year, beginning 2012.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent.

The superintendent or designee will develop a summary report every year on district-wide compliance with this policy. This report will be submitted to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, school health services personnel in the district, and upon request, the South Carolina State Department of Education and USDA.

The goals and progress of this policy will be included in the district's strategic plan, pursuant to SC Code of Laws Sections 59-20-60.

Policy Review. To help with the initial development of this policy, each school will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated every year to help review policy compliance, assess progress, and determine areas in need of improvement. The district and individual schools will revise

this policy as needed, to include the development of work plans to facilitate necessary improvements.