

SPARTANBURG SCHOOL DISTRICT NO. 7**A - Foundations and Basic Commitments****Policy ADF School Wellness****Policy ADF School Wellness**

Issued 5/14

Purpose: To establish the basic structure for the promotion of wellness in all schools in the district.

Spartanburg County School District No. 7 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 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 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 will not deny a student physical activity during recess.
- Spartanburg County School District No. 7 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).
- Spartanburg County School District No. 7 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 and district nursing coordinators.
- Schools should have a local coordinated school health committee comprised of physical education,

health education and classroom teachers; school food services managers; health services personnel; guidance personnel; families; administrators and community members to plan, implement and improve nutrition and physical activity in the school environment in accordance with the district wellness policy.

Adopted 6/13/06; Revised 5/6/14

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 of Laws, 1976, as amended:

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.

State Board of Education Regulations:

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-43-232 - 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.

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.

SPARTANBURG SCHOOL DISTRICT 7

SPARTANBURG SCHOOL DISTRICT NO. 7
A - Foundations and Basic Commitments
Policy ADF School Wellness
AR ADF-R School Wellness

AR ADF-R School Wellness

Issued 5/14

Coordinated School Health Advisory Committee role

The Student Health and Fitness Act of 2005 requires that each school district establish and maintain a Coordinated School Health Advisory Council (CSHAC) to assess, plan, implement and monitor district and school health policies and programs, including the development of a district wellness policy. The council also determines which snacks may be sold in vending machines in elementary schools.

The council must be composed of the following.

- members of the community
- school representatives
- students
- parents
- district food service employees
- school board members

Spartanburg County School District No. 7's commitment to wellness

Rationale

The link between nutrition, physical activity and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases, such as Type 2 diabetes. Schools have a responsibility to help students learn, establish and maintain lifelong healthy eating and activity patterns. Well planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a healthy school environment, since school staff can be daily role models for healthy behaviors.

Goal

The goal of this administrative rule is for all students in Spartanburg County School District No. 7 to possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in Spartanburg County School District No. 7 is encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, Spartanburg County School District No. 7 adopts this administrative rule with the following commitments to nutrition, physical activity, comprehensive health education, marketing and implementation. This administrative rule is designed to effectively utilize school and community resources and to equitably serve the needs and interest of all students and staff, taking into consideration differences in culture.

Food and beverages used as rewards for academic performance or good behavior must meet nutritional standards and guidelines. Schools will not withhold food or beverages as punishment.

Nutrition standards for all food/beverages

Food and beverages that may be available during the school day must provide the optimal nutrition for elementary and middle school students.

The guidelines ensure that one serving of snacks, sweets and side dishes has the following.

- no more than 30% of calories from fat
- less than 10% of calories from saturated fats
- no more than 1% of calories from trans fatty acids
- no more than 35% of added sugar by weight

Note: Nuts, seeds and some cheeses are exceptions. Although more than 30% of calories come from fat, these foods can be considered appropriate and nutritious snacks when served in small portions.

Limit single serving food items sold to the following maximum portion sizes.

- 1.5 oz. for snacks (includes baked chips, crackers, popcorn, cereal trail mix, nuts, seeds, dried fruits, jerky)
- 2 oz. for cookies or cereal bars
- 3 oz. for other bakery items (sweet rolls, muffins, etc.)
- 4 oz. for frozen desserts, including ice cream
- 8 oz. yogurt (not frozen)
- ½ cup for fried potatoes or other fried vegetables

Beverages selection will include the following.

- low-fat, non-fat and 2% milk
- water
- 100% fruit juice that does not contain added sugars and sweeteners
- contain less than 10 calories per serving
- sports drinks that contain less than 10 calories per serving

A la carte, vending, student stores or concession stands

The district will prohibit the sale of food of minimal nutritional value (FMNV) in vending machines, snack bars, school stores, stands and a la carte items which students have access to during the school day. Food items that are sold during school hours that are not part of the school meal must be nutritious. Other foods must contain no more than 35 percent of sugar or artificial sweetener. "Other foods" are to be defined as food other than those served as part of the school meal. This includes vending machines, a la carte sales and food sold for fundraising purposes.

Food of minimum nutritional value consists of the following.

- Chewing gum, water ices or any frozen sweetened water, with the exception of products that contain 100% fruit juice, and candy bars will not be sold or served during the school day.

- Other foods may contain no more than 35 percent by weight of sugar or other artificial sweeteners.
- Other foods will not include those items brought to school by individual students for their own consumption.

Field trips

It is strongly suggested that Spartanburg County School District No. 7's food service provider provide meals for day field trips. If outside food services are selected, the type of food services selected along with a menu should be available for parents' information prior to the field trip.

Snacks

Elementary classrooms may allow one nutritious snack of appropriate portion per day under the teacher's supervision. Water bottles are appropriate throughout the school day. Bottles must be clear.

The snack may be in the morning or afternoon but may not be at the same time as the regular meal period for that class. All food/beverage must meet the specifications per the food and beverage guidelines outlined in this administrative rule.

School special events

Each school is permitted a special exemption for up to 10 classroom events per classroom each school year. The principal must approve classroom events in advance. All foods made available on campus will adhere to food safety and security guidelines.

Food related fundraising

Fundraising items that do not comply with the set nutrition standards may be sold off of the school's campus, at the end of the school day and during a school sponsored event for that specific fundraiser.

An elementary school may permit the sale of food items that do not comply with these administrative rules as part of a school fundraising event in any of the following circumstances.

- the items are sold by pupils of the school and the sale of those items takes place off of and away from school premises
- the items are sold by pupils of the school and the sale of those items takes place after the end of the school day

Specialized programs related to students with IEP goals will be exempt.

Staff wellness

The district will encourage all staff to model good nutritional behavior along with encouragement to improve their own personal health and wellness. This will allow staff to promote the health of the students.

The purposes of staff wellness are as follows.

- encouraging all school staff to improve their own personal health
- creating positive role modeling
- building the commitment of staff to promote the health of students
- building the commitment of staff to help improve the school nutrition and physical activity environment

Issued 5/6/14

SPARTANBURG SCHOOL DISTRICT 7
