

## **Administrative Rule ADF-R School Wellness**

Issued 4/06

The board provides the following guidelines to be used to establish and evaluate the district wellness programs according to the goals of the policy and will administer the wellness programs contingent upon funding from the state.

### **Nutrition education**

Nutrition education will be integrated into health education and into other areas of the curriculum.

The staff responsible for nutrition education will provide basic knowledge of nutrition combined with skill practice activities and will use instructional techniques and strategies designed to promote healthy eating habits.

Nutrition education will be incorporated during classroom instruction, snack times and in the school dining area.

The school cafeteria will serve as a "learning laboratory" to allow students to apply critical thinking skills taught in the classroom in regards to the making of nutritional choices.

The school staff will not use foods of minimal nutritional value as a reward or punishment for students.

Students will be encouraged to start each day with a healthy breakfast.

Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.

### **Physical activity**

Physical education will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.

Physical education will include the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.

Students in grades K-8 will be provided the appropriate amount of physical education and physical activity as required by law and based on the SC Physical Education Curriculum Standards, including the appropriate student-to-PE teacher ratio.

Adequate equipment will be available for all students to participate in physical education.

Schools will administer the SC Physical Education Assessment in physical education classes in grades two, five, eight and high school to assess PE standards and program effectiveness.

A report on an individual student's fitness status obtained from the SC Physical Education Assessment will be reported to his/her parent/legal guardian during the student's fifth, eighth and high school physical education courses.

Physical activity will be integrated across curricula and throughout the school day as appropriate; movement can be made part of the core curricula.

A daily recess/physical activity time in elementary schools will be provided, which is not used as a punishment.

Physical activity facilities on school grounds will be safe.

Information will be provided to families to help them incorporate physical activity into their children's lives.

Each elementary school will specify a physical education teacher as the physical education activity director to plan, coordinate and report on opportunities for additional physical activity for students to exceed the designated PE instruction time.

### **Other school-based activities**

After-school programs will encourage physical activity and healthy habit information.

District wellness policy goals will be considered in planning all school-based activities; e.g. school events, field trips, dances and assemblies.

Each school will organize wellness committees comprised of parents/legal guardians, teachers, administrators and students to plan, implement and improve nutrition and physical activity in the school environment.

### **Nutrition standards and guidelines**

- The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well. (K-12)
- Foods and beverages made available on campus during school hours will comply with the current USDA Dietary Guidelines for Americans. (K-12)
- Schools will prohibit the sale of foods of minimal nutritional value. These are foods that provide little or no contribution to daily nutritional requirements. These include, but are not limited to, certain carbonated beverages, certain water ices, chewing gum, certain candies such as hard candy, jellies and some gummies, marshmallow candies, fondant, licorice, spun candy and candy coated popcorn. (K-12)
- A student may bring foods of minimal nutritional value or beverages from home for his/her personal consumption; however, the student may not sell these items to other students. (K-12)
- The district food services and nutrition division will maintain a list of foods appropriate for purchasing for vending machines and other sales that students will have access to during the school day. (middle/high)
- Foods offered from vending machines or a la' carte sales will contain no more than 35 percent, by weight, of sugar or other artificial sweeteners. (middle/high)
- In elementary schools, students are prohibited from having access to vending machines.
- Foods will be in compliance with the state nutrition standards for fat content.
  - Elementary schools will comply with the SC Student Health and Fitness Act of 2005 at 30 percent.

- Middle/High schools will gradually reduce the fat content as follows.
  - 2006-2007 = 40 percent
  - 2007-2008 = 35 percent
  - 2008-2009 = 30 percent
- Only low-fat and fat-free milk and nutritionally equivalent non-dairy alternatives will be served; whole grain will be served as much as possible; a variety of fruits and vegetables will be offered. (K-12)
- Beverages available in:
  - Elementary schools will be defined as any juice or juice product that must contain 100 percent real fruit or vegetable juices.
  - Middle/High schools will gradually increase the percent of real fruit or vegetable juice content (sports drinks and tea not included) as follows.
    - 2006-2007 = 3 percent
    - 2007-2008 = 10 percent
    - 2008-2009 = 20 percent
- The district food services and nutrition division reserves the right to refuse service of any food or beverage item regardless of compliance of the policy guidelines and also reserves the right to limit quantities and exercise portion control on any food or beverage item offered at school. (K-12)
- Drinking water will be available for students at meals and throughout the day. (K-12)
- Classroom snacks in the elementary school will feature healthy choices that have at least minimum nutritional value and are not foods/beverages that are competitive with the school's operation of the national school breakfast or lunch program and/or after school snack program.
- School cafeterias will offer a variety of age appropriate healthy food and beverage selections for elementary, middle and high schools.
- Food and beverages sold at fundraisers will include healthy choices and provide age appropriate selections for elementary, middle and high schools.
- Advertising of foods or beverages in areas accessible to students during meal times must be consistent with established nutrition environment standards.
- Elementary students will be provided at least 20 minutes to eat lunch and socialize once they have received their food.
- Dining areas will be clean, attractive and have enough space for the seating of students.

Schools in Lexington School District One will use the School Health Index from the Center for Disease Control adapted for this policy to assess the strengths and shortcomings of the school's

nutrition education, physical activity and other school-based activity programs as well as the compliance with the nutrition standards and guidelines. Each school will use the results for the development of plans of action for improving student health and the school's environment. The district Coordinated School Health Advisory Committee will implement and monitor the district health policies and programs.

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**Lexington District One Schools**