

Policy ADF School Wellness

Issued 4/06

Purpose: To establish the Lexington One school board's vision for providing a school environment that enhances the learning and development of lifelong wellness practices.

The school district is committed to a healthy school environment that offers children nutritious food choices, provides and promotes sequential and interdisciplinary nutrition education, and connects meaningful physical activity to students' lives outside of physical education. The healthy, physically active child is more likely to be academically successful. The school environment will therefore be safe, comfortable, pleasing and allow ample time and space for instruction, for eating meals and for physical activity.

The goal of this policy is to provide an environment that promotes health and wellness in the areas of nutrition and physical activity by doing the following contingent upon state funding.

- Through the district "nutrition education" programs, the students will gain an understanding of proper nutrition and nutrition practices.
- Through the district "physical activity" programs, the students will experience meaningful physical education and physical activity environments throughout the school day.
- Through other district "school-based activities", the students will be encouraged to engage in physical activity and healthy lifestyle formation.
- Through the district's "nutrition guidelines for food and beverages available during the school day", the students will be provided healthy, nutritional food selections throughout the school environment.

Schools in Lexington School District One are encouraged to take a positive approach to wellness, nutrition and physical activity that will impact students' health and the school environment. In all aspects of district wellness, the school staff will be encouraged to model good nutrition and physical activity behaviors.

Nutrition programs as well as physical education and activity programs will comply with the federal Child Nutrition and WIC Reauthorization Act of 2004 and with the South Carolina Student Health and Fitness Act of 2005.

Adopted 4/18/06

Legal references:

Federal Legislation:

The Child Nutrition and WIC Reauthorization Act of 2004.

Public Law 103-448, Healthy Meals for Healthy Americans Act, 1994.

NASPE standards.

USDA/FNS guidelines for nutritional integrity of school meals.

S.C. Code of Laws, 1976, as amended to include Chapter 10 of Title 59, Students Health and

Fitness Act of 2005:

Title 59 of the 1976 Code as amended: Physical Education, School Health Services and Nutritional Standards - [Sections 1, 2, and 3](#).

Lexington District One Schools