

Student Wellness Program

The Cherokee County Board of Education recognizes that student wellness and proper nutrition are related to students' well-being, growth, development, and readiness to learn. The School Board is committed to providing a school environment that promotes and protects student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

I. Nutrition Guidelines

Recognizing the importance of student wellness and proper nutrition, the School District supports participation in the National School Lunch and Breakfast program in all schools, as well as other Federal school meal programs for which schools qualify. All foods and beverages made available for purchase on campus during the school day will be in compliance with the Smart Snacks in Schools regulations as required for participation in the National School Lunch program or adhere to state requirements regarding exempt fundraisers involving the sale of food and beverage. Standards may also be established for all foods and beverages provided, but not sold, to students during the school day, as well as policies for food and beverage marketing to students. Guidelines for reimbursable school meals will not be less restrictive than regulations issued by the Healthy, Hunger-Free Kids Act of 2010 and any applicable updates to federal policy, as those regulations and guidance apply to schools. The superintendent or designee will develop procedures for operation of the school nutrition program at each school during the day with the objectives of promoting school health and reducing childhood obesity.

To further support healthy lifestyles for students and staff and to model good nutrition, the School District will create and maintain a Wellness Committee. This Committee will develop an action plan that should include the following components:

- Goals/Objectives
- Timeline
- Person(s) responsible
- Means to assess program effectiveness

The Wellness Committee will include district staff and community members in developing its action plan. This action plan will be responsible for addressing, but is not limited to, the following:

- Nutritional composition and placement of vending machines that are accessible to students
- Staff and student wellness
- Setting guidelines for foods to be served during the school day including:
 - Healthy Snacks
 - Food given as reward
 - Food/snacks served at approved parties
 - Coordinating initiatives with the School Nutrition Program Staff

II. Nutrition Education

It is the intent of the School Board that the School District will teach, encourage and support healthy eating by students. Schools will provide nutrition education consistent with federal and state requirements and engage in nutrition promotion aimed at attainment of goals as described in guidelines established for these purposes and contained in the Principals' Handbook.

III. Physical Education

All students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis. The School District will provide physical education consistent with federal and state requirements and engage in promotion of physical activities aimed at attainment of goals as described in guidelines established for these purposes and contained in the Principals' Handbook.

IV. Other School-Based Activities

The Superintendent or designee will develop procedures that promote attainment of goals related to other school-based activities to promote wellness as described in guidelines established for these purposes and contained in the Principals' Handbook.

V. The Sale of Competitive Foods

The School District is committed to providing students with nutritious food and beverage options during the school day on the school campus. The school day is defined as the period from the midnight before, until 30 minutes after the end of the official school day. School campus includes all areas of the property under the jurisdiction of the school that are accessible to students during the school day. This includes outdoor eating areas, parking lots, school stores, vending, etc.

Food and beverages sold in schools must comply with current State and Federal nutrition standards for all foods sold in schools.

Fundraisers

1. The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards, except that they may not be sold in the cafeteria.
2. All snacks sold in schools must meet the nutritional requirements.
3. The standards do not apply during non-school hours, on weekends, during class parties, and at off-campus fundraising events.

Exempt Fundraisers

Per the State Board Rule 160-5-6-.01, the School District will adhere to State guidelines concerning the number and length of exempt fundraisers allowed per school per school year. Exempt fundraisers will not occur 30 minutes prior until 30 minutes after the end of breakfast or lunch meal service.

VI. Implementation

The Superintendent or designee will be responsible for overseeing the implementation of the local school wellness policy and will develop procedures for evaluation, including indicators that may be used to measure the schools' success in meeting the goals contained in the Principals' Handbook. The principal or designee will be charged with operational responsibility for ensuring that the school works toward meeting the goals set within the local wellness policy at the individual school level and will report on the school's compliance to the Superintendent or designee.

At the District level, the Superintendent or designee will convene a wellness committee consisting of school district and community representatives from areas designated in federal law to participate in the development, implementation and periodic review of school wellness policies. Such policies will contain, at a minimum:

1. Specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.
2. Standards and nutrition guidelines for all foods and beverages available on campus during the school day that:
 - Are consistent with federal meal pattern requirements and nutrition standards;
 - Prohibit the sale to students on the school campus during the school day of competitive foods that do not meet the federal criteria; and,
 - Adhere to the Healthy, Hunger-free Kids Act of 2010 and state requirements regarding exempt fundraisers.
3. Identification of the position of district or school official(s) responsible for the oversight to ensure each school's compliance with the wellness policy.
4. A description of the manner in which parents, students, and representatives of school nutrition staff, physical education teachers, school health professions, the school board, school administrators, and the general public are provided an opportunity to participate in the development, implementation, and periodic review of the wellness policy.
5. A description of the plan for measuring the implementation of the wellness policy and for reporting to the public its content and implementation issues

Compliance with the local school wellness policy will undergo a triennial assessment. The triennial assessment will review the extent to which schools comply with the local school wellness policy, the extent to which the local policy goals align with model policies and a description of progress towards attaining policy goals as described in 7 CRF 210.31(e)(2). School Nutrition Program staff at the school and district level will monitor compliance with nutrition regulations and will report on this matter to the Superintendent at the district level, or to the school principal at the school level.

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