

**WELLNESS PROGRAM**

**Approved: June 8, 2006**

**Revised: September 11, 2008**

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**Wellness Program**

The Pickens County Board of Education recognizes that student wellness and proper nutrition are related to students' well being, growth, development, and readiness to learn. The 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.

**Development of Local Wellness Policy**

The Pickens County school system has involved parents, students, representatives of food services, the Board, school administrators and the public in accordance with the federal law, through a Superintendent designated Wellness Committee, in the development of a system-wide policy. After considering input from various stakeholders interested in the promotion of overall student health and well being, the Wellness Committee has recommended goals and guidelines for nutrition, nutrition education, physical activity, and other school-based activities with the objectives of promoting student health and reducing childhood obesity.

**Nutrition Guidelines**

All schools in the district shall participate in available federal school meal programs. All foods and beverages made available on campus during the school day shall be consistent with the requirements of federal and state law. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the U.S. Secretary pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act, as those regulations and guidance apply to schools. All school meals and other foods and beverages made available on campus during the school day shall be consistent with the guidelines recommended by the Wellness Committee.

**Nutrition Education**

It is the intent of the Board that the district shall teach, encourage and support healthy eating by students. Schools shall provide nutrition education consistent with federal and state requirements and engage in nutrition promotion aimed at attainment of the goals recommended by the Wellness Committee.

**Physical Education**

All students in grades K-12 shall have opportunities, support and encouragement to be physically active on a regular basis. The district will provide physical education consistent with federal and state requirements and engage in promotion of physical activities aimed at attainment of the goals recommended by the Wellness Committee.

### **Other School-Based Activities**

Other school-based activities shall be consistent with the goals recommended by the Wellness Committee.

### **Implementation**

The Superintendent or designee shall be responsible for overseeing the implementation of the wellness policy system wide. However, the implementation of the policy at the school level is delegated to the principal or designee. In each school, the principal or designee shall be charged with operational responsibility for ensuring that the school works toward meeting the Committee's established goals and shall report on the school's compliance to the committee. The School Nutrition Program Director in conjunction with the School Nutrition Program Managers shall monitor compliance with nutrition guidelines within school food service areas and will report on this matter to the Committee. The Wellness Committee shall develop an annual summary report on district-wide compliance with the wellness policy, based on input from the schools. That report shall be provided to the Superintendent and, upon request, to interested parties. The Wellness Committee shall meet annually, at a minimum, to review and revise the goals and guidelines.

Federal Law 108-265 requires each school system to have in place a Wellness Policy by June 30, 2006. Recognizing the importance of a learning environment where students and staff learn and practice healthy habits, Pickens County Schools developed a Wellness Plan that includes:

- goals for nutrition education, physical activity and other school-based activities designed to promote student wellness
- nutrition guidelines for all foods available on each school campus
- establishes a plan that measures implementation of this policy
- involves key stakeholders in the development of the system wellness plan

The following stakeholders developed the Pickens County Schools Wellness Plan: Carol Morris, Susan Vaughan, Molly Buchanan, Susan Anderson, Martha Ronske, and Tommy Qualls.

The Wellness Plan incorporates all the federally required components.

## **2008-2009 Wellness Plan Initiatives Pickens County School System**

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### **Component 1: Set Nutrition Education Goals**

- **Nutrition education will teach the skills students need to adopt healthy eating behaviors and consistent nutrition messages will be reinforced throughout the school, classroom, cafeteria, home, community and media.**

1. Students are encouraged to start each day with breakfast.
  2. Offerings in vending machines will meet specific guidelines.
  3. Healthy choices will be offered at school, at school sponsored events, and at recreation department events.
  4. The lunchroom menu will model well-balanced meals.
- **State and local district health education curriculum standards and guidelines will include focus on nutrition and health as indicated in the state standards.**
    1. The state standards for nutrition will be taught at each grade level.

**Nutrition education is integrated into the core curriculum, including math, science, and language arts, and into the coordinated school health program and physical education.**

    1. Staff development to adequately integrate state standards of nutrition education into the classroom and other school-based programs.
    2. Staff development funded to adequately educate faculty and provide lesson plans and resources.
    3. School Food Service can provide commodity foods to use as tools for learning nutrition concepts.
  - **Schools will conduct nutrition education activities and promotions that involve parents, students, and the community.**
    1. Weekly nutrition tips placed in local newspaper along with menus.
    2. Possible "tasting parties" to allow parents and students to taste different fruits/vegetables.
    3. Regular nutrition information posted on PCBOE website along with school menus.
    4. Letters to be sent home at the beginning of the school year announcing new health initiative.
    5. Parent teaching to include healthy alternatives to poor food choices.
    6. PTO yearly program on the importance of good nutrition as it relates to student achievement.

## **Component 2: Set Physical Activity Goals**

- **Physical education will be taught according to state standards with adequate time allowed by qualified teachers.**
  1. State standards will be taught for physical education.
  2. Teachers certified in physical education will be hired.
  3. Staff development will provide resources and focus on methods to incorporate physical activity into the classroom.

- **Students will be given opportunities for physical activity during the school day through daily recess periods, required and elective physical education (PE) classes.**
  1. Physical activities are not limited based on gender or cultural differences.
- **Students will be encouraged to be involved in physical activity in the community, school sponsored events, and extracurricular activities including cooperative and competitive games.**
  1. Innovative physical programs and competitive sports participation are encouraged.
  2. Develop intramural programs at schools.
  3. Encourage the use of recreational facilities and programs and participation with Boys and Girls clubs.
- **A "wellness program" for adults within the School System is supported with the belief that our teachers and staff serve as role models for students.**
  1. Develop wellness programs at schools. Encourage the community to use recreational and school facilities that are available. Publish healthy eating and snacking ideas and wellness tips in information distributed through schools.
  2. Encourage school staff to develop and/or participate in wellness program at their school. Encourage school staff to demonstrate healthy eating and snacking habits.
- **Recreational facilities are safe, clean and accessible for all students.**
  1. Diligence is used in monitoring the safety of playgrounds and facilities. Safe equipment is purchased for play areas.

**Component 3: Establish Nutrition Standards for all Foods Available on School Campus during the School Day**

- **School nutrition programs in each school comply with federal, state and local requirements. Nutrition programs are available to all students and follow the Meal Pattern for breakfast, lunch and snack as outlined by USDA.**
  1. Breakfast and Lunch menus at all schools are nutritionally analyzed using State approved nutrition software.
  2. School nutrition managers will be trained to use nutrition analysis software to update daily analysis when recipes change or vendors substitute food items.
  3. School nutrition managers will receive regular training on appropriate substitutions to meet the nutrition standards of all school meals.
- **Students are offered a variety of meats/poultry, fresh fruits, vegetables, whole grains and milk choices on a daily basis.**
  1. Milk choices are offered daily: 2% reduced-fat, 1% low-fat and skim. Chocolate, vanilla or strawberry milk is available in 1% fat or less.

2. Schools will offer meals that meet the dietary guidelines for protein, carbohydrates, fats, saturated fats and fiber and work toward reducing the amount of sodium in processed.

- **Student participation in the school breakfast program is encouraged through scheduling and innovative food delivery.**
- **Lunch schedules will fall as near to the middle of the school day as possible and will provide adequate time for all students to eat lunch.**
- **Drinking water and cups are available free of charge to students at meals and throughout the day.**
- **Nutrition information is available for all foods sold on campus.**
- **Guidelines are established for foods and beverages sold a'la carte in the school cafeterias, in vending machines, at concession stands and for fund-raising purposes. Vendors must provide nutritional information for posting on the Pickens County Schools web-site and on, or near all machines. All foods and beverages sold a'la carte must be approved by the school administration.**

#### **Component 4: Other School-Based Activities Designed to Promote Student Wellness**

- **Support on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education, to include Mountainside Medical Center Piedmont Wellness Program, Pickens County Extension Services Programs, Local Health Club Memberships, and Pickens County Schools Professional Development Courses. These programs will be publicized to all employees.**
- **After-school programs will encourage physical activity and healthy habit formation.**
  1. After school programs will serve only healthy snacks and provide physical activity and education along with their regular curriculum.
- **Local wellness goals are considered in planning all school-based activities, including after-school programs, field trips, dances, assemblies and other school events.**
- **Ensure fundraising efforts and reward programs are supportive of healthy eating, by encouraging principals and teachers to offer healthy food sales and distribution.**

- **Food or physical activity is not used as punishment, unless it is detailed in a student's Individualized Education Plan (IEP).**
- **All in-school advertising and marketing send positive healthy foods and physical activity messages. Provide information in student handbook that promotes healthy food selections at school and in the community.**
- **Encourage student participation in school extracurricular activities through student handbooks and school announcements.**
- **Pickens County students will have access to information and services that enhance and promote health.**
  1. Support for the health of all students is demonstrated by hosting health clinics, health screenings (including dental) and helping to enroll eligible children in Medicaid and other State children's insurance program.
- **The health of students, employees and visitors will not be impaired by tobacco use.**
- **Food safety and security will be of the highest priority for all foods served on school campuses.**

The Pickens County Schools Wellness Plan will be assessed annually for effectiveness and implementation. The PCS Wellness Committee will recommend yearly goals and benchmarks to insure the most effective measures and standards are in place. This review will help promote and encourage sound nutritional and physical activity practices by students and staff. It will also allow for new research and findings to be incorporated into the system plan for greater effectiveness. The Pickens County School System believes strongly that healthy lifestyle habits help improve student and employee success. The Pickens County Schools Wellness Plan insures focus to this end.