

Cherokee County School Abridged District Wellness Policy

Policy

- ⊗ Each school maintains an active wellness committee to ensure district wellness policy compliance.
- ⊗ Schools will utilize the Healthy Schools Program to assess, create an action plan, and generate annual progress report.
- ⊗ Schools should notify the district about events or activities related to wellness policy implementation.

Nutrition

- ⊗ Schools should use at least ten of the Smarter Lunchroom techniques (page 7-8).
- ⊗ Menus should be posted on district and/or school websites and include nutrition content and ingredients.
- ⊗ All nutrition will accommodate students with special dietary needs.
- ⊗ All students will have at least 10 minutes of seat-time to eat breakfast and 20 minutes of seat-time for lunch.
- ⊗ All water sources are clean and maintained.
- ⊗ Students are allowed to have water bottles to drink water throughout the day.
- ⊗ All snacks and beverages sold during the school day (midnight-30 minutes past dismissal time) must be Smart Snack approved and documented. This includes cafeteria, vending machines, school stores, classroom, and food carts. (Training is available.)
- ⊗ It is suggested that all foods related to celebrations and rewards meet Smart Snack standards. (Resources available.)
- ⊗ It is suggested that foods and beverages not be used as rewards and should not be withheld as punishment for any reason. (Resources available.)
- ⊗ Any fundraisers during the school day must meet Smart Snack standards unless the school is using the state-allowed 30-days noncompliant exemption. These days must be documented in advance.
- ⊗ Marketing and advertising of non-compliant foods and beverages is not allowed on campus (page 11).
- ⊗ Schools will provide nutrition education and engage in nutrition promotion that meets standards in the District Wellness Policy (page 10).
- ⊗ Health education curriculum taught across various curricula should include a minimum of 12 essential topics on nutrition listed in the District Wellness Policy (page 10-12).

Physical Activity

- ⊗ Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or PE) will NOT be withheld as punishment for any reason. (Resources available.)
- ⊗ Open Community Use- outdoor spaces are open to students, family, and community outside of school hours (refer to the district's Open Community Use Policy).
- ⊗ All 1st-5th grades will receive PE for at least 80 minutes per week. All secondary students are required to take equivalent of one year of PE. Students will be

moderately to vigorously active for at least 50% of class time during most or all PE class times.

- ⊗ Fitnessgram is required.
- ⊗ PE teachers are required to participate in at least once a year professional development.
- ⊗ Health education curriculum taught across various curricula should include a minimum of 12 essential topics on physical activity listed in the District Wellness Policy (page 13).
- ⊗ All elementary students will receive 20 minutes of active recess per day. Outdoor recess is offered unless conditions are unsafe. Indoor recess will be offered on those days and promote physical activity. Each school will enforce its own indoor recess guidelines. (Resources available.)
- ⊗ Students will be offered breaks (3-5 minutes) that include physical activity during and between classroom times at least 3 days per week. These do NOT substitute for PE class, recess, and class transition periods. (Resources available.)
- ⊗ Teachers will incorporate movement and kinesthetic learning into core subject areas and limit sedentary behavior during the school day.
- ⊗ Schools will encourage students to be physically active before and after school through a variety of methods.
- ⊗ Schools will support active transport to and from school (page 14).

Other Activities

- ⊗ Schools should coordinate content across curricular areas that promote student health. (Resources available.)
- ⊗ All efforts for grants/funding for healthy school environments will be coordinated with and complementary of the wellness policy including the involvement of the school wellness coordinator and the District Wellness Committee.
- ⊗ All school sponsored events will adhere to the policy guidelines and will include physical activity and healthy eating opportunities when appropriate.
- ⊗ Schools will implement strategies that support staff wellness in coordination with the District Wellness Committee.
- ⊗ Administrators will support physical activity of staff during the school day, continuance of annual wellness screenings, and support staff modeling healthy behaviors.
- ⊗ The district promotes staff member participation in health promotion programs. (Resources available.)
- ⊗ The district will offer at least one healthy option at all meetings with available food options.
- ⊗ The district will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in classroom and schools.