

# WELLNESS POLICY ON PHYSICAL EDUCATION STANDARDS, NURSING AND NUTRITION STANDARDS

Code **ADF** Issued **11/14**

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Purpose: To establish the board's vision for physical education, nursing and nutrition standards in the schools.

## **Physical education standards**

The board believes that one goal of public education is to assist all students in reaching their full academic potential and that a student's health impacts his/her school attendance, readiness to learn, potential learning and achievement.

Therefore, the school district is committed to a sound, comprehensive health education program that is an integral part of each student's general education. One component of health education is physical education.

The district will do the following.

- Provide students in grades K through five with the appropriate amount of physical activity and physical education as required by law and based on the South Carolina Physical Education Curriculum Standards including an appropriate student-to-PE teacher ratio and age appropriate equipment/facilities.
- Ensure that each school designates a physical education teacher as the physical education activity director to plan and coordinate opportunities for additional physical activity for students to exceed the designated weekly PE instruction.
- Provide professional development to teachers on the importance of physical activity for young children and the relationship of activity and good nutrition to academic performance and healthy lifestyles.
- Report an individual student's fitness status to his/her parent/legal guardian during the student's fifth grade, eighth grade and high school physical education courses.
- Physical activity time is not to reduce time dedicated to instruction in the arts.

One unit of high school physical education is required for high school graduation. The district will offer the required unit of physical education encompassing a personal fitness and wellness component and a lifetime fitness component as outlined by the state physical education curriculum.

## *Exemptions*

The superintendent may grant a waiver to a student exempting him/her from physical education requirements based on one of the following criteria.

- The student presents a physician's statement indicating that participation in physical education will jeopardize the student's health and well-being.

## **PAGE 2 - ADF - WELLNESS POLICY ON PHYSICAL EDUCATION STANDARDS, NURSING AND NUTRITION STANDARDS**

- The parent/legal guardian or student must be a member of a recognized religious faith that objects to physical education as part of its official doctrine or creed. Further, the parent/legal guardian and student must show that attending these classes would violate their religious beliefs and not be merely a matter of personal objection.
- JROTC may be substituted for physical education.

### **Nurses**

Spartanburg County School District Five will provide a registered nurse to staff the health room in each of the schools in order to provide health services for all students.

### **Nutrition standards**

The district participates in the national school lunch program and provides nutritional, well-balanced breakfasts and lunches in all schools.

The purpose of the district food program is as follows.

- to maintain and improve the health and physical fitness of the school child by providing him/her with an adequate meal and appropriate time for consumption
- to provide a satisfactory learning experience in the food program which will contribute to the overall development of the child by all K-5 students receiving a weekly nutrition lesson in the health curriculum
- to provide free or reduced-price meals for students from economically deprived families

The superintendent, with the recommendation of the food service supervisor, sets meal prices for students and adults.

The food service program will be operated under the general recommendations and standards established by the South Carolina State Board of Education.

The district will not deny any child who a principal or teacher believes is improperly nourished a free lunch, milk or other food simply because the district has not received proper application from the child's parent/legal guardian.

The administration will establish rules and procedures which conform with state and federal requirements regarding participation in programs for free and reduced price meals and supplementary food. The administration will report such regulations to the board from time to time for its approval.

Principals have forms for requesting and establishing the need for free lunches in their school office.

# PAGE 3 - ADF - WELLNESS POLICY ON PHYSICAL EDUCATION STANDARDS, NURSING AND NUTRITION STANDARDS

## *Competitive food sales/vending machines*

Good nutrition is essential to peak academic performance for students and to long-term health. The district supports nutrition programs and nutrition education as an integral part of a high-quality education (See Policy EFE).

~~To ensure that foods served at schools address modern nutritional needs and to protect the health of students, the district administration will exercise control over the sale of non-cafeteria/competitive food. For purposes of this policy, “competitive food” means any food that is sold in competition with the school lunch or breakfast program.~~

~~The district will permit vending machines and the sale of competitive foods in the middle schools, high schools and career centers in accordance with this policy.~~

~~The district administration will monitor any sales in K-12 schools for nutritional content of food/drinks.~~

~~The school administration is responsible for ensuring that foods from vending machines and/or other non-cafeteria/competitive foods are sold in compliance with federal guidelines and district policy.~~

~~The board authorizes the superintendent to close a canteen or discontinue the sale of competitive foods if not properly operated.~~

## **Outside foods**

~~To ensure student safety regarding food allergies and dietary restrictions, food brought from outside the school for student consumption will be commercially prepared and packaged or sealed. When applicable, food will be labeled with specific ingredients or the ingredients easily accessible on-line.~~

~~However, this policy does not restrict the food that a parent/legal guardian may provide for his/her child’s consumption at school.~~

Adopted 6/26/06; Revised 10/22/07, 2/27/12. 11/24/14

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## Legal references:

### A. Federal law:

1. Section 10(a) of the Child Nutrition Act of 1996 (CAN), as amended by P.L. 95-166 in 1997.
2. National School Lunch Program Regulations, Section 210.11.
3. School Breakfast Program Regulations, Section 220.12.

### B. S.C. Code of Laws, 1976, as amended:

1. Section 59-29-100 - Supervision of administration of physical education program.
2. Students Health and Fitness Act of 2005, Sections 59-10-10 through 60 - Physical education standards.
3. Students Health and Fitness Act of 2005, Sections 59-10-210 through 380 - Nurses and Nutrition standards.