



Southampton County Public Schools
Student Wellness Policy

- I. **Goals:** Southampton County School Board, based on review and consideration of evidence based strategies and techniques, has established goals to promote student wellness.
 - a. **Nutrition Promotion and Education**
 - i. The Division will introduce our students to nutrition education that provides our students with the skills they need to implement and uphold healthy eating habits.
 - ii. The Division will ensure that the level of student participation is maintained and increased in the school breakfast and school lunch programs.
 - b. **Physical Activity**
 - i. The Division will ensure that students are given opportunities for physical activity during the school day through physical education classes and /or recess.
 - ii. The Division will guarantee that students are given opportunities for physical activities through a range of before and/or after school programs including, but not limited to, interscholastic athletics, and physical activity clubs at the Middle School and High School level.
 - c. **Other School Based Activities**
 - i. The Division will ensure that a reasonable amount of time is allowed for students to eat in a positive meal environment.
 - ii. The Division will ensure that all children who participate in subsidized food programs are able to obtain food in a non-discriminatory manner.
- II. **Nutrition Standards and Guidelines:** The Division is responsible for creating:
 - a. Regulations to develop and implement standards for all food and beverages provided, but not sold, to students on campus during the day; and
 - b. Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that promote student health and

reduce childhood obesity and are consistent with the applicable standards and requirements in 7.C.F.R. §§ 210.10, 210.11 and 220.8.

Note: *Marketing on the school campus during the school day is permitted only for those foods and beverages that meet the nutrition standards under 7 C.F.R. § 210.11, serve to promote student health, reduce and prevent childhood obesity, and combat problems associated with poor nutrition and physical inactivity.*

- III. Implementation:** The School Board encourages parents, students and representatives of the school food authority, teachers of physical education, school health professionals, school administrators, and the general public to participate in the development, implementation, and periodic review and update of this by participating in quarterly meetings of the School Health and Advisory Board Meetings.

The Director of Pupil Personnel is responsible for implementing and enforcing this policy. The implementation of the policy is measured by the use of the Wellness Policy Assessment Tool, which will be utilized each school year.

Implementation procedures include measuring and making available to the public, at least once every three years an assessment of the implementation of the policy. This includes the extent to which the schools meet compliance with the policy, the extent to which this policy compares to the model school wellness policies, and a description of the assessments that were considered in updating the policy.

- IV. Monitoring:** The process for monitoring compliance with this policy:
- a. Review the school wellness policy to assure all schools are in compliance with the policy.
 - b. Meet the principal at each school to review program offered at each site.
 - c. Use the Wellness Policy Assessment Tool to review the wellness policy goals and practices with the LEA, with the principal or designee from each school.
 - d. Consider the results of the triennial assessment in updating the policy

The School Board retains the following records to document compliance with 7 C.F.R. § 210.31:

- *The policy:*
 - *Documents demonstrating compliance with community involvement requirements, including requirements to make the policy and triennial assessments available to the public; and*
 - *Documentation of the triennial assessment of the policy*

Resources for Teachers, Parents and Students:

<https://www.fda.gov/food/nutrition-education-resources-materials/whyville-snack-shack-games>

<https://www.nutrition.gov/topics/nutrition-age/children/kids-corner>

<http://www.nourishinteractive.com/nutrition-education-printables/>

Adopted: March 21, 2006

Revised: July 5, 2011

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Revised: December 4, 2018

Revised: June 18, 2021