



Wellness Committee Dillon School District Four

Wellness Committee Members

- Dr. Michael McRae - Chair
- Missy Moody – Food Service Coordinator
- Towanda Wright – SC Dept. of Public Health
- Annie Smith – Dillon County Boys & Girls Youth Center
- Mandy Hayes – Director of Student Services
- Carolyn Ann Jackson – District Nurse
- Dee Newell – Healthy Learners
- Jaqueline Camp – School Nurse Dillon Elem.
- Charles Wright – Physical Education Dillon Elem.
- William Young - Physical Education Dillon High
- Antywan Dunson – Dillon High Student JROTC Major
- Da'Maya Page – Student Body President Lake View High

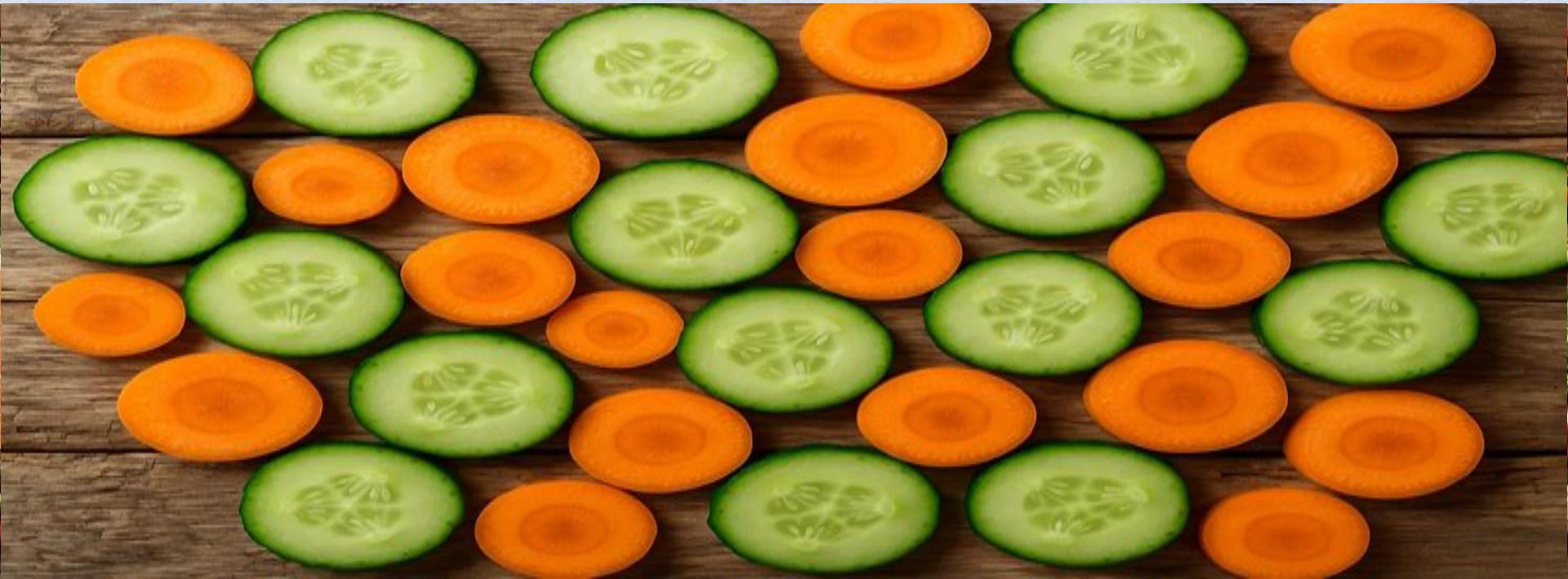
District Wellness Committee

Meets at least once per year to establish district wellness goals and to oversee school, health and safety policies and programs including development, implementation, and periodic review and update of the wellness policy.

District Wellness Policy

- ◆ Policy can be found on our district website or by following this link

<https://boardpolicyonline.com/?b=dillon4&s=252969>



Goal 1: Nutrition promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques, nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages at school. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents/legal guardians, students, and the community.

The district will promote healthy food and beverage choices for all students throughout the school campus and will encourage participation in school meal programs. This promotion will occur using evidence-based practices and adherence to a policy of 100 percent of foods and beverages promoted to students meeting the USDA Smart Snacks in School nutrition standards.

Smart Goal: Increase Student Participation in School Meal Programs

Goal: By the end of the school year, increase student participation in school breakfast and lunch programs by 5% through promotional campaigns, taste tests, and student engagement activities.

Goal 2: Nutrition Education

The district will teach, model, encourage, and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that fulfills the following criteria:

- fosters the adoption and maintenance of healthy eating behaviors such as acquiring skills for reading food labels and menu planning
- is part of a sequential comprehensive standards-based health education program designed to provide students with the knowledge and necessary skills to promote and protect their health
- promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods
- emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise)
- links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, and Fresh Fruit and Vegetable Program

Smart Goal: Expand Access to Nutrition Education Beyond the Classroom

Goal: By the end of the school year, develop and distribute at least four family and community nutrition education resources (e.g., newsletters, workshops, online materials) to reinforce healthy eating habits at home.

Goal 3: Physical Activity

Children and adolescents should participate in at least sixty (60) minutes of physical activity everyday. A substantial percentage of Students' physical activity can be provided through a comprehensive school physical activity program which includes quality physical education as the foundation; physical activity before, during, and after school; staff involvement; and family and community engagement. Schools may promote opportunities for physical activity via in-school announcements, newsletters, posters, etc. The district is committed to providing these opportunities, and schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical Education. The district encourages the use of physical activity as a reward when feasible. Physical activity during the school day (including, but not limited to, recess, classroom physical activity breaks, or physical education) will not be withheld as punishment for any reason. This does not include participation on sports teams or with other sports-related after school activities, nor does it include participation on sports teams with specific academic requirements.

Smart Goal: Develop an Active Classroom Toolkit for Teachers

Goal: By the end of the school year, create and distribute an "Active Classroom Toolkit" to 100% of teachers, providing easy-to-use movement strategies for integrating physical activity into daily instruction.

Goal 4: Physical Education

The district will provide students with physical education using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits and incorporate essential health education concepts. The curriculum will support the essential components of physical education. All students will be provided equal opportunities to participate in physical education classes. The district will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

Smart Goal: Implement a District-Wide Fitness Benchmark Assessment

Goal: By the end of the school year, 100% of students in grades 2,5,8, and PE1 will complete a district-wide fitness assessment, with baseline and follow-up measurements to track individual progress.

Goal 5: Staff Health

To increase staff participation in the Dillon School District Four health screening and annual mammograms by 5% annually.

<i>Staff Preventive Health Screenings</i>			<i>Mammograms</i>		
School Year	Actual	Goal	School Year	Actual	Goal
23-24	60	Base Year	23-24	30	Base Year
24-25	68	63	24-25	20*	32
25-26		71	25-26		32
26-27		26-27			

**Only one day given per McLeod for screening. Mobile Unit short staffed.*

Action Steps:

1. Inform and remind staff of screening dates and locations
2. Schools will encourage participation through incentives and scheduling

District Wellness Policy Annual Progress Report

The district has implemented all areas.

- ◆ School Meals:

- ◆ PreK-5th grade students must have 20 minutes to eat lunch after being seated.
- ◆ Foods and snacks sold between 12:00 am and 30 minutes after dismissal must be Smart Snacks. (Smart Snack Calculator)
- ◆ Each school has a total of 30 exempt fundraisers not to exceed 1 day in length

New Nutrition Standards for Next Year

- ◆ Added Sugars: Yogurts may have no more than 12gms of added sugars per 6oz.
- ◆ Sodium: Breakfast meals will decrease by 10% and lunch by 15%.

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District Wellness Policy Annual Progress Report

Smart Snacks standards do not apply to the following situations, subject to district and/or school wellness policies:

- ◆ Sale of food or beverages (“foods”) that meet the [Smart Snacks](#) standards;
- ◆ Sale of foods outside of school hours (e.g., after-hours concessions at athletic events, school concerts, or on weekends);
- ◆ Sale of foods not intended for on-site consumption (e.g., cookie dough or frozen pizza);
- ◆ Sale of foods exclusively to adults who are not students;
- ◆ Foods given to students at no charge and without suggesting a donation;
- ◆ Foods brought from home by students for personal consumption;
- ◆ Foods donated for classroom celebrations; or
- ◆ Emergency medical situations
- ◆

District Wellness Policy Annual Progress Report

- ◆ Schools will provide nutrition education based on grade level standards.
- ◆ Schools promote physical activity before, during and after school in addition to PE. (Encourage movement!)
- ◆ Schools will offer staff wellness programs such as our Annual Health Fair and yearly mammograms.

Dillon School District Four

Triennial Wellness Assessment

Written school health and safety policies	Fully in place
Access to physical activity facilities outside school hours	Mostly in place
Prohibit using physical activity as punishment	Fully in place
Prohibit withholding recess as punishment	Fully in place
Prohibit using food as reward or punishment	Fully in place
All foods and beverages served and offered during the school day meet the USDA's Smart Snacks in School nutrition standards	Mostly in place
Fundraising efforts during and outside school hours meet the USDA's Smart Snacks in School nutrition standards	Mostly in place
Food and beverage marketing	Fully in place
Opportunities to practice skills	Fully in place
Sequential physical education curriculum consistent with standards	Fully in place
Promotion or support of walking and bicycling to and/or from school	Mostly in place
Availability of before- and after-school physical activity opportunities	Mostly in place
Availability of physical activity breaks in classrooms	Fully in place
Breakfast and lunch programs	Fully in place
Promote healthy food and beverage choices and school meals using marketing and merchandising techniques.	Mostly in place
Adequate time to eat school meals	Fully in place
Health assessments for staff members	Fully in place
Programs for staff members on physical activity/fitness	Not in place
Programs for staff members on healthy eating/weight management	Mostly in place
Student and family involvement in the school meal programs and other foods and beverages sold, served and offered on school campus.	Mostly in place
Community involvement in school health initiatives	Fully in place
Availability of water	Fully in place
All foods sold during the school day meet the USDA's Smart Snacks in School nutrition standards	Fully in place
All beverages sold during the school day meet the USDA's Smart Snacks in School nutrition standards	Fully in place
Health education curriculum topics	Fully in place
District has designated local wellness policy leader	Fully in place
Specific goals for student wellness	Fully in place
Alternative strategies for positive behavior management	Fully in place
School wellness leader monitoring implementation of local wellness policy	Yes
District conducts fitness testing of students	Fully in place
District shares individual student fitness reports	Fully in place

Questions / Suggestions

Any questions or suggestions can be emailed to Dr. Michael McRae at:

<mailto:mcraem@dillon.k12.sc.us>



