

Wellness Policy

Tamassee DAR School recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. We are committed to providing an environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity. Healthy eating and physical activity are essential for a healthy weight and is also linked to reduced risk for many chronic diseases. Staff wellness is also an integral part of a healthy learning environment, since staff can be daily role models for healthy behaviors. Staff are encouraged to model healthy behaviors, i.e., healthful eating and physical activity.

Tamassee DAR School is committed to serving healthy meals to students, with plenty of fruits, vegetables, whole grains, and fat-free milk; meeting the nutritional needs of school children within their calorie requirements. We aim to improve the diet and health of children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

Tamassee DAR School adopts this wellness policy with the following commitments to nutrition, physical activity, health education and implementation. This policy is designed to effectively utilize school and community resources and to equitably serve the needs and interests of all children and staff, taking into consideration differences in culture.

Nutrition – Physical Activity – Health Education

Tamassee DAR School will:

- Participate in USDA's child nutrition programs through the National School Lunch and Breakfast Program. The nutritional standards for these programs can be found at <http://www.fns.usda.gov/school-meals/regulations>.
- As a licensed Residential Child Care Facility we will furthermore comply with nutrition regulations set forth by the South Carolina Department of Social Services.
- Inform students, staff and guardians of participation in the child nutrition programs. The wellness policy may be found in the Child Care Manual, Parent Handbook, as well as the Student Handbook.
- Incorporate a wellness and nutrition component into the middle school Academy co-curricular activities. Extra-curricular activities, i.e., physical education, health and wellness classes are offered by the public school.
- Ensure adequate time and space for children to eat their meals. Children shall have at least

twenty minutes to eat after they have received their food.

- Not use foods or beverages as rewards for academic performance or good behavior, nor withhold food or beverages as punishment.

Additionally Tamassee DAR School will:

- Create and maintain a clean, safe, comfortable and inviting place for children to eat their meals.
- Ensure that meals are made attractive to children and offer a variety of foods.
- Ensure that all foods and beverages offered during Academy classes and after school homework center comply with current USDA Smart Snacks standards. The standards for this program can be found at http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf.
- Encourage participation in at least 60 minutes of physical activity every day.
- Encourage participation in the public school physical education program.
- Offer a health and wellness component during the summer program to all students.
- Encourage participation in public school and community recreational sports programs.
- Encourage walking, biking and outside play on Campus.
- Offer planned programs and group activities which are child centered, take place in a positive environment, and involve the children in physical activities and/or exercise.

Wellness Committee

The Wellness Committee shall consist of the Compliance Officer, School Nurse, Academy Teachers, Campus Life Coordinators, Dietary Manager, Collaboration and Engagement Coordinator. The Wellness Committee shall meet at least once per year to establish wellness goals and to oversee the health and nutrition policies and programs including development, implementation, and periodic review and update of the wellness policy. The Compliance Officer shall ensure compliance and implementation of the policy as well as maintain the required compliance documentation. An annual assessment (progress report) of the wellness policy shall be conducted to determine compliance and monitor progress. The results of the assessment shall be shared with the students, staff and guardians of Tamassee DAR School.

Please direct all questions or concerns regarding this policy to the attention of the Compliance Officer, Tamassee DAR School, PO Box 8, Tamassee, SC 29686 or pamt@tdarschool.org.

Revised February 28, 2019