

Take Action for Fit Kids!

K-12 SCHOOL DISTRICTS

Ninety-five percent of children ages 5-18 spend at least half of their awake time in school. Schools play a critical role in providing a safe, health-promoting environment for students that also supports them in learning and practicing health-promoting behaviors.



Provide leadership and support for physical activity and healthy eating:

- Convene a Coordinated School Health Advisory Council (CSHAC) to oversee the development, implementation and evaluation of the district Wellness Policy (ADF).
- Include Wellness Policy goals and objectives in the district's strategic plan.
- Designate district level staff with responsibility for oversight and evaluation of health and physical education programs.
- Provide a written district curriculum for age-appropriate, sequential physical education and health education consistent with state standards, regulations and laws that help students develop skills to engage in life-long healthy habits.
- Participate in the SC FitnessGram software system, if you are not already participating.
- Provide professional development to staff to increase knowledge and skills about promoting healthy eating and active living behaviors in the classroom and school.
- Adopt and implement an Open Community Use of School Recreational Areas policy (KFA) to provide free, safe places for staff, students, families, and community members to be active during non-school hours.
- Ensure that schools meet USDA nutrition standards for foods and beverages served as part of the National School Lunch Program and School Breakfast Program.
- Ensure that schools meet USDA Smart Snacks in School nutrition standards for "competitive" foods and beverages sold outside of school meal programs (vending machine, a la carte, school store).