

The board recognizes the importance of students maintaining physical health and proper nutrition in order to take advantage of educational opportunities. The board further recognizes that student wellness and proper nutrition are related to a student's physical well-being, growth, development and readiness to learn. The board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and regular physical activity as part of the total learning experience.

**A. SCHOOL HEALTH ADVISORY COUNCIL**

The board will maintain a School Health Advisory Council (SHAC) to help plan, update, implement, promote and monitor this policy as well as other health and nutrition issues within the school system. The council serves as an advisory committee regarding student health issues. The council is authorized to examine related research and laws, assess student needs and the current school environment, review existing board policies and administrative regulations, collaborate with appropriate community agencies and organizations, and help raise awareness about student health issues. The council also may make policy recommendations to the board related to this policy and other policies related to health issues necessary to promote student wellness and may assist the superintendent in the periodic review and revision of this policy. In addition, the council may assist in the development of a plan for measuring and assessing implementation of this policy and in developing methods to inform and update the public about the content and implementation of this policy as described in Section G, below.

The council will be composed of school system, local health department and community representatives to provide information in the following eight areas: safe environment, physical education, health education, staff wellness, health services, mental and social health, nutrition services and parent/family involvement. Of those appointed to the council, there will be at least one person from each of the following groups: school board member, school system administrator, school system food service representative, physical education teacher, school health professional, student, parent/guardian and member of the public.

The council shall provide periodic reports to the board regarding the status of its work. In addition, the council shall assist the superintendent in creating an annual report which includes the minutes of physical activity and the minutes of physical education and/or healthful living education received by students in the system each school year, and any other information required by the State Board of Education.

**B. NUTRITION PROMOTION AND EDUCATION**

The board believes that promoting student health and nutrition enhances readiness for learning and increases student achievement. The goals of nutrition promotion and education are (1) to provide appropriate instruction for the acquisition of behaviors which

contribute to a healthy lifestyle for students and (2) to teach, encourage and support healthy eating by students.

The board will provide nutrition education within the Healthful Living Essential Standards and Grade Level Competencies adopted by the State Board of Education. Nutrition education will provide all students with the knowledge and skills needed to lead healthy lives. Students should learn to address nutrition-related health concerns through age-appropriate nutrition education lessons and activities.

Nutrition education and promotion should extend beyond the school environment by engaging and involving families and communities. School system personnel may coordinate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition. School system personnel will work to disseminate and promote consistent nutrition messages throughout the school district, schools, classrooms, cafeterias, homes, community and media.

### **C. PHYSICAL EDUCATION AND PHYSICAL ACTIVITY**

The goal of the physical education program is to promote lifelong physical activity and provide instruction in the skills and knowledge necessary for lifelong participation in physical activity. To give attention to issues such as overweight/obesity, cardiovascular disease and Type II diabetes, students enrolled in kindergarten through eighth grades will participate in physical activity as part of the district's physical education curriculum. The physical education course will foster support and guidance for being physically active, will help students know and understand the value of being physically fit, and will teach students the types of activities that contribute to total fitness. The course will be taught in an environment where students can learn, practice and receive assessment on age appropriate skills as defined in the North Carolina Healthful Living Essential Standards.

Schools will strive to provide opportunities for age- and developmentally-appropriate physical activity during the day for all students, so that students can learn to exhibit a physically active lifestyle. A minimum of 180 minutes per week of physical activity for K-5 and 225 minutes per week for middle and high school will be provided as follows:

1. Elementary: 150 minutes per week of recess (30 minutes per day) and 30 minutes in physical education weekly.
2. Middle to High School (9th grade, team sports, etc.): 150 minutes per week of recess (30 minutes per day) and 75 minutes in physical education weekly.

The physical activity provided daily by schools for kindergarten through eighth-grade students will be moderate to vigorous. Such activity may be achieved through:

- Regular physical education class (SPARK curriculum, Fitnessgram Fitness testing K-8, other curriculum-based physical activity)

- Recess
- Dance
- Classroom energizers or physical activity breaks
- Walking Clubs
- Various course curriculum integration with physical activity (morning announcements, Skype activity across the county, technology-based activities)
- Other curriculum-based physical activity programs

Physical education will involve sharing information with families and the broader community to positively impact students and the health of the community. Information will be provided to families that encourages them to teach their children about health and the need for life-long physical activity.

The principal will work with teachers to ensure that students meet the minimum physical activity requirement to ensure compliance with the physical activity and education policy. Within the first 12 weeks of school and at the end of the year, the principal will work with the SHAC committee chairperson or co-chairperson to ensure compliance with the physical education policy.

To ensure that students have ongoing opportunities for physical activity and maintain a positive attitude towards physical activity, structured/unstructured recess and other physical activity shall not be taken away from students as a form of punishment. In addition, severe and inappropriate exercise may not be used as a form of punishment for students. Teachers should instead seek agreement from students for a reflective/composure lap when appropriate to allow the children to reflect on the day and to prepare them mentally to be re-engaged in class.

#### **D. NUTRITION GUIDELINES**

Consistent with policy 6200, Goals of Student Food Services, all foods available in the district's schools during the school day will be offered to students with consideration for promoting student health, reducing childhood obesity, providing a variety of nutritional meals and promoting life-long healthy eating habits.

Foods provided through the National School Lunch or School Breakfast Programs will comply with federal nutrition standards. In addition, food selections will also be consistent with statewide nutrition standards established by the State Board of Education and with board policy 6230, Nutritional Standards for Food Selection.

Competitive foods must meet State Board of Education nutrition standards, applicable federal standards under the Healthy, Huger Free Kids Act of 2010, as well as any additional nutrition standards established by the superintendent pursuant to policy 6230. Competitive foods are defined as foods available for sale to students on the school campus during the school day other than through the National School Lunch or School Breakfast Programs, including food, snacks and beverages from a la carte menus, vending machines and outside suppliers. For purposes of this definition, the "school day" means from midnight before, to thirty minutes after the end of

the official school day. **Students are not permitted to bring into school food purchased from local eateries during the school day or to receive deliveries of restaurant foods during the school day.**

In addition to standards established by federal law and/or board policy, all vending machine sales must comply with the requirements of G.S. 115C-264.2 and *Eat Smart: North Carolina's Recommended Standards for All Foods in Schools*.

Parents and other visitors, students and employees are encouraged to limit foods brought into school for classroom parties, holiday and birthday celebrations to those that promote healthy eating habits.

**The sale of foods prepared and sold by non-school-system vendors shall be in compliance with applicable state law and regulations, including all rules pertaining to sanitation and operating permits. In order to protect the health of students, staff and visitors, such vendors shall be required to demonstrate compliance with this requirement to the satisfaction of the superintendent or designee prior to operation.**

**E. OTHER SCHOOL-BASED ACTIVITIES TO PROMOTE WELLNESS**

In addition to the aforementioned standards, the board adopts the following goals for school-based activities designed to promote wellness:

- Schools will provide a clean and safe meal environment.
- Students will be provided adequate time to eat meals.
- Drinking water will be available at all meal periods and throughout the school day.
- Professional development will be provided for school system nutrition staff.
- To the extent possible, the school system will utilize available funding and outside programs to enhance student wellness.
- Food will not be used in the schools as a reward or punishment.
- As appropriate, the goals of this student wellness policy will be considered in planning all school based activities.
- Administrators, teachers, food service personnel, students, parents/guardians and community members will be encouraged to serve as positive role models to promote student wellness.

**F. GUIDELINES FOR REIMBURSABLE MEALS**

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The director of child nutrition will ensure that school district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law.

**G. IMPLEMENTATION AND REVIEW OF POLICY**

The superintendent or his/her designee will be responsible for overseeing implementation of this policy and monitoring district schools, programs and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations. Each principal shall be responsible for and shall report to the superintendent or designee regarding compliance in his/her school. Staff members responsible for programs related to student wellness also will report to the superintendent or designee regarding the status of such programs. Members of the SHAC shall be invited to participate in the ongoing implementation and periodic review and updating of this policy.

The superintendent will annually report to the board on the district's compliance with laws and policies related to student wellness and the implementation of this policy. At a minimum, the superintendent shall measure and report the following:

1. the extent to which the individual schools are in compliance with this policy;
2. the extent to which the board's wellness policy compares to model local school wellness policies; and
3. a description of the progress made in attaining the goals of this policy.

The report may also include the following items:

- an assessment of the school environment regarding student wellness issues;
- an evaluation of food services programs;
- a review of all foods and beverages sold in schools for compliance with established nutrition guidelines;
- a list of all activities and programs conducted to promote nutrition and physical activity;
- information provided in the report from the Health Schools Advisory Council, as provided in section A, above; and
- suggestions for improvement to policies or programs.

**F. PUBLIC NOTIFICATION**

The superintendent shall implement practices and procedures to inform and update the public about the content and implementation of this policy, including the information reported to the board as required in Section G, above. This information shall be widely disseminated to students, parents and the community.

Legal References: The Child Nutrition and WIC Reauthorization Act of 2004, 42 U.S.C. 1751 note (Local Wellness Policy); , Hunger-Free Kids Act of 2010, P.L. 11-296; National School Lunch Act, *as amended*, 42 U.S.C. § 1751, *et seq.*; G.S. 115C-264.2, -264.3; G.S. 130A-248; 15A NCAC 18A.2635; State Board of Education Policy GCS-S-000, TCS-S-002; *Eat Smart: North Carolina's Recommended Standards for All Foods in Schools*, NC Department of Health and Human Services, NC Division of Public Health, (2004),

Cross References: Goals of Student Health Services (policy 6100), Goals of Student Food Services (policy 6200), Nutritional Standards for Food Selection (policy 6230)

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