

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. Goals with regard to nutrition education, physical activity, and other school activities designed to promote student wellness; nutrition guidelines for all foods available on campus; guidelines for reimbursable school meals; a plan for measuring implementation of the policy; and community involvement should be consistent with state and federal policies.

**A. SCHOOL HEALTH ADVISORY COUNCIL**

The board will appoint a countywide School Health Advisory Council as required by NCDPI. The council will help plan, implement and monitor this policy as well as other health and nutrition issues within the school district. The council will serve as an advisory committee regarding student health issues. The council may 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 will assist in developing the student wellness policy and make other policy recommendations to the board related to the health issues necessary to promote student wellness.

**B. NUTRITION EDUCATION**

The board believes that promoting student health and nutrition enhances readiness for learning and increases student achievement. The goals of nutrition education are (1) to provide appropriate instruction for the acquisition of behaviors which contribute to the healthy lifestyle for students, and (2) to teach, encourage and support healthy eating by students.

Nutrition education should extend beyond the school environment by engaging and involving families and communities. School district personnel may coordinate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition. School district personnel will work to disseminate 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. Students enrolled in kindergarten through ninth grades will participate in physical activity as part of the district’s physical education curriculum. The course will be taught in an environment where students can learn, practice, and receive assessment on age-appropriate skills.

Physical activity for students can be achieved through a regular physical education class, recess, dance, classroom energizers and/or other curriculum-based physical activity program. The principal will work with teachers to ensure that students meet the minimum physical activity requirement.

**D. NUTRITION GUIDELINES**

Consistent with Board Policy 950, Goals of the Child Nutrition Program, it is the goals of the Child Nutrition Program to provide daily access to nutritionally adequate meals that contribute to safeguarding the health and well-being of all students

Foods and beverages offered over the course of the school week will be nutrient dense including whole grain products and fiber-rich fruits and vegetables to provide students a variety of choices to maintain a balanced diet. Foods and beverages available during the school day should include a variety of healthy choices that are of excellent quality, appealing to students, and served at the proper temperature. Schools should ensure that students eligible to receive free or reduced-price meals and milk are not treated differently from other students or easily identified by their peers. Professional development will be provided for district nutrition staff.

**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:

- District schools will provide 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.
- To the extent possible, the district will utilize available funding and outside programs to enhance student wellness.
- To the extent possible, food will not be used in schools as a reward or punishment.

- As appropriate, the goals of this student wellness policy will be considered in planning all school-based activities.
- Administrative, teachers, food service personnel, students parents/guardians and community members will be encouraged to serve as positive role models to promote student wellness.
- To the extent possible, the district will provide staff wellness activities that will encourage all staff to serve as positive role models to promote student wellness.

**F. GUIDELINES FOR REIMBURSABLE MEALS**

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**

School districts should designate one or more persons with operational responsibility to ensure that schools are meeting the policy requirements. Each principal will report to the designated person(s) regarding compliance in his/her school. Staff members responsible for programs related to student wellness also will report to the designated person(s) regarding the status of such programs.

The designated person(s) will annually report to the board on the district's compliance with laws and policies related to student wellness. The report may include the following items:

- Assessment of the school environment regarding student wellness issues.
- Evaluation of food services programs.
- Review of all foods and beverages sold in schools for compliance with established guidelines.
- Listing of all activities and programs conducted to promote nutrition and physical activity.
- Information provided in the report from the School Health Advisory Councils, as provided in Section A, above.
- Suggestions for improvement to policies or programs.