

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 appoint a School Health Advisory Council to 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 may make other policy recommendations to the board related to health issues necessary to promote student wellness.

The council will be composed of school district, 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 district administrator, district food service representative, student, parent/guardian and member of the public.

The council will provide periodic reports to the board regarding the status of its work. In addition, the council will 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 district each school year, and any other information required by the State Board of Education.

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

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The board will provide nutrition education within the Healthful Living Standard Course of Study 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 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. To address 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 Standard Course of Study.

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 30 minutes of moderate to vigorous physical activity will be provided daily by schools for kindergarten through eighth-grade students. Such activity may be achieved through a regular physical education class, recess, dance, classroom energizers and/or other curriculum-based physical activity programs. The principal will work with teachers to ensure that students meet the minimum physical activity requirement.

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.

### **D. NUTRITION GUIDELINES**

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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 as well as nutrition standards established by the superintendent pursuant to policy 6230. In addition, all vending machine sales will comply with the requirements of G.S. 115C-264.2 and *Eat Smart: North Carolina's Recommended Standards for All Foods in Schools*. Competitive foods are defined as foods offered at school 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.

#### **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 a clean and safe meal environment.
- 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.
- 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.
- Students will be provided adequate time to eat meals. The goal is at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
- Schools should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.

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- Convenient access to facilities for hand washing and oral hygiene must be available during all meal periods.
  - Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.
  - Schools should encourage classes to order foods for classroom parties from the school's cafeteria. Any foods brought into the classroom for sharing must be commercially prepared/processed and not home-made.
  - Careful consideration of the school lunch environment shall be taken into account when scheduling recess so that children will come to lunch less distracted and ready to eat. Activity before lunch also encourages nutrient intake.
  - Rewards and incentives will be given careful consideration as to the messages they send to the students receiving them. Food used as a reward or incentive in the classroom will make a positive contribution to the children's diet and health but other, more appropriate rewards are encouraged (e.g. extra free time, pencils, bookmarks, etc). Suggestions for alternatives to using food as a reward will be made available by the school district.
  - Food will not be withheld from students as a consequence for inappropriate behavior or poor academic performance.
  - Teachers and other school personnel will not prohibit or deny student participation in recess or other physical activity as a consequence for inappropriate behavior or poor academic performance; nor will they cancel recess or other physical activity for instructional make-up time.
  - Schools will encourage fundraising activities that promote physical activity. If school fundraising activities involve food, they should make a positive contribution to children's diets and health. The school district will make available a list of ideas for acceptable fundraising activities.
  - Snacks served during the school day or in after-school or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teacher, after-school program personnel, and parents.

- Schools will provide community access to the school's physical activity facilities outside of the normal school day and/or form city-school partnerships to institute recreation programs utilizing school facilities when possible.
- Schools will provide ongoing professional development and education for food service professionals, educators, administrators and other staff.

#### **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**

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 will 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.

The superintendent 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 nutrition guidelines.
- listing 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.
- suggestions for improvement to policies or programs.

Legal References: The Child Nutrition and WIC Reauthorization Act of 2004, P.L. 108-265, Sec. 204; National School Lunch Act, *as amended*, 42 U.S.C. §1751, *et seq.*; G.S. 115C-264.2, -

264.3; State Board of Education Policy # HSP-S-000; *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),  
<http://www.nutritionnc.com/TeamNutrition/Supporting%20materials/eatSmart/SchoolFoodsStandards.pdf>.

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

Adopted: June 6, 2006