

The Pamlico County Board of Education 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.

The Pamlico County Board of Education is also concerned about the prevalence of childhood obesity and consequent health implications during the remainder of their lives. In the short-term, overweight children may exhibit compromised health, with effects on school attendance and academic performance.

The Superintendent shall maintain procedures to carry out the goals of this policy, including a plan to evaluate the effectiveness of efforts to promote high-quality nutrition and physical activity programs.

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. 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, a member of the public, a local health department representative, and a representative from each of the following school health areas: physical/health education, staff wellness, and mental and social health.

The council will assist the superintendent, or his designee, 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 Pamlico County Schools each school year, and any other information required by the State Board of Education.

B. Nutrition Education

Nutrition Education and Healthy Living Skills shall be taught as part of the regular instructional program in order to provide opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

- Nutrition education will be provided in accordance with the North Carolina Healthful Living Curriculum and can be integrated into other areas of the curriculum such as math, science, language arts and social studies.

- The school cafeteria is an integral part of the total school environment. It will serve as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom and to learn and practice healthy living skills.
- Nutrition education will be shared with families and the broader community to provide a positive impact on students and on the health of the community. (Examples include newsletters, brochures, participation in health fairs, etc.)
- Professional development opportunities will be made available to the staff responsible for nutrition education.

C. Physical Education

Physical education and physical activity shall be an essential element of each school’s instructional program. The program will provide the opportunity for all students to develop the skills, knowledge, and attitudes necessary to participate in a lifetime of healthful physical activity. Physical education programs will comply with state and local requirements.

- Time allotted for moderate to vigorous physical activity for students K-8 will meet the state requirement of 30 minutes each day as required by the North Carolina Healthy Active Children Policy, and grades 6-8 will work toward the goal of 225 minutes average per week. This can be achieved through regular physical education classes and/or through physical activities such as Classroom Energizers, Take 10, Awaken the Brain, or through use of walking areas and other activities.
- Physical education, Energizers and other forms of physical activity shall not be taken away from students as a form of punishment. In addition, severe and/or inappropriate exercise may not be used as a form of punishment for students.
- Physical education courses will be conducted in an environment where students learn, practice, and are assessed on developmentally appropriate motor skills, social skills, and knowledge. Class size will be in accordance with North Carolina State Board of Education standards.
- Physical education courses will be taught under the direction of a licensed physical education teacher.
- Schools will work toward having adequate equipment available for all students to participate in physical education and physical activity.
- Schools will work toward having safe physical activity facilities on campus.
- Schools are requested to encourage community members to make use of the school’s physical activity facilities outside of the normal school day.

D. Nutrition Guidelines

All foods available in the Pamlico County 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 and beverages available on each school campus shall meet all applicable federal and state nutritional guidelines. Students with special dietary needs will be reasonably accommodated.

The Student Health Advisory Council shall establish separate nutritional standards for those foods and beverages for which there are no mandatory state or federal guidelines.

E. Activities to Promote Wellness

In addition to the standards outlined above, the Pamlico County Board of Education adopts the following goals for school-based activities designed to promote wellness:

- Pamlico County Schools will provide an attractive, clean, and safe meal environment.
- Students will be provided adequate time to eat meals (at least 10 minutes for breakfast and 15 minutes for lunch for the time the student is seated.)
- Drinking water will be available at all meal periods and throughout the school day.
- Professional development will be provided for district nutrition staff.
- To the extent possible, the Pamlico County Schools will utilize funding and outside programs to enhance staff and student wellness.
- Food should not be used in the Pamlico County Schools as a reward unless they meet Winners' Circle guidelines.
- 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 encouraged to start each day with a healthy breakfast. The school breakfast program will be available at all schools.
- The Child Nutrition Department will work with local media and the School Health Advisory Council to inform the community about health issues of school children and the programs that are in place at the schools to address such issues.

F. Guidelines For Reimbursable Meals

The child nutrition supervisor 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. Monitoring And Review Of Policy

The superintendent or his/her designee will be responsible for overseeing implementation of this policy and monitoring the Pamlico County Schools' programs and curriculum to ensure compliance with this policy, related policies, and established guidelines or administrative regulations.

In each school, the principal or designee will ensure compliance with this policy and will report on the school's compliance to the superintendent or designee.

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; G.S. § 115C-81(e1); State Board of Education Policy # HSP-S-000 and EEO-S-000.

Cross References: School Health Education Program (Policy 5050, 6750), Free and Reduced Price Meals (Policy 6710, 7041), Health Services (Policy 6740); Child Nutrition (Policy 7000), Child Nutrition Programs (Policy 7040), Cooperation with Other Agencies (Policy 7042), Menu Preparation and School Food Service Purchasing (Policy 7050), Food Service Safety and Sanitary Practices (Policy 7060).

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