

1 The [Transylvania County Board of Education \(the “board”\)](#) recognizes that it is important for
2 students to maintain their physical health and receive proper nutrition in order to take advantage
3 of educational opportunities. The board further recognizes that student wellness and proper
4 nutrition are related to a student’s physical well-being, growth, development, and readiness to
5 learn. The board is committed to providing a school environment that promotes student
6 wellness, proper nutrition, nutrition education, and regular physical activity as part of the total
7 learning experience. As part of that commitment, the board directs the superintendent to oversee
8 the development, implementation, and ongoing evaluation of this policy and other school system
9 efforts to encourage students to be healthy and active, including compliance with the State Board
10 of Education’s Healthy Active Children Policy, HRS-E-000, as further described in Section F,
11 below. The superintendent may designate a school system official to carry out this responsibility
12 (“lead wellness official”).
13

14 The superintendent or designee shall provide a copy of this policy to the North Carolina
15 Department of Public Instruction each time it is revised by the board.
16

17 **A. SCHOOL HEALTH ADVISORY COUNCIL** 18

19 The board will maintain a school health advisory council to help plan, update, implement,
20 promote, and monitor this policy as well as to address other health and nutrition issues
21 within the school system. The council serves as an advisory committee regarding student
22 health issues and works in conjunction with the lead wellness official charged with
23 oversight of this policy and the school system’s efforts to promote student and employee
24 health and wellness in compliance with state and federal requirements. The council is
25 authorized to examine related research and laws, assess student needs and the current
26 school environment, review existing board policies and administrative regulations,
27 collaborate with appropriate community agencies and organizations, and help raise
28 awareness about student health issues. The council also may make policy
29 recommendations to the board related to this policy and other policies concerning student
30 wellness and, in conjunction with the lead wellness official, shall periodically review and
31 suggest revisions to this policy. In addition, the council may assist in the development of
32 a plan for measuring and assessing implementation of this policy and in developing
33 methods to inform and update the public about the content and implementation of this
34 policy as described in Sections F and G, below.
35

36 The council will be composed of representatives from the school system, the local health
37 department, and the community. The council must include members of each of the
38 following groups: the school board, school system administrators, school system food
39 service representatives, physical education teachers, school health professionals, students,
40 parents or guardians, and the public. The council will provide information to the board
41 about the following areas or concerns: safe environment, physical education, health
42 education, staff wellness, health services, mental and emotional health, nutrition services,
43 and family/community involvement.
44

45 The council shall provide periodic reports to the board and public regarding the status of
46 its work. In addition, the council shall assist the lead wellness official in creating an
47 annual report that includes the minutes of physical activity and the minutes of physical
48 education and/or healthful living education received by students in the system each
49 school year, as well as any other information required by the State Board of Education.

50

51 **B. NUTRITION PROMOTION AND EDUCATION**

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

58

59 The board will provide nutrition education within the Healthful Living Standard Course
60 of Study and the grade level expectations outlined in the Healthful Living Essential
61 Standards adopted by the State Board of Education. Nutrition education should be
62 designed to provide all students with the knowledge and skills needed to lead healthy
63 lives. Students should learn to address nutrition-related health concerns through age-
64 appropriate nutrition education lessons and activities.

65

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

72

73 In conjunction with the school health advisory council, the board establishes the
74 following additional specific evidence-based goals and strategies for nutrition promotion
75 and education. The board will periodically measure and report progress toward meeting
76 these goals.

77

- 78 1. Teachers will integrate nutrition education into the curriculum, as appropriate.
- 79 2. Nutrition education will promote fruits, vegetables, whole-grain products, low-fat
80 dairy products, healthy food preparation methods, and appropriate portion sizes.
- 81 3. Nutrition and health posters, signage, and/or displays will be exhibited in the
82 cafeteria food service and dining areas and will be rotated, updated, or changed as
83 new or additional information is available.
- 84 4. Students will have opportunities to taste foods that are low in saturated and trans
85 fats, sodium, and added sugar.
- 86
- 87
- 88

89
90 5. School personnel will strive to provide a pleasant eating experience for students
91 and adults by adopting the following practices:

92
93 a. Nutrient analysis is available to teachers, parents, students, and health
94 professionals when possible.

95
96 b. Adequate time to eat is provided. The recommended eating time for each
97 child after being served is 15 minutes for breakfast and 20 minutes for
98 lunch. School personnel will schedule enough time, lunch periods, and
99 serving lines so students do not have to spend excessive time waiting in
100 line.

101
102 c. Adult supervision and role modeling is available during the meal service
103 times to encourage students to eat meals.

104
105 d. Drinking fountains will be available for students to get water at meals and
106 throughout the day.

107
108 **C. NUTRITION STANDARDS AND GUIDELINES FOR ALL FOOD AND BEVERAGES AVAILABLE**
109 **AT SCHOOL**

110
111 Consistent with policy 6200, Goals of School Nutrition Services, all foods available in
112 the system's schools during the school day that are offered to students should help
113 promote student health, reduce childhood obesity, provide a variety of nutritional meals,
114 and promote lifelong healthy eating habits. All foods and beverages sold at school must
115 meet the nutrition standards established in policy 6230, School Meal and Competitive
116 Foods Standards, including the following:

117
118 **1. School Lunch, Breakfast, and Snack Programs**

119
120 Foods provided through the National School Lunch, School Breakfast, or After
121 School Snack Programs must comply with federal and state nutrition standards.
122 The director of child nutrition shall ensure that school system guidelines for
123 reimbursable meals are not less restrictive than regulations and guidelines issued
124 for schools in accordance with federal law.

125
126 **2. Competitive Foods**

127
128 All foods sold on school campuses during the school day (defined as the period
129 from midnight through 30 minutes after the dismissal bell rings) in competition
130 with the National School Lunch or School Breakfast Programs ("competitive
131 foods") must comply with the federal Smart Snacks standards. Competitive foods
132 include food, snacks, and beverages from a la carte menus, vending machines, and

133 outside suppliers, as well as foods or beverages sold in school stores and at fund-
134 raisers. Vending machine sales also must comply with the requirements of G.S.
135 115C-264.2 and *Eat Smart: North Carolina's Recommended Standards for All*
136 *Foods in Schools*.

137
138 **3. Other Foods Available on the School Campus During the School Day and**
139 **After the School Day**

140
141 ~~School principals~~ **The director of child nutrition** may establish rules for foods and
142 beverages brought from home for classroom events or parties during the school
143 day or for extracurricular activities after the school day. The board encourages
144 ~~principals~~ **the director of child nutrition** to establish rules that are consistent with
145 the Smart Snacks standards.

146
147 Fundraising activities that involve the sale of foods and/or beverages to students
148 during the school day (from midnight until 30 minutes after the dismissal bell
149 rings) must comply with the Smart Snack Rules and may not be conducted until
150 after the end of the last lunch period. See policy 6230, School Meal and
151 Competitive Foods Standards.

152
153 School principals may establish standards for fund-raising activities conducted
154 after the school day (beginning 31 minutes after the dismissal bell rings) that
155 involve the sale of food and/or beverages. The board encourages alternative
156 fundraising activities such as non-food items or physical activity.

157
158 **4. Food and Beverage Marketing**

159
160 Food and beverage marketing on school campuses during the school day must
161 meet federal and state standards.

162
163 **D. PHYSICAL EDUCATION AND PHYSICAL ACTIVITY**

164
165 **1. Goals of the Physical Education Program**

166
167 The goal of the physical education program is to promote lifelong physical
168 activity and provide instruction in the skills and knowledge necessary for lifelong
169 participation in physical activity. To address issues such as obesity,
170 cardiovascular disease, and Type II diabetes, students enrolled in kindergarten
171 through eighth grade must have the opportunity to participate in physical activity
172 as part of the system's physical education curriculum. The goal for elementary
173 schools is to provide 150 minutes weekly of quality physical education with a
174 certified physical education teacher. The goal for middle schools is to provide
175 225 minutes weekly of Healthful Living Education, divided equally between

176 health and physical education with certified health and physical education
177 teachers.

178

179 **2. The Physical Education Course**

180

181 The physical education course should be designed to foster support and guidance
182 for being physically active, help students know and understand the value of being
183 physically fit, and teach students the types of activities that contribute to total
184 fitness. The course is to be taught in an environment where students can learn,
185 practice, and receive assessment on developmentally appropriate skills and
186 knowledge as defined in the North Carolina Healthful Living Standard Course of
187 Study. Students should be engaged in moderate to vigorous physical activity for
188 fifty percent or more of class time. Class for physical education should be
189 equivalent in size to those of other academic classes.

190

191 **3. Physical Activity Requirements and Goals**

192

193 School personnel should strive to provide opportunities for age- and
194 developmentally-appropriate physical activity during the day for all students so
195 that students can learn how to maintain a physically active lifestyle. Schools must
196 provide a minimum of 30 minutes of moderate to vigorous physical activity daily
197 for kindergarten through eighth-grade students. Such activity may be achieved
198 through a regular daily physical education class as described in Sections D.1 and
199 D.2, above, or through recess, dance, classroom energizers, and/or other
200 curriculum-based physical activity programs of at least 10 minutes duration, that,
201 when combined, total 30 minutes of daily physical activity. Principals shall work
202 with teachers to ensure that students meet the minimum physical activity
203 requirement. The board will periodically measure and report progress toward
204 meeting these goals.

205

206 To ensure that students have ongoing opportunities for physical activity and
207 maintain a positive attitude towards physical activity, structured/unstructured
208 recess and other physical activity may not be taken away from students as a form
209 of punishment. In addition, severe and inappropriate exercise may not be used as
210 a form of punishment for students.

211

212 In conjunction with the school health advisory council, the board establishes the
213 following additional specific evidence-based goals and strategies for physical
214 activity:

215

- 216 a. K-8 schools and the high school will provide extracurricular activities that
217 enable students to select from a variety of sports and other active
218 endeavors.

219

- 220 b. Teachers will incorporate opportunities for physical activity in the
221 classroom when possible.
222
223 c. K-8 schools will provide annual fitness testing for students in grades 3
224 through 8.
225

226 **E. OTHER SCHOOL-BASED ACTIVITIES TO PROMOTE WELLNESS**
227

228 In addition to the standards discussed above, the board adopts the following goals for
229 school-based activities designed to promote wellness:
230

- 231 1. Schools will provide a clean and safe meal environment.
232
233 2. Students will have access to handwashing facilities before eating.
234
235 3. Students will be provided adequate time to eat meals.
236
237 4. Drinking water will be available at all meal periods and throughout the school
238 day.
239
240 5. Professional development will be provided for school system nutrition staff.
241
242 6. To the extent possible, the school system will utilize available funding and
243 outside programs to enhance student wellness.
244
245 7. Food will not be used in the schools as a reward or punishment.
246
247 8. As appropriate, the goals of this wellness policy will be considered in planning all
248 school-based activities.
249
250 9. Administrators, teachers, school nutrition personnel, students, parents or
251 guardians, and community members will be encouraged to serve as positive role
252 models to promote student wellness.
253
254 10. Teachers are encouraged to serve as role models by being physically active
255 alongside their students during physical classroom activities.
256

257 **F. IMPLEMENTATION AND REVIEW OF POLICY**
258

259 **1. Oversight and Monitoring of Implementation and Progress**
260

261 The lead wellness official, in conjunction with the school health advisory council,
262 shall oversee the implementation of this policy and monitor system schools,
263 programs, and curricula to ensure compliance with and to assess progress under

264 this policy, related policies, and established guidelines or administrative
265 regulations. Each principal shall be responsible for and shall report to the lead
266 wellness official regarding compliance and measurements of progress in his or her
267 school. Staff members responsible for programs related to student wellness also
268 shall report to the lead wellness official regarding the status of such programs.
269

270 **2. Review of Policy**

271
272 The lead wellness official shall work with members of the school health advisory
273 council to periodically review and update this policy based on an assessment of
274 the school system's compliance with the policy, progress toward meeting the
275 policy goals, and other relevant factors.
276

277 **3. Annual Reporting**

278
279 a. The lead wellness official shall prepare annual written reports to the
280 superintendent and State Board of Education that describe the school
281 system's progress towards achieving the goals established in this policy
282 and that provide all other information required by the superintendent
283 and/or the State Board of Education pertaining to the school system's
284 efforts to comply with this policy and SBE policy HRS-E-000. This
285 information shall be provided to the public as provided in Section G,
286 below.
287

288 b. The superintendent or designee shall report annually to the board and
289 public on the system's compliance with laws and policies related to
290 student wellness, the implementation of this policy, and progress toward
291 meeting the goals of the policy. At a minimum, the superintendent or
292 designee shall measure and report the following:
293

- 294 1) the extent to which the individual schools are in compliance with
295 this policy;
- 296 2) the extent to which the board's wellness policy compares to model
297 local school wellness policies and meets state and federal
298 requirements; and
- 299 3) a description of each school's progress in attaining the goals of this
300 policy and a summary of the school's activities undertaken in
301 support of the policy goals.
302
303

304
305 The report may also include the following items:
306

- 307 4) an assessment of the school environment regarding student
308 wellness issues;
309
310 5) an evaluation of the school nutrition services program;
311
312 6) a review of all foods and beverages sold in schools for compliance
313 with established nutrition guidelines;
314
315 7) information provided in the report from the school health advisory
316 council, as described in Section A, above; and
317
318 8) suggestions for improvement to policies or programs.
319

320 G. PUBLIC NOTIFICATION

321
322 The lead wellness official shall assist the school health advisory council to annually
323 inform and update the public about this policy and State Board policy HRS-E-000. The
324 information provided must include the content of the policies and the school system's
325 efforts and progress in implementing, evaluating, and complying with the policies. All
326 information required to be reported annually or that is otherwise reported to the board in
327 accordance with Section F, above, shall be widely disseminated to students, parents, and
328 the community in an accessible and easily understood manner, including by posting a
329 copy of this policy and the annual report on the school system website.
330

331 H. RECORDKEEPING

332
333 The superintendent shall maintain records to document compliance with this policy and
334 all federal and state requirements. These records, at a minimum, must include:
335

- 336 1. a written copy of this policy and any updates;
337
338 2. documentation demonstrating compliance with all reportable elements of this
339 policy and with the community involvement requirements, including requirements
340 to make this policy and other progress reports available to the public; and
341
342 3. documentation of annual wellness policy reports for each school in the system.
343

344 Legal References: Child Nutrition and WIC Reauthorization Act of 2004, 42 U.S.C. 1751;
345 Healthy, Hunger-Free Kids Act of 2010, P.L. 111-296; National School Lunch Act, 42 U.S.C.
346 1751 *et seq.*; 7 C.F.R. 210.11 and 210.12a; G.S. 115C-264.2, -264.3; State Board of Education
347 Policies HRS-E-000, TCS-S-000, TCS-S-002; *Eat Smart: North Carolina's Recommended*
348 *Standards for All Foods in Schools*, N.C. Department of Health and Human Services, N.C.
349 Division of Public Health (2004)
350

351 Cross References: Goals of Student Health Services (policy 6100), Goals of School Nutrition
352 Services (policy 6200), School Meal and Competitive Foods Standards (policy 6230)

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354 Adopted: **May 1, 2006**

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356 Revised: **[DATE]**

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