

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~~ SHLT-000, as further described in
11 Section F, below. The superintendent may designate a school system official to carry out this
12 responsibility (“lead wellness official”).
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14 The superintendent or designee shall ~~make the most current version of this policy available to~~
15 ~~members of the school community and the public by posting it on the school system website~~
16 ~~and/or by distributing it annually through other means reasonably intended to reach the school~~
17 ~~community and public. In addition, the superintendent or designee shall provide a copy of this~~
18 ~~policy to the North Carolina Department of Public Instruction (NCDPI) when requested to do so~~
19 ~~each time it is revised by the board.~~
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21 A. SCHOOL HEALTH ADVISORY COUNCIL

22
23 The board will maintain a school health advisory council to help plan, update, implement,
24 promote, and monitor this policy as well as to address other health and nutrition issues
25 within the school system. The council serves as an advisory committee regarding student
26 health issues and works in conjunction with the lead wellness official charged with
27 oversight of this policy and the school system’s efforts to promote student and employee
28 health and wellness in compliance with state and federal requirements. The council is
29 authorized to examine related research and laws, assess student needs and the current
30 school environment, review existing board policies and administrative regulations,
31 collaborate with appropriate community agencies and organizations, and help raise
32 awareness about student health issues. The council also may make policy
33 recommendations to the board related to this policy and other policies concerning student
34 wellness and, in conjunction with the lead wellness official, shall periodically review and
35 suggest revisions to this policy. In addition, the council may assist in the development of
36 a plan for measuring and assessing implementation of this policy and in developing
37 methods to inform and update the public about the content and implementation of this
38 policy as described in Sections F and G, below.
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40 The council will be composed of representatives from the school system, the local health
41 department, and the community. The council must include members of each of the
42 following groups: the school board, school system administrators, school system food
43 service representatives, physical education teachers, school health professionals, students,
44 parents or guardians, and the public. The council will provide information to the board

45 about the following areas or concerns: ~~safe environment~~, (1) physical education activity,
46 (2) health education, (3) ~~staff employee~~ wellness, (4) health services, (5) ~~mental social~~
47 and emotional ~~health climate~~, (6) nutrition environment and services, and (7) ~~family/~~
48 counseling, psychological, and social services, (8) physical environment, (9) family
49 engagement, and (10) community involvement.

50
51 The council shall provide periodic reports to the board and public regarding the status of
52 its work. In addition, the council shall assist the lead wellness official in creating an
53 annual report that includes the minutes of physical activity and the minutes of physical
54 education and/or healthful living education received by students in the system each
55 school year, as well as any other information required by the State Board of Education or
56 NCDPI.

57 58 **B. NUTRITION PROMOTION AND NUTRITION EDUCATION**

59
60 The board believes that promoting student health and nutrition enhances readiness for
61 learning and increases student achievement. The general goals of nutrition promotion
62 and nutrition education are (1) to provide appropriate instruction for the acquisition of
63 behaviors that contribute to a healthy lifestyle for students and (2) to teach, encourage,
64 and support healthy eating by students.

65
66 The board will provide nutrition education within the Healthful Living Standard Course
67 of Study and the grade level expectations outlined in the Healthful Living Essential
68 Standards adopted by the State Board of Education. Nutrition education should be
69 designed to provide all students with the knowledge and skills needed to lead healthy
70 lives. Students should learn to address nutrition-related health concerns through age-
71 appropriate nutrition education lessons and activities.

72
73 Nutrition education and promotion should extend beyond the school environment by
74 engaging and involving families and communities. School system personnel may
75 coordinate with agencies and community organizations to provide opportunities for
76 appropriate student projects related to nutrition. School system personnel are to work to
77 disseminate and promote consistent nutrition messages throughout the school system,
78 schools, classrooms, ~~cafeterias~~ school dining areas, homes, community, and media.

79
80 In conjunction with the school health advisory council, the board establishes the
81 following additional specific evidence-based goals and strategies for nutrition promotion
82 and education. The board will periodically measure and report progress toward meeting
83 these goals.

- 84
85 1. Teachers will integrate nutrition education into the curriculum, as appropriate.
- 86
87 2. Nutrition education will promote fruits, vegetables, whole-grain products, low-fat
88 dairy products, healthy food preparation methods, and appropriate portion sizes.

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3. Nutrition and health posters, signage, and/or displays will be exhibited in the cafeteria food service and dining areas and will be rotated, updated, or changed as new or additional information is available.
 4. Students will have opportunities to taste foods that are low in saturated and trans fats, sodium, and added sugar.
 5. School personnel will strive to provide a pleasant eating experience for students and adults by adopting the following practices:
 - a. Nutrient analysis is available to teachers, parents, students, and health professionals when possible.
 - b. Adequate time to eat is provided. The recommended eating time for each child after being served is 15 minutes for breakfast and 20 minutes for lunch. School personnel will schedule enough time, lunch periods, and serving lines so students do not have to spend excessive time waiting in line.
 - c. Adult supervision and role modeling is available during the meal service times to encourage students to eat meals.
 - d. Drinking fountains will be available for students to get water at meals and throughout the day.

115 **C. NUTRITION STANDARDS AND GUIDELINES FOR ALL FOOD AND BEVERAGES AVAILABLE**
116 **AT SCHOOL**

117
118 Consistent with policy 6200, Goals of School Nutrition Services, all foods available in
119 the system's schools during the school day that are offered to students should help
120 promote student health, reduce childhood obesity, provide a variety of nutritional meals,
121 and promote lifelong healthy eating habits. All foods and beverages sold at school must
122 meet the nutrition standards established in policy 6230, School Meal and Competitive
123 Foods Standards, including the following:

124
125 **1. School Lunch, Breakfast, and Snack Programs**

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127 Foods provided through the National School Lunch, School Breakfast, or After
128 School Snack Programs must comply with federal and state nutrition standards.
129 The director of child nutrition shall ensure that school system guidelines for
130 reimbursable meals are not less restrictive than regulations and guidelines issued
131 for schools in accordance with federal law.
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133 **2. Competitive Foods**
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135 All foods sold on school campuses **in areas that are accessible to students** during
136 the school day (defined as the period from midnight through 30 minutes after the
137 dismissal bell rings) in competition with the National School Lunch or School
138 Breakfast Programs (“competitive foods”) must comply with the federal Smart
139 Snacks **in Schools** standards. Competitive foods include food, snacks, and
140 beverages from a la carte menus, vending machines, and outside suppliers, as well
141 as foods or beverages sold in school stores and at fund-raisers. Vending machine
142 sales also must comply with the requirements of G.S. 115C-264.2 and *Eat Smart:*
143 *North Carolina’s Recommended Standards for All Foods in Schools.*
144

145 **3. Other Foods Available on the School Campus During the School Day and**
146 **After the School Day**
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148 The director of child nutrition ~~may~~ **shall** establish rules for foods and beverages
149 brought from home for classroom events or parties during the school day or for
150 extracurricular activities after the school day. The board encourages the director
151 of child nutrition to establish rules that are consistent with the Smart Snacks **in**
152 **Schools** standards.
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154 Fundraising activities that involve the sale of foods and/or beverages to students
155 during the school day (from midnight until 30 minutes after the dismissal bell
156 rings) must comply with the Smart Snack Rules and may not be conducted until
157 after the end of the last lunch period. See policy 6230, School Meal and
158 Competitive Foods Standards.
159

160 School principals may establish standards for fund-raising activities conducted
161 after the school day (beginning 31 minutes after the dismissal bell rings) that
162 involve the sale of food and/or beverages. The board encourages alternative
163 fundraising activities such as non-food items or physical activity.
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165 **4. Food and Beverage Marketing**
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167 Food and beverage marketing on school campuses during the school day must
168 meet federal and state standards. **In accordance with these standards, only foods**
169 **and beverages that meet the Smart Snacks in Schools standards (as described in**
170 **subsection C.2, above) may be marketed or advertised on school campuses during**
171 **the school day. To comply with this requirement, existing supplies, materials, or**
172 **equipment that depict noncompliant products or logos will be replaced or**
173 **removed in accordance with normal lifecycles or as otherwise would occur in the**
174 **normal course of business.**
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176 **D. PHYSICAL EDUCATION AND PHYSICAL ACTIVITY**

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1. Goals of the Physical Education Program

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 obesity, cardiovascular disease, and Type II diabetes, students enrolled in kindergarten through eighth grade must have the opportunity to participate in physical activity as part of the system's physical education curriculum. The goal for elementary schools is to provide 150 minutes weekly of quality physical education with a certified physical education teacher. The goal for middle schools is to provide 225 minutes weekly of Healthful Living Education, divided equally between health and physical education with certified health and physical education teachers.

2. The Physical Education Course

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

3. Physical Activity Requirements and Goals

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

To ensure that students have ongoing opportunities for physical activity and maintain a positive attitude towards physical activity, structured/unstructured

221 recess and other physical activity may not be taken away from students as a form
222 of punishment. In addition, severe and inappropriate exercise may not be used as
223 a form of punishment for students.
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225 In conjunction with the school health advisory council, the board establishes the
226 following additional specific evidence-based goals and strategies for physical
227 activity:
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- 229 a. K-8 schools and the high school will provide extracurricular activities that
230 enable students to select from a variety of sports and other active
231 endeavors.
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- 233 b. Teachers will incorporate opportunities for physical activity in the
234 classroom when possible.
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- 236 c. K-8 schools will provide annual fitness testing for students in grades 3
237 through 8.
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239 **E. OTHER SCHOOL-BASED ACTIVITIES TO PROMOTE WELLNESS**
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241 In addition to the standards discussed above, the board adopts the following goals for
242 school-based activities designed to promote wellness:
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- 244 1. Schools will provide a clean and safe meal environment.
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- 246 2. Students will have access to handwashing facilities before eating.
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- 248 3. Students will be provided adequate time to eat meals.
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- 250 4. Drinking water will be available at all meal periods and throughout the school
251 day.
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- 253 5. Professional development will be provided for school system nutrition staff.
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- 255 6. To the extent possible, the school system will utilize available funding and
256 outside programs to enhance student wellness.
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- 258 7. Food will not be used in the schools as a reward or punishment.
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- 260 8. As appropriate, the goals of this wellness policy will be considered in planning all
261 school-based activities.
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- 263 9. Administrators, teachers, school nutrition personnel, students, parents or
264 guardians, and community members will be encouraged to serve as positive role
265 models to promote student wellness.
266
- 267 10. Teachers are encouraged to serve as role models by being physically active
268 alongside their students during physical classroom activities.
269

270 F. IMPLEMENTATION AND REVIEW OF POLICY

271 1. Oversight and Monitoring of Implementation and Progress

272 The lead wellness official, in conjunction with the school health advisory council,
273 shall oversee the implementation of this policy and monitor system schools,
274 programs, and curricula to ensure compliance with and to assess progress under
275 this policy, related policies, and established guidelines or administrative
276 regulations. Each principal shall be responsible for and shall report to the lead
277 wellness official regarding compliance and measurements of progress in his or her
278 school. Staff members responsible for programs related to student wellness also
279 shall report to the lead wellness official regarding the status of such programs.
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283 2. Review of Policy

284 The lead wellness official shall work with members of the school health advisory
285 council to periodically review and update this policy based on ~~an~~ the triennial
286 assessment of the school system's compliance with the policy (see subsection F.4,
287 below), progress toward meeting the policy goals, and other relevant factors. The
288 lead wellness official shall document the review process and participants and the
289 method used to notify the school health advisory council and/or other
290 stakeholders of their ability to participate.
291
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293 3. Annual Reporting

294 The lead wellness official shall prepare annual written reports to the
295 superintendent and NCDPI/State Board of Education that ~~describe the school~~
296 ~~system's progress towards achieving the goals established in this policy and that~~
297 provide all other information required by the superintendent and/or the State
298 Board of Education ~~state~~ pertaining to the school system's efforts to comply with
299 this policy and SBE policy HRS-E-000 SHLT-000. ~~This information shall be~~
300 ~~provided to the public as provided in Section G, below.~~
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303 4. Triennial Assessment

306 Beginning with the 2017-2018 school year, and at least once every three years
307 thereafter, the superintendent or designee shall report ~~annually~~ to the board and
308 public on the system's compliance with laws and policies related to student
309 wellness, the implementation of this policy, and progress toward meeting the
310 goals of the policy. At a minimum, the superintendent or designee shall measure
311 and report the following:

- 312
- 313 1) the extent to which the individual schools are in compliance with
314 this policy;
- 315
- 316 2) the extent to which the board's wellness policy compares to model
317 local school wellness policies and meets state and federal
318 requirements; and
- 319
- 320 3) a description of ~~each school's~~ the progress made in attaining the
321 goals of this policy and a summary of the school's activities
322 undertaken in support of the policy goals.
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324 The report may also include the following items:

- 325
- 326 4) a summary of each school's activities undertaken in support of the
327 policy goals;
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- 329 5) an assessment of the school environment regarding student
330 wellness issues;
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- 332 6) an evaluation of the school nutrition services program;
- 333
- 334 7) a review of all foods and beverages sold in schools for compliance
335 with established nutrition guidelines;
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- 337 8) a review of guidelines for foods and beverages available, but not
338 sold, during the school day, as described in subsection C.3, above;
- 339
- 340 9) information provided in the report from the school health advisory
341 council, as described in Section A, above; and
- 342
- 343 10) suggestions for improvement to this policy or other policies or
344 programs.
- 345

346 G. PUBLIC NOTIFICATION

- 347
- 348 1. The school system will publish contact information for the lead wellness official
349 on the school system website.

- 350 2. The lead wellness official shall assist the school health advisory council ~~to~~ with
351 annually informing and ~~update~~ updating the public about this policy and its
352 implementation and State Board policy ~~HRS E-000~~ SHLT-000. The information
353 provided ~~must include the content of the policies and the school system's efforts~~
354 ~~and progress in implementing, evaluating, and complying with the policies.~~
355
- 356 3. The superintendent or designee shall make public the results of the triennial
357 assessment described in subsection F.4 of this policy.
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- 359 4. All information required to be reported ~~annually or that is otherwise reported to~~
360 ~~the board in accordance with Section F, above,~~ under this section and any
361 additional information required by the state to be reported publicly shall be widely
362 disseminated to students, parents, and the community in an accessible and easily
363 understood manner, including which may include by posting a copy of this policy
364 and the annual report on the school system website.
365

366 H. RECORDKEEPING

367
368 The superintendent shall maintain records to document compliance with this policy and
369 all federal and state requirements. These records, at a minimum, must include:

- 370
- 371 1. a written copy of this policy and any updates;
 - 372
 - 373 2. ~~the most recent triennial assessment for each school; and documentation~~
374 ~~demonstrating compliance with all reportable elements of this policy and with the~~
375 ~~community involvement requirements, including requirements to make this policy~~
376 ~~and other progress reports available to the public; and~~
377
 - 378 3. ~~documentation of annual wellness policy reports for each school in the system.~~
379 ~~demonstrating:~~
 - 380
 - 381 a. the efforts to review and update this policy, as described in subsection F.2
382 of this policy;
 - 383
 - 384 b. how this policy and information about the most recent triennial
385 assessments have been made available to the public, as described in
386 Section G;
 - 387
 - 388 c. compliance with the annual reporting requirements of subsection F.3; and
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 - 390 d. other efforts to involve the school health advisory council and/or other
391 community members in the implementation of or assessment of
392 compliance with this policy.
393

394 Legal References: Child Nutrition and WIC Reauthorization Act of 2004, 42 U.S.C. 1751;
395 Healthy, Hunger-Free Kids Act of 2010, P.L. 111-296; National School Lunch Act, 42 U.S.C.
396 1751 *et seq.*; 7 C.F.R. 210.11, ~~and 210.12a~~, and 210.31; G.S. 115C-264.2, -264.3; State Board of
397 Education Policies ~~HRS-E-000~~ **SHLT-000**, ~~TCS-S-000~~ **CHNU-000**, ~~TCS-S-002~~ **CHNU-002**; *Eat*
398 *Smart: North Carolina's Recommended Standards for All Foods in Schools*, N.C. Department of
399 Health and Human Services, N.C. Division of Public Health (2004)

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

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404 Adopted: May 1, 2006

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406 Revised: November 21, 2016; [DATE]

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