

Student Wellness

Board Policy: SA-16
Adopted: June 05, 2006
Revised: September 10, 2012

I. General Policy Statement

The Haywood 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 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 physical activity as part of the total learning experience.

II. School Health Advisory Council

The School Health Advisory Council (SHAC) will serve as the advisory committee regarding student health issues. The council will be composed of school district, parent, health department and community representatives. The council will 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. SHAC members will participate in periodic reviews of this policy and make suggestions for updates.

III. Nutrition Education

The goals of nutrition education are to provide appropriate instruction for the acquisition of behaviors that contribute to healthy lifestyles for students and to teach, encourage and support healthy eating by students. Nutrition education will be provided within the Healthful Living Essential Standards and Grade Level Competencies adopted by the State Board of Education. Students will be provided with the knowledge and skills to address nutrition-related health concerns through age-appropriate nutrition education lessons and activities.

IV. Physical Education and Physically Activity

The goal of the physical education program is to promote lifelong physical activity and provide instruction in the skill 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 eight grades will participate in physical activity as part of the system's physical education curriculum. The physical education program will help students know and understand the value for being physically fit, and will teach students the types of activities that contribute to total fitness. These classes 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 Essential Standards.

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. An average 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 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.

V. Nutrition Guidelines or Standards

Haywood County's Child Nutrition Program recognizes the importance of students maintaining proper nutrition so that they are ready and able to take advantage of educational opportunities. The Haywood County Child Nutrition Program will select foods in a manner that promote student health, reduce childhood obesity, provide a variety of nutritional meals and promote life-long healthy eating habits.

Foods provided through the School Breakfast Program and the National Lunch Programs will comply with federal and state nutrition standards. The Haywood County Child Nutrition Program will offer reimbursable school breakfasts and lunches, supplemental sale items and after school snacks that are in compliance with all state and federal regulations.

Competitive foods must comply with state nutrition standards. All vending machine sales will comply with the requirements of G. S 115C-264.2 and State Board of Education regulation 16 N.C.A.C. 6H .0104(a)(1)(A). All schools will comply with the state standards for the school day sale of soft drinks and snacks sold in school vending machines, as reflected in Senate Bill 961. Competitive foods are defined as foods offered at school other than through the National School Lunch or School Breakfast Programs including foods, snacks and beverages from a la carte menus, vending machines and outside suppliers.

In order to safe guard the health of Haywood County's school age children and due to the dramatic increase in food allergies and food borne illnesses, the Board prohibits home produced items from being used as part of school based parties or celebrations. Parents and community members may provide food items for these types of events that are commercially prepared or packaged when the school or classroom teacher coordinates the celebration. Only school coordinated celebrations involving snacks or food will be allowed. The Board promotes the use of snacks listed on the "Healthy Options for Snacks List" for such activities or celebrations. Foods prepared on site under the supervision of school staff for instructional purposes are permitted. Haywood County Board of Education will not be held liable for any foods not prepared and served by the Haywood County Child Nutrition Program.

VI. Other School-Based Activities

In addition to the aforementioned standards, the board adopts the following goals for school-based activities designed to promote wellness:

- A. Schools will provide a clean and safe meal environment.
- B. Students will be provided adequate time to eat meals.
- C. Professional development will be provided for district nutrition staff.

- D. To the extent possible, the district will utilize available funding and outside programs to enhance student wellness.
- E. Each child shall have a scheduled lunch period free of instructional assignments.
- F. Students will not be denied meals for disciplinary reasons.
- G. As appropriate, the goals of this student wellness policy will be considered in planning all school-based activities.
- H. Administrators, teachers, food service personnel, students, parents/guardians and community members will be encouraged to serve as positive role models to promote student wellness.

VII. Guidelines for Reimbursable Meals

The Child Nutrition Director will ensure that the Haywood County Schools guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law

VIII. Implementation and Monitoring of this 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 as needed. Staff members responsible for programs related to student wellness will report to the superintendent or designee regarding the status of such programs. This information will be shared with the school board and the public at a regularly scheduled board meeting.

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).