

<b>HENDERSON COUNTY SCHOOL BOARD POLICY</b>	<b>STUDENTS</b> Student Wellness	<b>419</b>
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## STUDENT WELLNESS

The Henderson County Board of Public 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.

### School Health Advisory Council (SHAC)

The School Health Advisory Council will serve as an advisory committee regarding student health issues. 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.

The council will be composed of representatives from the school system, local health department, and the community. The council may include members from each of the following groups: Board of Public Education, school system administrators, school system food service staff, physical education teachers, school health professional, students, parents/ guardians, and members of the general public. The council will provide periodic reports to the Superintendent and the public regarding the status of its work.

### I. Nutrition Education and Promotion

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.

Schools will provide nutrition education within the NC Healthful Living Essential Standards 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. School district personnel will work to disseminate consistent nutrition messages throughout the school district, schools, classrooms, cafeterias, homes, community and media. On an annual basis, principals will verify to the Assistant Superintendent for Curriculum and Instruction that nutrition education lessons and

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activities are provided for their students.

## II. 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 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. 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. On an annual basis, principals will verify to the Assistant Superintendent for Curriculum and Instruction that their K-8 students are meeting the minimum requirement for daily physical activity.

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. Schools should strive to meet the Superior Level of the NC Move More School Standards.

## III. Nutrition Guidelines and Food and Beverages

Henderson County’s Child Nutrition Program will be a leader in the State of North Carolina in implementing standards in order to positively influence the development of healthy, life-long eating habits for all Henderson County Public Schools children and staff. Child Nutrition Services will use the cafeteria as a learning lab to aid students in making healthy and wholesome eating choices that promote the education and health of all children. The Child Nutrition Services Program will select foods in a manner consistent with the goals

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established by the Board and all state and federal laws and regulations. Child Nutrition Services will offer reimbursable school breakfasts and lunches and provide supplemental sale items at all grade levels during the school day that are in compliance with all federal and state regulations. The Director of Child Nutrition will ensure that school district guidelines for reimbursable meals shall at a minimum meet the program requirements and nutrition standards set forth under 7CFR Parts 210 & 220. Meals and food items 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.

All vending machine sales during the school day will comply with all federal and state, as well as the requirements of G.S. § 115C-264.2.

In order to safeguard the health of Henderson 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 celebration is coordinated by the school or classroom teacher. Only school coordinated celebrations involving snacks or food will be allowed. The Board promotes the use of healthy snacks that meet the Healthy, Hunger- Free Kids Act of 2010 and adhere to the USDA Smart Snack guidelines. Henderson County Board of Public Education will not be held liable for any foods not prepared and served by Henderson County Child Nutrition or Child Care Programs.

Schools shall not sell food items on the school campus during the established school day, beginning at 12:01 a.m., until after the last lunch is served in competition with the Henderson County Child Nutrition Program, as outlined by North Carolina State Board of Education Policy 16 NCAC 6H.004.

#### IV. Other School Based Activities

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.
- Students will be provided adequate time to eat meals.
- Professional development will be provided for staff by nutrition staff and administration.
- 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

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community members will be encouraged to serve as positive role models to promote student wellness.

- Encourage school-based SHAC including students.

V. Implementation and Review of Policy

1. Oversight and Monitoring of Implementation and Progress

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

2. Review of Policy

The lead wellness official shall work with members of the school health advisory council to periodically review and update this policy based on the triennial assessment of the school system's compliance with the policy progress toward meeting the policy goals, and other relevant factors. The lead wellness official shall document the review process and participants, and the method used to notify the school health advisory council and/or other stakeholders of their ability to participate.

3. Annual Reporting

The lead wellness official shall prepare annual written reports to the Superintendent and NCDPI/State Board of Education that provide all information required by the Superintendent and/or the state pertaining to the school system's efforts to comply with this policy.

4. Triennial Assessment

Beginning with school year 2017-18, and at least once every three years thereafter, the Superintendent or designee shall report to the Board and public on the system's

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compliance with laws and policies related to student wellness, the implementation of this policy, and progress toward meeting the goals of the policy. At a minimum, the Superintendent or designee shall measure and report the following:

- 1) the extent to which the individual schools are in compliance with this policy;
- 2) the extent to which the board’s wellness policy compares to model local school wellness policies and meets state and federal requirements; and
- 3) a description of the progress made in attaining the goals of this policy.

The report may also include the following items:

- 4) a summary of each school’s activities undertaken in support of the policy goals;
- 5) an assessment of the school environment regarding student wellness issues;
- 6) an evaluation of the school nutrition services program;
- 7) a review of all foods and beverages sold in schools for compliance with established nutrition guidelines;
- 8) a review of guidelines for foods and beverages available, but not sold, during the school day,
- 9) information provided in the report from the school health advisory council, and
- 10) suggestions for improvement to this policy or other policies or programs.

**A. Public Notification**

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

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2. The lead wellness official shall assist the school health advisory council with annually informing and updating the public about this policy and its implementation.
3. The Superintendent or designee shall make public the results of the triennial assessment.
4. All information required to be reported under this section and any additional information required by the state to be reported publicly shall be widely disseminated to students, parents, and the community in an accessible and easily understood manner, which may include by posting on the school system website.