

## **5060 STUDENT WELLNESS**

The Moore 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 and mental 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.

### **A. School Health Advisory Council**

The Board will work collaboratively with the School Health Advisory Council (SHAC) to help plan, implement, promote and monitor this policy as well as other health and nutrition issues within the school district. The Council serves as an advisory committee regarding student health issues and works in conjunction with the Superintendent or designee charged with oversight of this policy and the school system's efforts to promote student and employee health and wellness in compliance with state and federal requirements. The Council may examine related research and law, assess student needs and the current school environment, review existing Board policies and administrative regulations, collaborate with appropriate community agencies and organizations, and help raise awareness about student health issues. The Council also may make policy recommendations to the Board related to student wellness, including participating in periodic review and revision of the policy. In addition, the Council may assist in the development of a plan of measuring and assessing implementation of this policy and in developing methods to inform and update the public about the content and implementation of this policy.

The Council will be composed of representatives from the school district, the local health department and the community. The council must include members of each of the following groups: the School Board, school district administrators, school district food service representatives, physical education teachers, school health professionals, students, parents or guardians and the public. The council will provide information to the Board about the following areas or concerns: (1) physical activity, (2) health education, (3) employee wellness, (4) health services, (5) social and emotional climate, (6) nutrition environment and services, (7) counseling, psychological and social services, (8) physical environment (9) family engagement and (10) community involvement.

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

### **B. Nutrition Promotion and Education**

The Board believes that promoting student health and nutrition enhances readiness for learning and increases student achievement. The goals of nutrition promotion and 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.

The District will provide nutrition education consistent with standards adopted by the State Board of Education. Nutrition education and promotion 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.

Nutrition education should extend beyond the school environment by engaging and involving families and communities. School district personnel may coordinate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition. School district personnel will work to disseminate consistent nutrition messages throughout the school district, schools, classrooms, cafeterias, homes, community and media.

### **C. 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 must have the opportunity to participate in physical activity as part of the district'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.

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 age developmentally appropriate skills and knowledge as defined in the North Carolina Healthful Living Standards Course

of Study. Students should be engaged in moderate to vigorous physical activity for 50 percent or more of class time. Class for physical education should be equivalent in size to those of other academic classes.

Schools 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 physical education class as described 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 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.

#### **D. Nutrition Guidelines for All Foods and Beverages on School Campus**

All foods and beverages available in the District's 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.

##### **School Lunch, Breakfast and Supplemental Sales**

All foods and beverages provided through the National School Lunch, School Breakfast Programs, or sold to students during Child Nutrition hours will comply with all federal and state regulations. The director for child nutrition shall ensure that school system guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law.

##### **Other Foods and Beverages Available on the School Campus During the School Day and After**

No food or beverage may be sold in competition with school nutrition program between the hours of 12:01 a.m. and the time that the cafeteria closes for the day.

Elementary schools are not permitted to sell any snacks or beverages outside of the Child Nutrition program during the school day. Middle and high schools are permitted to sell snacks and beverages outside of the Child Nutrition program during the school day provided these sales are after the cafeteria closes for the day.

From the time the cafeteria closes for the day until 30 minutes after the end of the official school day all food and beverage sales on campus must comply with the federal Smart Snacks in Schools Standards.

Although the federal regulation provides a special exemption for infrequent fundraisers, there will be no exemptions to the requirement for food and beverage fundraisers to meet the nutrition standards during school hours, as doing so sends mixed messages to students.

School principals shall establish rules for foods and beverages brought from home for classroom events or parties during the school day or for extracurricular activities after the school day. The Board encourages principals to establish rules that are consistent with the federal Smart Snacks in Schools standards.

School principals may establish standards for fund-raising activities conducted after the school day, 31 minutes after the dismissal bell rings that involves the sale of food and/or beverages. The Board encourages alternative fundraising activities such as non-food items or physical activity.

##### **Standards for Foods**

Foods must be a whole grain rich product or have as the first ingredient a fruit, vegetable, dairy product or protein food. Foods may be combination foods that contain at least one-fourth cup of fruit and/or vegetable.

Foods must also meet nutrition requirements:

- Calorie limit – snack items: ≤200 calories, entrée items: ≤ 350 calories.
- Sodium limit – snack item: ≤230 mg, entrée items: ≤ 480 mg
- Fat limit – total fat ≤35% of calories, saturated fat <10% of calories, trans fat zero grams
- Sugar limit - ≤35% of weight from total sugars

##### **Standards for Beverages**

### Elementary Schools:

- Plain Water (with or without carbonation), no portion size limit
- Unflavored low fat milk, 8 ounces or less portion
- Unflavored or flavored fat free milk and milk alternatives , 8 ounces or less portion
- 100% fruit or vegetable juice, 8 ounces or less portion
- 100% fruit or vegetable juice diluted with water and no added sweeteners , 8 ounces or less portion

### Middle Schools:

- Plain Water(with or without carbonation) no portion size limit
- Unflavored low fat milk, 12 ounces or less portion
- Unflavored or flavored fat free milk and milk alternatives , 12 ounces or less portion
- 100% fruit or vegetable juice, 12 ounces or less portion
- 100% fruit or vegetable juice diluted with water and no added sweeteners , 12 ounces or less portion

### High Schools:

- Plain Water (with or without carbonation) no portion size limit
- Flavored Water, Calorie Free (with or without carbonation) 20 ounces or less portion
- Unflavored low fat milk, 12 ounces or less portion
- Unflavored or flavored fat free milk and milk alternatives , 12 ounces or less portion
- 100% fruit or vegetable juice, 12 ounces or less portion
- 100% fruit or vegetable juice diluted with water and no added sweeteners , 12 ounces or less portion
- Calories –Free Beverages, no more than 20 ounce portion that are labeled to contain ,5 calories per 8 ounces or 10 calories per 20 ounces
- Lower-Calorie Beverages, no more than 12 ounce portion with ≤40 calories per 8 ounces or ≤60 calories per 12 ounces.

## **E. Other School-Based Activities to Promote Wellness**

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

- District schools will provide a clean and safe meal environment.
- Students will have adequate time to eat meals.
- Drinking water will be available at all meal periods and throughout the school day.
- Food should not be used as reward or punishment.
- Teachers should not use unhealthy foods in the classroom.
- Professional development will be provided for district nutrition staff
- To the extent possible, the district will utilize funding and outside programs to enhance student wellness.
- As appropriate, the standards of the student wellness policy will be considered in planning school-based activities.
- Administrators, teachers, food service personnel, students, and parents/guardians are encouraged to serve as positive role models to promote student wellness.

## **F. Implementation and Review of 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. Each principal shall be responsible for and will report to the Superintendent or designee regarding compliance in his/her school. Staff members responsible for programs related to wellness also will report to the Superintendent or designee regarding the status of such programs. Members of the School Health Advisory Council will be invited to participate in the implementation and periodic review and updating of this policy.

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 district's efforts to comply with this policy and SBE policy [SHLT-000](#).

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 district's 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 shall

measure and report the following:

- the extent to which individual schools are in compliance with this policy,
- the extent to which the Board's wellness policy compares to model local school wellness policies and meets state and federal requirements, and
- a description of the progress made in attaining the goals of this policy.

The report also may include the following:

- a summary of each school's activities undertaken in support of the policy goals,
- an assessment of the school environment regarding student wellness issues,
- an evaluation of school nutrition services programs, a review of guidelines for foods and beverages available, but not sold in schools for compliance with established nutrition guidelines,
- information provided in the report from the School Health Advisory Council, as provided in section A, above, and
- suggestions for improvement to this policy or other policies or programs.

### **G. Public Notification**

1. The school district will publish contact information for the lead wellness official on the school district website.
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 and State Board policy [SHLT-000](#).
3. The Superintendent or designee shall make public the results of the triennial assessment described in section F of this policy.
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 district web site.

Legal References: The Child Nutrition and WIC Reauthorization Act of 2004, [U.S.C. 1751](#); Healthy, Hunger-Free Kids Act of 2010, [P.L. 11-296](#); National School Lunch Act, [42 U.S.C. §1751](#), *et seq.*; [7 C.F.R. 210.11](#), [210.12](#) and [210.31](#); [G.S. 115C-264.2](#), [-264.3](#); [16 N.C.A.C. 6H.0104](#); State Board of Education Policies [SHLT-000](#), [CHNU-002](#); [NCAC-016](#); *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)

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**Moore County Schools**

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