

## STUDENT WELLNESS PROCEDURE

- 1) **Nutrition Education and Healthy Living Skills** shall be taught as part of the regular instructional program in order to provide opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.
  - Nutrition Education will be provided in accordance with the North Carolina Healthful Living Curriculum and can be integrated into other areas of the curriculum, such as math, science, language arts and social studies.
  - The school cafeteria is an integral part of the total school environment. It will serve as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom and to learn and practice healthy living skills. (Taste Explorers, Nutrition Nuggets and Growing Up FIT! Cafeteria Games are three examples of programs to help the K-5 population learn healthful living behaviors.)
  - Nutrition education will be shared with families and the broader community to provide a positive impact on students and on the health of the community. (Monthly newsletters are provided to K-5 parents as a means to share information with families.)
  - Professional development opportunities will be made available to the staff responsible for nutrition education.
  
- 2) **Physical Education and Physical Activity** shall be an essential element of each school’s instructional program. The program will provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity. Physical Education Programs will comply with state and local requirements.
  - Time allotted for moderate to vigorous physical activity for students K-5 will meet the state requirement of 30 minutes each day per the NC Healthy Active Children Policy, while grades 6-8 will work toward this goal. This requirement can be achieved through regular physical education class and/or through physical activities such as Active Recess for All, Classroom Energizers, and the use of walking trails.
  - Physical education, Active Recess for All, Energizers, use of walking trails or other physical activities shall not be taken away from students as a form of punishment. Neither shall physical activity be used as a form of punishment for students.
  - Physical education courses will be conducted in an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge. Class size will be in accord with North Carolina State Board of Education standards.
  - Physical education courses will be taught by licensed physical education teachers throughout the 180-day school year.
  - Schools will work toward having adequate equipment available for all students to participate in physical education and physical activity.

- Pitt County Schools will work with school board members, administrators, parents, local public works, transportation officials, and law enforcement personnel to implement a “Safe Routes To School” program in support of walking and biking to school.
- Schools will assess and, to the extent possible, make needed infrastructure and environmental improvements to make walking and bicycling more appealing and safer. The school system will work with community partners to explore the availability of federal "Safe Routes To School" funds and other funding sources to finance such improvements.
- Schools will encourage parents and students to walk and bike to school where safe routes are available. Parents will be encouraged and to the extent possible assisted in organizing adult supervised walking groups known as Walking School Buses.
- Pitt County Schools will encourage school siting in areas that may allow for increased physical activity, helping to meet physical activity goals and state and federal wellness mandates. Whenever possible, school sites should encourage walking and bicycling. Traffic patterns should be implemented to support walking and biking safely to school.
- Pitt County Schools will implement community bus stops to reduce student ride time, increase physical activity, and cut the overall cost of transportation. Parents will be encouraged to participate in community bus stops to increase parental involvement and student safety.
- The schools will make every effort to assure the safety of all physical activity facilities on school campuses.
- The schools should encourage community members to make use of the school's physical activity facilities outside the normal school day through the Community Use of Facilities Policy and Procedure 4.102.

**3) Child Nutrition Operations** will comply with federal, state and local requirements and the program will be accessible to all children.

- The Child Nutrition Program will always strive to be financially self-supporting. However, the program is an essential educational support activity and the generation of profit will not take precedence over the nutritional needs of the students.
- The Child Nutrition Program will ensure that all students have affordable access to the varied and nutritious foods they need to be fit, healthy and ready to learn. The program will provide meals at the lowest reasonable price to paying students.
- The schools will strive to increase participation in the available federal Child Nutrition Programs (e.g. school lunch, school breakfast, after-school snack and summer food service programs).

- The Child Nutrition Department will be administered by a director who is properly qualified, certified and/or credentialed according to current professional standards and who will satisfy all Child Nutrition reporting requirements.
- All Child Nutrition personnel shall receive staff development and training as needed in food service operations and nutrition in order to provide a high-quality program for the students.
- A child's need for adequate nutrition does not end when school is out for the summer. Therefore, the Child Nutrition Department will coordinate with other agencies and community groups to operate, or assist with operating, a summer food service program for children and adolescents who are eligible for federal program support.
- Students will be encouraged to start each day with a healthy breakfast. The school breakfast program will be available in all schools.

**4) The School Eating Environment** shall be safe, comfortable, pleasing and allow adequate time and space for eating meals.

- The schools will meet The National Association of State Boards of Education recommendation that students be provided adequate time to eat, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.
- The schools will schedule lunch periods as near the middle of the school day as possible.
- The schools will include as many serving areas and cashiers as practical in the cafeteria to minimize the time students wait in line.
- The schools will provide an attractive dining area with adequate space for seating all students.
- Drinking water will be available for students at meals.
- Food will not be used as a punishment for student behaviors, unless it is detailed in a student's Individualized Education Plan (IEP).

**5) Nutrition Guidelines for All Foods and Beverages** (including vending, a la carte, student stores and parties) that are made available on campus during the instructional day will comply with current federal and state standards and will be consistent with the Dietary Guidelines for Americans. Children with special dietary needs will be accommodated.

All foods made available on campus during the school day will comply with the current federal and state standards and USDA Dietary Guidelines for Americans. This includes:

- Food in Vending Machines
  - A la Carte Foods
  - Beverage Contracts
  - Student Stores
  - School Parties/Celebrations
- Food providers will take every measure to ensure that students access only foods and beverages that meet federal, state and local laws and guidelines. Food providers will offer a variety of age-appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.
  - To ensure food safety, all foods served in the schools must come from a commercial source that has been properly approved by the local health department. This includes cakes, cupcakes and cookies brought for classroom birthdays and holiday celebrations.
  - Nutrition information for products offered in snack bars, a la carte, vending and school stores will be readily available.
  - The schools will inform parents and staff of the guidelines for snacks, fundraisers, school parties and celebrations such that food items feature whole grains, fruits, vegetables, water, low-fat milk products and other choices that help maintain and support appropriate physical and mental well-being. All foods will be served in standardized serving sizes for moderately active students of the appropriate age and gender.
  - Refreshments for meetings on campus or school-sponsored meetings off campus will feature healthy choices when students are participating.
  - When possible, foods sold for fundraisers and at concession stands should include some choices that meet the dietary guidelines.

**6) All foods made available on campus will adhere to food guidelines for safety and security**

- SAFETY: All foods made available on campus will comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines will be implemented to prevent food illness among the students.
- SECURITY: Access to the food service operations and the food supply will be limited to Child Nutrition staff and authorized personnel for the safety and security of the food and facility. The US Department of Agriculture food security guidelines will be followed.

### **7) Nutrition Promotion and Food Marketing**

- All schools will participate in the USDA nutritional program Team Nutrition.
- All kindergarten through fifth grade schools will encourage classroom teachers to participate in "Taste Explorers."
- All schools and the Child Nutrition Department will promote age-appropriate eating to support health, physical activity, and healthy active lifestyles to students, families, teachers, administrators, and the community at all school events, including school registration, parent-teacher conferences, PTA/PTO meetings, open houses, health fairs and in-service for staff.
- The Child Nutrition Department will work with local media, and the School Health Advisory Council to inform the community about health issues of school children and the programs to address such issues that are in place in the schools.

### **8) Monitoring and Policy Review**

- The Pitt County Board of Education will maintain and support a School Health Advisory Council (SHAC) that addresses all aspects of a coordinated school health program, including the student wellness policy.
- The Health and Wellness Coordinator or the Child Nutrition Director and Health and Physical Education Director will conduct an annual review of the progress toward school wellness goals to identify areas for improvement.
- The Health and Wellness Coordinator or the Child Nutrition Director and Health and Physical Education Director will prepare and submit an annual report to the school board regarding the progress toward implementation of the school wellness policy, and will make recommendations for policy revisions as needed.

**Last Revisions/Adoption:** April 24, 2006

**Legal References:** None

**Cross References:** None