

## **Cumberland County Board of Education**

### **Local Wellness Policy**

The Cumberland County Board of Education is committed to providing a school environment that enhances learning and development of lifelong wellness policies.

#### **To accomplish these goals:**

Child Nutrition Programs will comply with federal, state and local requirements. Child Nutrition programs are accessible to all students.

Nutritional Education is provided and promoted.

Physical activities are consistent with local wellness policy goals.

All food and beverages available on campus during the school day are consistent with current guidelines and Smart Snacks guidance.

All foods on campus adhere to food and safety guidelines.

#### **FOOD REQUIREMENTS**

All food and beverages available to students through the National School Lunch and School Breakfast Program will comply with federal, state and local guidelines.

All food made available through the Summer Feeding Program will comply with federal, State and local guidelines.

#### **NUTRITION EDUCATION**

Nutrition Education will be integrated into other areas of the curriculum such as math, science, language arts and social studies.

#### **PHYSICAL ACTIVITY**

Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.

School facilities can be used by the community for physical activity.

#### **OTHER SCHOOL BASED ACTIVITIES**

After school programs will also encourage physical activity and healthy lifestyles.

Local Wellness policy goals are considered in planning all school-based activities.

Support for student and family health is demonstrated by offering health clinics, health screenings and helping to get children signed up for Medicaid. We also have a Healthy Kids Clinic at each school with a Nurse Practitioner available.

## **EATING ENVIRONMENT**

Students are given an adequate time to eat both breakfast and lunch each day.

Cafeterias are inviting.

Drinking water is available throughout the day at no cost to all students at the water fill stations.

## **FOOD SAFETY AND FOOD SECURITY**

All foods available on campus comply with state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are followed to prevent food borne illness in schools.