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## STUDENT WELLNESS

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The Pamlico 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 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.

The Pamlico County Board of Education is also concerned about the prevalence of childhood obesity and consequent health implications during the remainder of their lives. In the short-term, overweight children may exhibit compromised health, with effects on school attendance and academic performance.

The Superintendent shall maintain procedures to carry out the goals of this policy, including a plan to evaluate the effectiveness of efforts to promote high-quality nutrition and physical activity programs.

### **6760.1                      School Health Advisory Council** **5051.1**

The board will appoint a School Health Advisory Council to help plan, implement, and monitor this policy as well as other health and nutrition issues within the school district. Of those appointed to the council, it is recommended that one representative from the following groups serve: school board member, school district administrator, district food service representative, student, parent/guardian, a member of the public, a local health department representative, and a representative from each of the following school health areas: physical/health education, staff wellness, and mental and social health.

The council will assist the superintendent, or his designee, in creating an annual report, which includes the minutes of physical activity and the minutes of physical education and/or healthful living education received by students in the Pamlico County Schools each school year, and any other information required by the State Board of Education.

### **6760.2                      Nutrition Education** **5051.2**

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.

6760.2.1 Nutrition education will be provided in accordance with the  
5051.2.1 North Carolina Healthful Living Curriculum and can be integrated into other areas of the curriculum such as math, science, language arts and social studies.

6760.2.2 The school cafeteria is an integral part of the total school  
5051.2.2 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.

6760.2.3 Nutrition education will be shared with families and the  
5051.2.3 broader community to provide a positive impact on students and on the health of the community. (Examples include newsletters, brochures, participation in health fairs, etc.)

6760.2.4 Professional development opportunities will be made  
5051.2.4 available to the staff responsible for nutrition education.

### **6760.3 Physical Education** **5051.3**

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.

6760.3.1 Time allotted for moderate to vigorous physical activity for  
5051.3.1 students K-8 will meet the state requirement of 30 minutes each day as required by the North Carolina Healthy Active Children Policy, and grades 6-8 will work toward the goal of 225 minutes average per week. This can be achieved through regular physical education classes and/or through physical activities such as Classroom Energizers, Take 10, Awaken the Brain, or through use of walking areas and other activities.

6760.3.2 Physical education, Energizers and other forms of physical  
5051.3.2 activity shall not be taken away from students as a form of  
punishment. In addition, severe and/or inappropriate exercise may not be used as a form  
of punishment for students.

6760.3.3 Physical education courses will be conducted in an environ-  
5051.3.3 ment where students learn, practice, and are assessed on developmentally  
appropriate motor skills, social skills, and knowledge as defined in the North Carolina  
Healthful Living Standard Course of Study. Class size will be in accordance with North  
Carolina State Board of Education standards.

6760.3.4 Physical education courses will be taught under the  
5051.3.4 direction of a licensed physical education teacher.

6760.3.5 Schools will work toward having adequate equipment  
5051.3.5 available for all students to participate in physical education and physical  
activity.

6760.3.6 Schools will work toward having safe physical activity  
5051.3.6 facilities on campus.

6760.3.7 Schools are requested to encourage community members to  
5051.3.7 make use of the school's physical activity facilities outside of the normal  
school day.

#### **6760.4 Nutrition Guidelines** **5051.4**

All foods available in the Pamlico County 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. Foods and beverages available on each school campus shall meet all applicable current federal and state nutritional guidelines. Students with special dietary needs will be reasonably accommodated.

The Student Health Advisory Council shall establish separate nutritional standards for those foods and beverages for which there are no mandatory state or federal guidelines.

#### **6760.4.1 School Meals** **5051.4.1**

Meals served through the National School Lunch and Breakfast Programs will:

- 6760.4.1.1 Be served in clean and pleasant settings;  
5051.4.1.1
- 6760.4.1.2 Meet, at a minimum, current nutrition requirements  
5051.4.1.2 established by the state of NC, and federal statutes and regulations;
- 6760.4.1.3 Offer a variety of fruits and vegetables;  
5051.4.1.3
- 6760.4.1.4 Offer a variety of milk choices which include low fat (1%)  
5051.4.1.4 and fat free milk and nutritionally-equivalent non-dairy alternatives (as defined by USDA);
- 6760.4.1.5 Ensure that whole grains are served during the week; and,  
5051.4.1.5
- 6760.4.1.6 Engage students as assessed through taste-tests and  
5051.4.1.6 surveys.

**6760.4.2 Breakfast**

**5051.4.2**

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- 6760.4.2.1 Schools will operate the School Breakfast Program.  
5051.4.2.1
- 6760.4.2.2 Schools will, to the extent possible, arrange bus schedules,  
5051.4.2.2 utilize methods such as “Grab and Go” or implement classroom breakfast to encourage participation.
- 6760.4.2.3 Schools will encourage parents to provide a healthy  
5051.4.2.3 breakfast for their children through newsletter articles, take-home materials, or other means.

**6760.4.3 Food Safety**

**5051.4.3**

- 6760.4.3.1 **Food Allergies/Sharing:** Students will be discouraged

5051.4.3.1 from sharing their foods or beverages with one another during meal or snack times to avoid life threatening situations due to food allergies.

6760.4.3.2 **Safe Food Handling Practices:** The school food service  
5051.4.3.2 program will comply with sanitation regulations and the HACCP (Hazardous Analysis of Critical Control Points) principles to prevent food borne illnesses.

6760.4.3.3 **Commercially Prepared Foods:** Due to the increase of  
5051.4.3.3 students with food allergies and increasing food safety concerns, all food items brought in from the outside for student(s)' consumption must be store bought and pre-packaged other than personal lunches. Homemade items are prohibited for all school functions, including but not limited to: before and after school programs, fundraisers, field days, classroom parties, and class projects.

6760.4.3.4 **Competitive Foods and Other Foods and Beverages**

5051.4.3.4 **Available During the Instructional Day:** The sale of competitive foods at each school must be in compliance with Option 1 of the "Smart Snacks Options Declaration Form," which is included in the Agreement Renewal to Administer the Federally-Funded School Nutrition Program for Pamlico County Schools, and should not come from Foods of Minimal Nutritional Value. Competitive foods are defined as foods offered at school other than through the National School Lunch or School Breakfast Programs and include a la carte foods, snacks and beverages, vending food, school store food, fundraisers, classroom parties, holiday celebrations; and food from home, excluding personal lunches. All foods and beverages sold to students must meet the current "Nutrition Standards for All Foods sold in School" as required by the Healthy, Hunger-Free Kids Act of 2010". Smart Snack Standards include nutritional standards for foods, beverages, and other requirements. Fast foods should be prohibited.

6760.4.3.4.1 **Foods of Minimal Nutritional Value, as**

5051.4.3.4.1 defined in USDA regulation 7 CFR Parts 210 and 220, will not be available anytime during the school day. Foods of minimal nutritional value are: Soda Water, Water Ices, Chewing Gum, and Certain Candies (including Hard Candy, Jellies and Gums, Marshmallow Candies, Fondant, Licorice, Spun Candy, and Candy-Coated Popcorn).

6760.4.3.5 **Fundraisers:** All food items sold as fundraisers at the

5051.4.3.5 end of the school day must meet the current "Nutrition Standards for All Foods Sold in School" as required by the Healthy, Hunger-Free Kids Act of 2010. Smart Snack Standards include nutritional standards for foods, beverages and other requirements.

6760.4.3.6 **Classroom Parties/Holiday Celebrations:** Classroom

5051.4.3.6 parties and celebrations, such as pizza parties, will be held after the last child has been served lunch. No celebrations will be held in food service areas during meal service periods. Schools will not encourage students to substitute "other foods" for



6760.5.10 The School Health Advisory Council will work with local  
5051.5.10 media to inform the community about health issues of school children and the programs that are in place at the schools to address such issues.

6760.5.11 All vending machines should meet the established current  
5051.5.11 state and federal nutritional guidelines for healthier food choices and will only be operational after the last lunch is served. Vending machine products sold to students must meet the current "Nutrition Standards for All Foods Sold in School" as required by the Healthy, Hunger-Free Kids Act of 2010. Smart Snack Standards include nutritional standards for foods, beverages, and other requirements.

6760.5.12 Advertising messages will be consistent with and reinforce  
5051.5.12 the objectives of the education and nutrition environment goals of the school.

6760.5.13 Advertising of foods or beverages in the areas accessible to  
5051.5.13 students during meal times must be consistent with established nutrition education standards.

#### **6760.6 Guidelines For Reimbursable Meals**

##### **5051.6**

The child nutrition supervisor will ensure that school district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law.

#### **6760.7 Monitoring And Review Of Policy**

##### **5051.7**

The superintendent or his/her designee will be responsible for overseeing implementation of this policy and monitoring the Pamlico County Schools' programs and curriculum to ensure compliance with this policy, related policies, and established guidelines or administrative regulations.

In each school, the principal or designee will ensure compliance with this policy and will report on the school's compliance to the superintendent or designee.

Legal References: The Child Nutrition and WIC Reauthorization Act of 2004, 42 U.S.C. 1771, *et seq*; National School Lunch Act, *as amended*, 42 U.S.C. § 1751, *et seq.*; G.S. § 115C-264.2, -264.3; G.S. § 115C-81(e); 7 C.F.R. Part 210, National School Lunch Program; 7 C.F.R. Part 200, School Breakfast Program; State Board of Education Policies GCS-S-000, TCS-S-000, and TCS-S-002.