

Currituck County Schools School Health Advisory Committee Action Plan 2024-2027

This document, referred to as the “SHAC Plan,” is intended to fulfill the Currituck County Schools District Wellness Plan which has been adopted by the Board of Education [Policy Code 6140: Student Wellness], the State Board of Education's Healthy Active Children Policy, SHLT-000, and to comply with the Federal requirements for a school wellness policy [Section 9A(a) of the National School Lunch Act (NSLA), 42 U.S.C. 1758b].

Federal procedures require that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The District has chosen to use the local school health advisory council (SHAC) to work on behalf of the District to review and consider evidence-based strategies and techniques in order to develop and implement nutrition guidelines and wellness goals as required by federal law. The SHAC recommends the following individuals to work with the SHAC on the District's wellness policy and plan: parents, students, the District's food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public.

Each school principal is responsible for the implementation of this SHAC Plan at his or her campus, including the submission of the necessary information to the SHAC for evaluation. Virginia Arrington, Currituck County Schools Director of Student Services and SHAC Chairperson, is the District official that is responsible for the oversight and implementation of the SHAC Plan.

Annually, the SHAC will prepare a report on the wellness policy and this plan by gathering information from each principal and appropriate District administrator. The SHAC will assess the District's and each school's progress toward meeting the goals of the policy and plan by reviewing District and school-level activities and events tied to the plan and wellness program.

To comply with the legal requirement to inform and update the public about the content and implementation of the local wellness policy, the District will create a wellness page on its website to document information and activity related to the school wellness policy, including:

- [Currituck County Schools Policy 6140: Student Wellness](#)
- A copy of the SHAC Plan
- Notice of any Board revisions to Policy 6140

I. Focus: Promote healthy lifestyles by creating a welcoming environment for physical activity.

Steps or Strategies	Who is Responsible	Resources Needed	Completion Date	Evaluation
Special Olympics	Director of Exceptional Children. Parks and Rec	Transportation, uniforms and food, partnerships with state and county organizations	3-4 times/per	Participation logs
Unified Schools	Director of Exceptional Children	PE Teachers	Yearly	Application
Field Day	PE Teachers	Equipment and Staff	Yearly	Participation logs, attendance
Booster-thons (MES and SES)	PTO		Yearly	Participation logs, fundraiser logs
Family Fitness Night (JP Knapp)	PE Teacher		Yearly	Participation log
Color Run (GES and CES)	PE Teachers		Yearly	Participation log
Bicycle Safety; How to Ride a Bike (all elementary)	PE Teachers, SROs	Bicycles and bicycle helmets	Yearly	Attendance logs
Sport camps	Coaches	Sports equipment if needed	Summer	Attendance logs
Partnership with YMCA (after school care)	YMCA staff	recess/playground equipment	Daily	Attendance logs

II. Focus: Create a trauma-sensitive learning environment that promotes students' mental and emotional well-being.

Steps or Strategies	Who is Responsible	Resources Needed	Completion Date	Evaluation
Teen Dating Violence	Director of Student Services/School Counselor	W5 in-person or Vector	May 31, 2026	Certificate of Completion or sign-in
Suicide Prevention Training	Director of Student Services/School Counselor	W5 in-person or Vector	May 31, 2026	Certificate of Completion or sign in
Substance Abuse Training	Director of Student Services/School Counselor	W5 in-person or Vector	May 31, 2026	Certificate of Completion or sign in
Youth Mental Health Training	Director of Student Services/School Counselor	W5 in-person or Vector	May 31, 2026	Certificate of Completion or sign in
Child Sexual Abuse Prevention Training	Director of Student Services/School Counselor	W5 in-person or Vector	May 31, 2026	Certificate of Completion or sign in
Protect Our Students	Director of Student Services/School Counselor	W5 in-person or Vector	May 31, 2026	Certification of Completion or sign in
Trauma-Informed School Practices (NC Public Schools Forum)	Director of Student Services/School Counselor	Youth Mental Health First Aid ACES	May 31, 2026	Attendance/Participation Log
Child Abuse & Neglect Training	Director of Student Services/School Counselor	W5 in-person	May 31, 2026	Attendance/Participation Log
Cheryl Fuller Trauma-Informed Sessions	School Social Worker	Peace by Piece book	May 31, 2026	Attendance/Participation log

Crisis Prevention Institution	Director of Exceptional Children	Books, technology, trainer, principal support	Yearly	Participation log
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III. Focus: Self-care for employees in the areas of mental, physical, and emotional well-being.

Strategies	Who is Responsible	Resources Needed	Completion Date	Evaluation
Flu Shot Clinic	Director of Student Services	CVS Pharmacy	October 2025	Informal Feedback
Partnership with Currituck County Health Department to provide wellness visits, sick visits, Hep B vaccines	Department of Social Services	Nurse Practitioner	Ongoing	Formal/Informal Feedback
Partnership with local organizations to provide mammograms to employees	Director of Student Services	Mammogram mobile unit and staff	Semi-annually	Formal/Informal Feedback
List of Mental Health Resources	Director of Student Services	Mental Health Resources	Updates ongoing	Formal/Informal Feedback

IV. Focus: Provide for the safety and security of students, staff, and visitors on Currituck County Schools campuses.

Strategies	Who is Responsible	Resources Needed	Completion Date	Evaluation
Say something Anonymous Reporting System (SS-ARS)	District SS-ARS Teams School SS-ARS Teams	Internet, cell phones	Ongoing	Disposition of Cases
School Safety Drills (lockdown, fire)	Principals, Assistant Principals, SROs	RAVE Panic Button, cell phones, sheriff's	Ongoing	Debriefings

		department		
District Safety Exercises	Director of Student Services, district leadership	Emergency Management, Fire, EMS, Consulting Company	Ongoing	Debriefings and Development of Plans
Safety Measures	Director of Technology, Director of Maintenance	Jenna Locks, magnets, panic alarms, cameras	Ongoing	Formal/Informal Assessments, Debriefings, and Reports
CPR training	School Nurses	Dummies, books, trainer	Yearly	Attendance, CPR cards issued
Self-Care (employees)	Kaylee Bynum		One time guest speaker	Attendance

- V. Focus: Provide students with education opportunities geared towards promoting appropriate healthy behaviors that lead to positive lifelong outcomes.

Strategies	Who is Responsible	Resources Needed	Completion Date	Evaluation
Lessons that focus on substances to include tobacco, vaping, alcohol	Elementary SROs	Lessons and resources	Ongoing yearly	Schedule, Informal Feedback
Anchor 4 Life club at MES	Military Liaison, MES Principal, MES school counselor, MES teacher	training	Ongoing yearly	Informal Feedback
Monthly health topics	School Nurses	lessons	Ongoing Yearly	Attendance
Ag Day	CTE teachers, students		Yearly	Attendance

- VI. Eliminate barriers by providing students with access and opportunities to receive adequate healthcare services that will enhance their overall physical wellness.

Strategies	Who is Responsible	Resources Needed	Completion Date	Evaluation
Partnership with the health department for sports physicals	Athletic Trainer	CCS Health Department Staff	Yearly	Participation logs
Dental Van visits	School Nurses	Dental van staff	Ongoing	Participation logs
Project Adam	School Nurses	Project Adam resources	Ongoing	Drill logs
Vision and Hearing Screening	School Nurses		Ongoing yearly	Screening logs

- VII. Focus: Provide health food options while educating the students on the importance of healthy eating and living.

Strategies	Who is Responsible	Resources Needed	Completion Date	Evaluation
Backpacks for Kids	School Counselors	Cooperative Extension Staff	Ongoing	Informal Feedback
Farm to School	School Nutrition Director	NC Department of Agriculture	Ongoing	Informal Feedback
Food Pantry (CCHS, Knapp)	Office Staff, JCPC	Donations	Ongoing	Informal Feedback
Hygiene Products provided	School Nurses, School Counselors	Deodorant, soap, toothpaste, toothbrushes, menstrual products	Ongoing	Informal Feedback
Food Drives	School Staff	Donations	Annually	Informal Feedback
Summer Meals	School Nutrition Staff		Annually	Informal Feedback

- VIII. Focus: Encourage a trauma-sensitive environment while using evidence-based methods to facilitate best practices.

Strategies	Who is Responsible	Resources Needed	Completion Date	Evaluation
School-Based Therapy	School Counselors	PRIDE, Parker Psychotherapy	Ongoing	Progress Monitoring
Day Treatment	School Counselor	Getting Ready staff	Ongoing	Progress Monitoring
Wrap Around Services	Staff from New Story and Behavior Support Staff		Ongoing	Progress Monitoring
Tier 1 social-emotional support	District MTSS team	Curriculum from CharacterStrong	Ongoing	Progress Monitoring

VIII. Involve the Community and families in school-related activities that will enhance collaboration between home, school, and community.

Strategies	Who is Responsible	Resources Needed	Completion Date	Evaluation
ML Family Night	ML teachers	Presenters, Vendors	semi-annually	Attendance/Participation Log
Title I Family Engagement Nights	Principals	Staff, Vendors	Ongoing	Participation Log, Formal/Informal Feedback
Parent Teacher Organizations	Principals	Parents/Guardians	Ongoing	Formal/Informal Feedback
Band Boosters, Athletic Boosters	School Principals, Band Directors, Athletic Directors	Staff and Volunteers	Ongoing	Participation, Formal/Informal Feedback