

STUDENT WELLNESS

The Buncombe County Board of Public 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.

School Health Advisory Council

The School Health Advisory Council will serve as an advisory committee regarding student health issues. The Council will be composed of school district, local health department and community representatives to provide information in the following eight areas: safe environment, physical education, health education, staff wellness, health services, mental and social health, nutrition services and parent/family involvement.

I. Nutrition Education

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

Schools will provide nutrition education within the Healthful Living Standard Course of Study and Grade Level Competencies adopted by the State Board of Education. Students should learn to address nutrition-related health concerns through age-appropriate nutrition education lessons and activities. School district personnel will work to disseminate consistent nutrition messages throughout the school district, schools, classrooms, cafeterias, homes, community and media.

II. 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 will participate in physical activity as part of the district's physical education curriculum. The physical education course will foster support and guidance for being physically active, will help students know and understand the value of being physically fit, and will teach students the types of activities that contribute to total fitness. The course will be taught in an environment where students can learn, practice and receive assessment on age appropriate skills and knowledge as defined in the North Carolina Healthful Living Standard Course of Study. In accordance with State Board of Education Policy HSP-S-000, Healthy Active Children Policy, a minimum of 30 minutes of moderate to vigorous physical activity will be provided daily by schools for kindergarten through eighth-grade students. Such activity may be achieved through a regular physical education class, recess, dance, classroom energizers and/or other curriculum based physical activity programs. The principal will work with teachers to ensure that students meet the minimum physical activity requirement.

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. Schools should strive to meet the Superior Level of the NC Move More School Standards.

III. Nutrition Guidelines

Buncombe County's Child Nutrition Program will strive to be a leader in the State of North Carolina in implementing standards in order to positively influence the development of healthy, life-long eating habits for all Buncombe County Public Schools' children and staff. Child Nutrition Services will use the cafeteria as a learning lab to aid students in making healthy and wholesome eating choices that promote the education and health of all children. The Child Nutrition Services Program will select foods in a manner consistent with the goals established by the Board and all state and federal laws and regulations. Food selection will also be consistent with statewide nutrition standards established by the State Board of Education for school meals, a la carte foods and beverages, and items served in the after school snack program. Child Nutrition Services will offer reimbursable school lunches and provide supplemental sale items at all grade levels during the school day that are in compliance with federal and state regulations. The Director of Child Nutrition will ensure that school district guidelines for reimbursable meals shall, at a minimum, meet the program requirements and nutrition standards set forth under 7CFR Parts 210 and 220. Meals and food items 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.

All vending machine sales during the school day will comply with the requirements of G.S. §115C-264.2 and *Eat Smart: North Carolina's Recommended Standards for All Foods Available in Schools*. In order to safe guard the health of Buncombe County's school age children and due to the dramatic increase in food allergies and food borne illnesses, the Board encourages parents and community members to provide food items used during school-based parties or celebrations that are commercially prepared or packaged. Parents and community members are also encouraged to coordinate the provision of food items for these types of events with the school or classroom teacher.

The Board promotes the use of snacks listed on the "Healthy Options for Snacks List" for such activities or celebrations. Buncombe County Board of Public Education will not be held liable for all foods not prepared and served by Buncombe County Child Nutrition or Buncombe County Child Care Program.

No food items may be sold on school campus in competition with the Buncombe County Child Nutrition Program as outlined by state and federal laws.

IV. Other School-Based Activities

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

- District schools will provide a clean and safe meal environment.
- Students will be provided adequate time to eat meals.
- Professional development will be provided for district nutrition staff.
- To the extent possible, the district will utilize available funding and outside programs to enhance student wellness.
- Food will not be used in the schools as a reward or punishment.
- As appropriate, the goal of this student wellness policy will be considered in planning all school-based activities.
- Administrators, teachers, food service personnel, students, parents/guardians and community members will be encouraged to serve as positive role models to promote student wellness.

V. Implementation and Review of Policy

The Superintendent or his 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 establish guidelines or administrative regulations. Each principal will report to the Superintendent or designee regarding compliance in his/her school. Staff members responsible for programs related to student wellness also will report to the Superintendent or designee regarding the status of such programs.