

The Ashe County Board of Education recognizes the importance of students maintaining physical health and proper nutrition in order to take advantage of education 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. As a part of that commitment, the Board directs the superintendent to oversee the development, implementation, and ongoing evaluation of this policy and other school system efforts to encourage students to be healthy and active, including compliance with the State Board of Education's healthy Active Children Policy, SHLT-000, as further described in Section F, below. The superintendent may designate a school system official to carry out this responsibility ("lead wellness official").

The superintendent or designee shall make the most current version of this policy available to members of the school community and the public by posting it on the school system website and/or by distributing it annually through other means reasonably intended to reach the school community and public. In addition, the superintendent or designee shall provide a copy of this policy to the North Carolina Department of Public Instruction (NCDPI) when requested to do so.

A. SCHOOL HEALTH ADVISORY COUNCIL

The School Health Advisory Council will help plan, implement, and monitor this policy as well as other health and nutrition issues within the school system. The council may examine related research and laws, assess student needs and the current school environment, review existing board policies and administrative regulations, collaborate with appropriate community agencies and organizations, and help raise awareness about student health issues. The council will also assist in developing the student wellness policy and may make other policy recommendations to the board related to health issues necessary to promote student wellness. The council will engage families and community members to provide information and/or solicit input to meet Ashe County Schools' wellness goals (via school website).

The Council will be composed of representatives from the school system, local health department, and the community. The Council must include members of each of the following groups: the school board, school system administrators, school system food service representatives, physical education teachers, school health professionals, students, parents or guardians, and the public. The Council will provide information to the Board about the following areas or concerns: (1) physical activity, (2) health education, (3) employee wellness, (4) health services, (5) social and emotional climate, (6) nutrition environment and services, (7) counseling, psychological and social services, (8) physical environment, (9) family engagement, and (10) community involvement.

The Council will meet four times per year, once each nine weeks and provide periodic reports regarding the status of its work. An annual report will be prepared by the superintendent or his/her designee which includes the minutes of physical activity and the minutes of physical education and/or healthful living education received by students in the district each school year, and any other information required by the State Board of Education.

B. NUTRITION PROMOTION AND 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.

The Board will provide nutrition education within the North Carolina Essential Standards for Healthful Living adopted by the State Board of Education. Nutrition education will provide all students with the knowledge and skills needed to lead healthy lives. Students should learn to address nutrition-related health concerns through age-appropriate nutrition education lessons and activities.

Nutrition education and promotion should extend beyond the school environment by engaging and involving families and communities. School district personnel may coordinate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition. School district personnel will work to disseminate consistent nutrition messages throughout the school district, schools, classrooms, school dining areas, homes, community, and media.

In conjunction with the school health advisory council, the board establishes the following additional specific evidence-based goals and strategies for nutrition promotion and education. The board will periodically measure and report progress toward meeting these goals.

- Teachers will integrate nutrition education into the curriculum as appropriate.
- The nutrition education program will be encouraged to partner with school meal programs, cafeteria nutrition promotion, after-school programs, and farm-to-school programs.
- Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes.

- School nutrition program staff at each school will employ proven marketing strategies to encourage students to make healthy food choices (ex. Smarter Lunchroom Movement).
- Nutrition and health posters, signage and/or displays will be exhibited in the cafeteria food service and dining areas and will be rotated, updated, or changed as new or additional information is available.
- Students will have opportunities to taste foods that are low in saturated and trans fats, sodium, and added sugar.
- School personnel will strive to provide a pleasant eating experience for students and adults by adopting the following practices:
 - Student input is solicited for meal choices.
 - Nutrient analysis is available to teachers, parents, students, and health professionals when possible.
 - Adequate time to eat is provided. The recommended eating time for each child is 15 minutes for breakfast and 20 minutes for lunch. School personnel will schedule enough time, lunch periods, and serving lines so students do not have to spend excessive time waiting in line.
 - Adult supervision and role modeling is available during the meal service times to encourage students to eat meals.
 - Drinking fountains will be available for students to get water at meals and throughout the day.

In negotiating vendor contracts, preference will be given to vendors whose marketing and advertising tools reflect the Smart Snacks nutrition standards and the school nutrition meal pattern requirements.

C. NUTRITION GUIDELINES

Consistent with *Policy 6200, Goals of Student Food Services*, all foods available in the district's 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. All foods and beverages sold at school must meet the nutrition standards established in policy 6230, School Meal and Competitive Foods Standards, including the following:

1. 555.School Lunch, Breakfast and Snack Programs

Foods provided through the National School Lunch, School Breakfast, or After-School Snack programs must comply with the federal and state nutrition standards. The director of child nutrition shall ensure that school system guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law.

2. Competitive Foods

All competitive foods sold on school campuses during the school day (defined as the period from midnight through 30 minutes after the dismissal bell rings) in competition with the National School Lunch or School Breakfast Programs (“competitive foods”) must comply with the Smart Snacks standards. Competitive foods include food, snacks, and beverages from a la carte menus, vending machines, and outside suppliers, as well as foods or beverages sold in school stores and at fundraisers. Vending machine sales also must comply with requirements of G.S. 115C-264.2 and *Eat Smart: North Carolina’s Recommended Standards for All Foods in Schools*.

3. Other Foods Available on the School Campus During the School Day and After the School Day

School Health Advisory Council shall establish rules for foods and beverages brought from home for classroom events or parties during the school day or for extracurricular activities after the school day that are consistent with Smart Snack standards.

Fundraising activities that involve the sale of foods and/or beverages to students during the school day (from midnight until 30 minutes after the dismissal bell rings) must comply with the Smart Snack Rules and may not be conducted until after the end of the last lunch period. See policy 6230, School Meals and Competitive Foods Standards.

Fundraising activities that are conducted after the school day are not required to comply with the federal Smart Snacks nutrition standards.

4. Food and Beverage Marketing

Food and beverage marketing on school campuses during the school day must meet federal and state standards. In accordance with these standards, only foods and beverages that meet the Smart Snack standards (as described in subsection C.2, above) may be marketed or advertised on school campuses during the school day. To comply with this requirement, existing supplies, materials, or equipment that depict

noncompliant products or logos will be replaced or removed in accordance with normal lifecycles or as otherwise would occur in the normal course of business.

5. Food Safety

Students shall have the opportunity to wash or sanitize their hands before meals and snacks.

All foods brought from home, to be consumed by students, must be purchased from a commercial food service entity (grocery store), which is subject to health inspections.

Exception: A student may bring food prepared at home for his/her personal consumption.

Student food allergies shall be clearly communicated to school personnel.

D. PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

The goal of the physical education program is to promote lifelong physical activity and provide instruction in 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 as defined in the North Carolina Healthful Living Essential Standards. Schools will also collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activity.

Schools will strive to provide opportunities for age- and developmentally-appropriate physical activity during the day for all students, so that students can learn to exhibit a physically active lifestyle. A minimum of 30 minutes of moderate to vigorous physical activity will be provided daily by schools for kindergarten through eighth-grade students. Physical education and physical activity opportunities will be provided to all high school students. Such activity may be achieved through a regular physical education class, recess, dance, classroom energizers, and/or other curriculum-based physical activity programs. Schools will provide adequate equipment and facilities for physical education, as well as adequate teacher-student ratio. Physical activity opportunities will be included during class time, not including physical education or recess, in all elementary schools. 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.

E. OTHER SCHOOL-BASED ACTIVITIES TO PROMOTE WELLNESS

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

1. Schools will provide a clean and safe meal environment.
2. Students will be provided adequate time to eat meals.
3. Drinking water will be available at all meals and throughout the school day.
4. Professional development will be provided for district nutrition staff.
5. To the extent possible, the district will utilize available funding and outside programs to enhance student wellness.
6. Food will not be used in the schools as a reward or punishment.
7. As appropriate, the goals of this student wellness policy will be considered in planning all school-based activities.
8. Administrators, teachers, food service personnel, students, parents/guardians, and community members will be encouraged to serve as positive role models to promote student wellness.
9. All foods made available on campus will adhere to food safety and security guidelines.

F. IMPLEMENTATION AND REVIEW OF POLICY

1. Oversight and Monitoring of Implementation and Progress

The lead wellness official, in conjunction with the school health advisory council, shall oversee the implementation of this policy and monitor district schools, programs and curricula to ensure compliance with and to assess progress under this policy, related policies, and established guidelines or administrative regulations. Each principal shall be responsible for and shall report to the lead wellness official regarding compliance and measurements of progress in his/her school. Staff members responsible for programs related to student wellness also shall report to the lead wellness official regarding the status of such programs.

2. Review of Policy

The lead wellness official shall work with members of the school health advisory council to periodically review and update this policy based on the triennial assessment of the school system's compliance with the policy, progress toward meeting the policy goals, and other relevant factors.

3. Annual Reporting

The lead wellness official shall prepare annual written reports to the superintendent and NCDPI/State Board of Education that provide all Ashe County Schools Policy Code: 6140 Page 8 of 10 information required by the superintendent and/or the state pertaining to the school system's efforts to comply with this policy and SBE policy SHLT-000.

4. Triennial Assessment

Beginning with school year 2017-2018, and a least once every three years thereafter, the superintendent or designee shall report to the board and public on the district's compliance with laws and policies related to student wellness, the implementation of this policy, and progress toward meeting the goals of the policy. At a minimum, the superintendent or designee shall measure and report the following:

1. the extent to which the individual schools are in compliance with this policy;
2. the extent to which the board's wellness policy compares to model local school wellness policies and meets state and federal requirements; and
3. a description of the progress made in attaining the goals of this policy.

The report may also include the following items:

4. a summary of each school's activities undertaken in support of the policy goals;
5. an assessment of the school environment regarding student wellness issues;
6. an evaluation of the school nutrition services programs;
7. a review of all foods and beverages sold in schools for compliance with established nutrition guidelines;
8. a review of guidelines for foods and beverages available, but not sold, during the school day;

9. information provided in the report from the school health advisory council, as described in Section A, above; and
10. suggestions for improvement to this policy or other policies or programs.

G. PUBLIC NOTIFICATION

The lead wellness official shall assist the school health advisory council to annually inform and update the public about this policy and State Board policy HRS-E-000. The information provided must include the content of the policies and the school system's efforts and progress in implementing, evaluating, and complying with the policies. All information required to be reported annually or that is otherwise reported to the board in accordance with Section F, above shall be widely disseminated to students, parents, and the community in an accessible and easily understood manner, including by posting a copy of this policy and the annual report on the school system website.

H. RECORDKEEPING

The superintendent shall maintain records to document compliance with this policy and all federal and state requirements. These records, at a minimum, must include:

1. a written copy of this policy and any updates;
2. documentation demonstrating compliance with all reportable elements of this policy and with the community involvement requirements, including requirements to make this policy and other progress reports available to the public; and
3. documentation of annual wellness policy reports for each school in the system.

Legal References: Child Nutrition and WIC Reauthorization Act of 2004, 42 U.S.C. 1751; Healthy, Hunger-Free Kids Act of 2010, P.L. 111-296; National School Lunch Act, 42 U.S.C. 1751 et seq.; 7 C.F.R. 210.11 and 210.12a; G.S. 115C-264.2, -264.3; State Board of Education Policies HRS-E-000, TCS-S-000, TCS-S-002; Eat Smart: North Carolina's Recommended Standards for All Foods in Schools, N.C. Department of Health and Human Services, N.C. Division of Public Health (2004) Cross References: Goals of Student Health Services (policy 6100), Goals of School Nutrition Services (policy 6200), School Meal and Competitive Foods Standards (policy 6230)

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