

Regulation Code: 3541/6140/7245-R Procedures for Implementation of Local Wellness Policy

I. Nutrition Education

1. All students enrolled in grades K-8 and high school shall receive nutrition education in the school cafeterias and/or classroom that is interactive and teaches the skills they need to adopt healthy eating behaviors.
2. Classroom teachers in grades K-5 and Health Education teachers in grades 6-9 shall provide nutrition education as part of a sequential, comprehensive standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
3. Wherever possible, nutrition education shall be included in subjects such as math, science, language arts, social studies and elective subjects.
4. Professional development and instructional materials shall be provided to all teachers who are required to teach nutrition education.
5. Nutrition Education shall:
 - a. include enjoyable developmentally appropriate, culturally relevant, participatory activities such as contests, promotions, taste testing, farm visits and school gardens
 - b. promote fruits, vegetables, whole grain products, low fat and fat free dairy, health food preparation methods and health enhancing nutrition practices
 - c. emphasize caloric balance between food intake and energy expenditure (physical activity/exercise)
 - d. link with school meal programs or other school foods and nutrition related community services
 - e. teach media literacy with an emphasis on food and marketing
6. School personnel may coordinate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition, as well as disseminate consistent nutrition messages throughout the school district, schools, classrooms, cafeterias, homes, community and media.

II. Nutrition Standards

A. Child Nutrition Program

1. Beverages

- a. No contracts with soft drink companies are allowed by Board policy.
- b. Only unflavored 1% or non-fat milk or non-fat milk that is flavored with less than 25 grams of sugar, water, and 100% juice with no added sweeteners shall be available to all students.
- c. Ice tea and sports drinks that contain no more than 100 calories shall also be available to high school students.

d. Water will be available to students in the cafeteria during breakfast and lunch

2. A la carte sales

a. Defined as snacks served through the Child Nutrition program, including vending machine items, shall meet the current USDA Nutrition Standards as defined by the Healthy, Hunger-Free Kids Act of 2010.

b. Portion size will be age-appropriate, and specified by cafeteria guidelines by level:

i. Elementary: a limit of 2 a la carte items per student

ii. Secondary: no limit to a la carte items

c. Snack items shall contain no more than 200 calories per portion.

3. Pleasant and sanitary eating areas will be available for students and staff, including an overall school environment and menu that encourages students and staff to make healthy food choices.

4. Vending Machines (Child Nutrition and School-wide)

a. Individual departments within schools that generate funds through vending machine sales may continue to operate their machines.

b. Snack and beverage machines outside of the cafeteria shall be turned on not before 30 minutes after the official end of the school day

c. During the 2013-14 school year, snack vending sales must comply with the N.C. general statute on vending machines in schools. At least seventy-five percent (75%) of snack vending products shall contain fewer than 200 calories per portion or snack vending package, and be nutrient-dense, low fat. This includes staff vending machines.

d. During the 2013-14 school year, beverages vending sales are limited to low fat or non-fat, flavored or unflavored milk, water, 100% juice with no added sweeteners less than or equal to 12 ounces, and ice tea/sports drinks that contain no more than 100 calories.

f. Effective in August 2014, all vending and beverage vending sales will comply with the HHFKA, section 208, or "Smart Snacks in School" standards.

B. Other School-Based Nutrition

1. Classroom Celebrations

a. Elementary and Middle Schools

i. Monthly school, classroom and birthday celebrations will be **non-food** celebrations. No foods will be allowed for birthday celebrations. Guidelines and activities for no-food celebrations will be established and widely promoted to students, staff and parents.

ii. Other food celebrations during the school day may be requested when the

food-based activity is specifically tied to curriculum objectives and served as a community snack. A request form and criteria for snacks will be provided for distribution, including instructions for proper handling and storage of food.

b. High Schools

- i. Teachers and parents are always encouraged to consider non-food options for classroom celebrations
- ii. Soft drinks may not be served during classroom celebrations.

2. Food in the Classroom

- a. Snacks and/or lunch provided for an individual child may not be shared with other students.
- b. Wherever possible, classroom snacks shall follow policy guidelines for beverages and encourage use of fruits and vegetables. Classroom community snacks (shared) must be store-purchased and/or pre-packaged. Washed, snack-ready fruits and vegetables are permitted.
- c. Teachers may not use food or candy as an individual or classroom reward unless directed by an approved IEP.
- d. Withholding or delaying food as punishment is not permitted.
- e. Teachers may not use food products as instructional tools due to sanitary concerns.
- f. Food preparation may be included in classroom instruction when the use of food is a necessary part of the instructional objective.

3. Beverages

“Energy” drinks that contain high amounts of caffeine, taurine, and other stimulant additives are restricted from on-campus use by elementary and middle school students. Such drinks shall be confiscated from students, without punishment, and information about the harmful effects of the drinks will be supplied.

4. School or District Fundraising

a. Fund-raising by school or school-affiliated groups

- i. School-sponsored fund-raisers will adhere to the nutrition practices set forth in the district nutrition policy. Candy, cookie dough and other products that have no nutritious value are prohibited.
- ii. Encourage non-food items or activities as fund-raisers

b. Bake Sales

- i. Federal regulations prohibit bake sales held before 30 minutes after the official end of the school day. In the event that a sale occurs prior to 30 minutes after the official end of the school day, all proceeds must be turned over to the Child Nutrition department.

ii. Permissible bake sales must be consistent with the nutrition standards set forth in this policy and regulations.

c. Concessions

i. After-school concessions must comply with standards established for vending sales, at least 75% of the items must meet district nutritional guidelines. If possible, fruit options should be included.

ii. Event concession stands at after-hours school events will offer healthy options.

5. After-school Programs

After-school programs and summer programs operated under the auspices of the Board of Education shall provide snacks consistent the nutrition standards set forth in this policy.

6. Parent and Community involvement

a. Groups using CHCCS facilities shall be informed of the district's nutrition policy and strongly encouraged to adhere to it while on school property.

b. Athletic Boosters, PTSA, and other school-affiliated groups shall be provided annual notification of the wellness policy and requested to comply with the district wellness nutrition standards.

7. After-hours cultural events

Cultural celebrations at which food is served are permitted. Store-purchased or pre-packaged food is encouraged. North Carolina food code does not allow the preparation of meat products at school unless under arrangement with the district Child Nutrition program. A list of restricted foods will be made available.

III. Physical Activity

A. Physical Education

1. Physical Education (PE) instruction

a. Shall be provided by certified PE teachers who teach developmentally-appropriate motor skills and individual goal setting using planned, sequential curricula that follows the North Carolina Healthful Living Essential Standards.

b. Shall involve physical exertion of at least moderate intensity level and duration sufficient to provide a significant health benefit to students

c. Includes highly active fitness activities to engender lifetime interest in activities that reduce stress and promote well-being

d. Classes fully utilize existing gym space during every class period. Outdoor PE instruction, except in inclement weather and ozone red alert days, provides additional classroom space and exposure to healthy outdoor air.

2. Elementary School PE

- a. Students are required to have thirty (30) minutes of daily PE or other physical activity that includes a minimum of two thirty (30) minutes per week or one forty-five (45) minutes of instructed PE and an additional thirty (30) minutes daily of physical activity on days without PE class
- b. Physical activity can be provided through structured recess or classroom activities that last for at least ten minutes of moderate intensity.

3. Middle School PE

- a. Students are required to have thirty (30) minutes of daily PE or other physical activity
- b. Middle school students shall participate in a full-year of Healthful Living curriculum at grades 6 – 8.
- c. On days when students are taking health education, all middle schools will schedule daily physical activity.

4. High school PE

- a. Students shall have one semester of PE instruction under the supervision of a certified PE teacher.
- b. Students will not be allowed to take the required year of PE through correspondence or on-line courses.

B. Physical fitness assessment

Physical fitness assessment shall be integrated into the PE curriculum as an instructional tool. PE teachers shall be required to conduct and record annual physical fitness assessment during PE class, using a district-wide, common physical fitness measure. Fitness assessment results shall not be the sole evaluation of a course grade.

1. Assessment

- a. The fitness assessment shall be developmentally- and physically- appropriate and used to teach students how to assess their fitness levels, set goals for improvement, and monitor progress in reaching their goals.
- b. The assessment shall be used diagnostically to show students' annual growth in the areas of cardio-respiratory endurance, muscular strength, endurance, flexibility and agility.

2. Reports

- a. PE teachers shall develop an annual fitness report for each student that is shared with the parent/guardian and includes previous cumulative fitness data to measure growth
- b. The fitness report shall include results of specific fitness measures and personal student data such as height, weight, and Body Mass Index to establish a fitness profile.
- c. PE teachers shall receive district technology support to generate fitness reports.

Staff shall maintain confidentiality of fitness test results.

C. Recess

Students shall not be denied recess or other physical activity as a form of discipline, nor should it be cancelled for instructional make-up time. The use of physical activity may not be used as a form of punishment.

Recess refers to regularly-scheduled periods within the school day for structured and/or unstructured time. Both unstructured recess and structured physical activity provide opportunities for physical activity and have additional educational and social benefits. There shall be adequate facilities, equipment, and supervision to encourage physical activity during recess.

Recess shall be supervised by school personnel, in close proximity, who can observe and monitor students at all times, and shall complement, not substitute for, physical education instruction

IV. Accountability

The Superintendent will:

1. designate staff to be responsible for implementation and compliance of the LWP.
2. provide to the Board a summary report every three years on district-wide compliance with the district's established LWP based on input from individual schools, the Child Nutrition staff, and the Healthy Schools Advisory Council. The report will be provided to all school principals, School Improvement Teams and parent teacher organizations.

The principal, or designee, in each school will:

1. ensure notification to students, staff and parents, about the content and implementation of the LWP
2. conduct an annual evaluation of LWP implementation with input from students, staff and parents
3. report on compliance in its annual School Improvement Plan.

The Director of Child Nutrition will:

1. ensure that district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law.
2. ensure compliance with nutrition policies within the food services areas and will report on this matter to the Superintendent
3. report on the most recent USDA School Meals Initiative review findings and any resulting changes.

The Healthful Living Coordinator will:

1. ensure that nutrition education materials are made available to all classroom teachers
2. make available materials and resources for physical activity

The Healthy Schools Advisory Council will:

1. provide annual reports to the Superintendent regarding the status of its work, including compliance with district with this policy and any related information required by the State Board of Education.

8/15/13 – Revised 5/13/19

Chapel Hill-Carrboro Schools
