

## **Policy Code: 3541/6140/7245 Local Wellness**

The Chapel Hill-Carrboro City Schools (CHCCS) Board of Education is committed to a Coordinated School Health program that ensures a healthy school environment for students and staff. CHCCS is committed to providing school environments that promote and protect students' health, well-being, and ability to learn by supporting healthy eating, nutrition education and physical activity.

As 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](#). The superintendent may designate a school system official to carry out this responsibility (Director of Healthful Living and Athletics). 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.

The CHCCS Local Wellness Policy (LWP) encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs, promotes an awareness of food safety and food allergies, and addresses nutrition and physical activity programs. Students who are fit, healthy, and ready to learn are better able to achieve their academic potential; and healthy employees can more effectively perform their duties and model appropriate wellness behaviors for students. Research links healthy eating and physical activity with improved academic performance and classroom behavior.

### **I. HEALTHY SCHOOLS COMMITTEE**

The Board supports a district Healthy Schools Committee that considers student needs and current school environments, examines related research and laws, reviews existing board policies and administrative regulations, develops, implements, and monitors the district LWP, collaborates with appropriate community agencies and organizations, and helps raise awareness about student and employee wellness.

Healthy Schools Committee serves as an advisory committee that works in conjunction with the Superintendent or designee to promote student and employee health and wellness in compliance with state and federal requirements. Healthy Schools Committee makes policy recommendations and periodically suggests revisions to the superintendent. The council also reports to the superintendent on student and staff health concerns and serves as a resource to school sites for implementing and maintaining those policies. The committee shall provide periodic reports to the Board and the public regarding the status of its work. In addition, the committee shall assist the superintendent or designee in creating an annual report that includes the minutes of physical activity and the minutes of physical education and/or healthful living education received by the students in the school system each year, as well as any other information required by the State Board of Education or NCDPI.

Community involvement is essential to the development and implementation of successful school wellness policies, thus, the committee will be composed of representatives from the school district, the local health department and the community to provide information in the following ten areas or concerns:

- (1) physical activity and physical education

- (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
- (10) community involvement

Of those appointed to the committee, there will be at least one person from each of the following groups: the school board, school district administration, individual schools (school health professional or physical education teacher), the local health department, district food service representative, student, parent/guardian, and the public.

## **II. NUTRITION**

### **A. Nutrition Education**

The Board recognizes its responsibility to promote healthy eating habits in students through education and provision of healthy foods to students during the school day. The general goals of nutrition promotion and nutrition education are to provide appropriate instruction for the acquisition of behaviors that contribute to a healthy lifestyle for students and to teach, encourage and support healthy eating by students. Nutrition Education will be a sequential program of instruction that is culturally-sensitive, skills-based, and taught by well-prepared, well-supported staff. Implementation of nutrition education will be overseen by the district Director of Healthful Living & Athletics in collaboration with the Child Nutrition Director.

In conjunction with the Healthy Schools Committee, 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 as well as the procedures listed on the regulations of this policy 3541/6140/7245-R.

Goals will consist of:

- Nutrition education that aligns with national dietary guidelines and adheres to state academic standards will be incorporated into health education classes and/or stand-alone courses for all grade levels.
- Nutrition curriculum developed by corporate interests will not be used.
- Teachers will integrate nutrition into core curriculum areas.
- Nutrition education will be provided to families via handouts, newsletters, school websites and presentations.

### **B. Nutrition Standards**

## 1. Child Nutrition

The purpose of the child nutrition program is to give students adequate and healthy nutrition during the school day and to teach them, by example, good nutrition practices and how those contribute to their health and indirectly to their learning. Child nutrition contributes significantly to the current and future health of students; therefore, budget neutrality or profit generation must not take precedence over the nutritional needs of students. The child nutrition program will provide menus for students and staff, offering healthy choices and minimizing the availability of high fat, high calorie and high sugar choices. Food sold, or otherwise offered, at school will be nutritious, appealing, and served in age-appropriate portion sizes and will meet the nutrition standards established in policy 6230, School Meal and Competitive Foods Standards. It will include fresh fruits and vegetables, low-fat foods and whole grain products and meet at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.

Foods provided through the National School Lunch, School Breakfast, or After School Snack Program must comply with 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 Food

Competitive food is defined as all food and beverages other than meals reimbursed under programs authorized by the Richard B. Russell National School Lunch Act and the Child Nutrition Act of 1966 available for sale in all areas of school property accessible to students during the school day.

The school day is defined as the period from the midnight before to 30 minutes after the end of the official school day. No competitive foods may be available to students during this time. In the event that competitive sales occur, all proceeds will be turned over to the Child Nutrition Program. Fundraising activities that involve the sale of foods and/or beverages to students must comply with the Smart Snacks Rules and may not be conducted until thirty minutes after the school day is over.

## 3. 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 explained in 3541/6140/7245-R) 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.

## 4. Other School-Based Nutrition

All food offered in CHCCS schools during the school day, including classrooms snacks and after school snacks, will be chosen to promote health, reduce childhood obesity, and provide consistent wellness messages that are conducive to healthy eating. Choosing alternatives to food for rewards is should be consistent with this policy. Consistent standards apply to the entire school nutritional environment,

ensuring pleasant and sanitary eating environments for students and staff, safety of all is most important including food allergies and maintaining an overall school environment that encourages students and staff to make healthy food choices. See 3541/6140/7245-R for detailed information as well as First Aid Policy 4252/6152-R section 9 pertaining to allergies.

#### 5. Fundraising and on-campus food sales

To support children's health and good nutrition practices, school fund-raising activities will, to the fullest extent possible, use only foods that meet the nutrition standards set forth in this policy and accompanying regulations. Schools will encourage fund-raising activities that promote physical activity, such as the Walk for Education and 5K for Fitness. Regulations will be established to detail specifics of fundraising activities.

### **III. PHYSICAL ACTIVITY AND PHYSICAL EDUCATION**

Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, enhances learning, increases self-esteem, develops socialization, and reduces anxiety and stress. Physical activity practices established during childhood promote life-long healthy habits, and reduce the risk of developing obesity and related chronic illness such as cardiovascular disease and Type II Diabetes. The Board promotes health and fitness through physical education instruction and additional opportunities for physical activity. All students shall have the opportunity to participate regularly in supervised, organized, or unstructured physical activities, to maintain physical fitness, and to understand the short- and long-term benefits of a physically-active and healthy lifestyle. School personnel should strive to provide opportunities for developmentally appropriate physical activity during the day for all students so that they can learn how to maintain a physically active lifestyle. Such activity may be achieved through regular daily PE class and/or through recess, dance, classroom energizers or other curriculum based activity programs of at least 10 minutes duration, that when combined, total 30 minutes of daily physical activity.

Physical Education (PE) instruction and physical activity shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities, and fitness levels. The course is to be taught in an environment where students can learn, practice and receive assessment on developmentally appropriate skills and knowledge. Class for physical education should be equivalent in size to those of other academic classes.

Through PE, students will be educated to develop the knowledge and skills necessary to perform a variety of physical activities, maintain physical fitness, understand the short and long-term benefits of physical activity, and value and enjoy physical activity as an ongoing part of a healthy lifestyle. Students with disabling conditions and those in exceptional children's and alternative education programs will have equivalent opportunities for physical instruction and movement.

Physical activity beyond the PE classroom extends the purpose of PE instruction and guarantees that all students will participate in sustained physical activity for additional periods of the school day. Physical activity must involve exertion of at least moderate intensity level and duration sufficient to provide a significant health benefit. Brief breaks in instruction for movement have known academic and behavioral benefits. Structured physical activity may include lifetime fitness activities, such as walking, running, or yoga.

The Board supports the North Carolina revised Healthy Active Children policy regarding physical education in public schools, requiring:

- » Students in grades K-8 receive a minimum of 30 minutes daily physical activity as PE instruction and/or other physical activity
- » Recess and other physical activity shall not be taken away as a form of punishment, nor shall it be used as a form of punishment.

#### **IV. EMPLOYEE WELLNESS**

Employees and students alike must be healthy for optimal performance. Staff shall be encouraged to participate in and model physical activity as a valuable part of daily life and to maintain good physical and emotional health. The district will provide an accessible, safe and productive work environment free from physical danger or emotional threat. The work environment must adhere to drug, alcohol, and tobacco-free policies, and consistent with applicable occupation and health laws, policies, and rules. District and site-based health teams will support the health, safety, and well-being of school employees by offering to employees, on a volunteer basis, health-promoting activities such as health screenings and employee wellness activities. The employee wellness plan will be based on input solicited from representative school staff and will outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among school staff. The employee wellness plan will be presented to the Healthy Schools Committee on an annual basis. Employees shall be informed about wellness resources and services, and encouraged to engage in daily physical activity during the workday as part of work breaks and/or lunch periods, before or after work hours in site-sponsored programs, or as part of discounted membership in local fitness facilities.

#### **V. OVERSIGHT AND MONITORING OF IMPLEMENTATION AND PROGRESS**

##### Oversight:

The Board directs the Superintendent to ensure compliance with the district local wellness policy. The Superintendent or designee, in conjunction with the Healthy Schools Committee shall oversee the implementation of this policy and monitor CHCCS schools, programs and curricula to ensure compliance with and to assess progress under this policy. Each principal shall report to the Superintendent or designee regarding compliance and measurements of progress in his or her school. Staff members responsible for student wellness shall report to the Superintendent or designee regarding the status of such programs. The Superintendent or designee shall work with the Healthy Schools Committee to periodically review and update this policy based on the triennial assessment of CHCCS's compliance with the policy (see subsection F.4. below), progress toward meeting the policy goals and other relevant factors. The Superintendent or designee shall document the review process and participants, and the method used to notify the Healthy Schools Committee and/or other stakeholders of their ability to participate.

##### Monitoring:

The Director of Healthful Living and Athletics shall prepare annual written reports to the superintendent and NCDPI/State Board of Education that provide all information required by the superintendent and/or the state pertaining to CHCCS's efforts to implement this policy and SBE policy [SHLT-000](#).

CHCCS will publish contact information for the Superintendent or designee on the CHCCS website.

### Triennial Assessment:

Beginning with school year 2017-18, and at least once every three years thereafter, the superintendent or designee shall report to the Board and public on the system's compliance with laws and policies (both this policy and State Board Policy [SHLT-000](#)) related to wellness and progress toward meeting the goals and implementation of the policy. All information that is reported triennially to the Board in accordance with the above shall be disseminated to students, parents and the community in an easily understandable manner, including by posting a copy of this policy and the annual report of the CHCCS website.

The Superintendent or designee shall make public the results of the triennial assessment described in this policy. 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. The most recent triennial assessment for each school;
3. Documentation demonstrating:
  - a) the efforts to review and update this policy, as described in this policy;
  - b) how this policy and information about the most recent triennial assessments have been made available to the public,
  - c) compliance with the annual reporting requirements; and
  - d) other efforts to involve the school health advisory council and/or other community members in the implementation of or assessment of compliance with this policy.

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](#), [210.12](#), and [210.31](#); [G.S. 115C-264.2](#), [-264.3](#); [16 N.C.A.C. 6H.0104](#); State Board of Education Policies [SHLT-000](#), [CHNU-002](#); [NCAC-6H.0004](#) *Eat Smart: North Carolina's Recommended Standards for All Foods Available in School*, 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 Child Nutrition Services (policy 6200), CHCCS Nutrition (policy 6125), School Meal and Competitive Foods Standards (policy 6230)

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**Chapel Hill-Carrboro Schools**

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