

## **Student/Staff Wellness**

The Elizabeth City-Pasquotank Board of Education is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. To achieve this, the Elizabeth City-Pasquotank Board of Education adopts this wellness policy with the following commitments to health/nutrition education, physical education and physical activity, nutrition/guidelines for reimbursable meals, food safety and staff wellness.

### **A. School Health Advisory Council**

The Superintendent will appoint a School Health Advisory Council (SHAC) to help plan, implement and monitor this policy as well as other health and nutrition issues within the school district and have oversight of all matters related to a coordinated school health program and the components listed above. The council will serve as an advisory committee regarding student/staff health issues.

The council will be composed of school district, local health department and community representatives. Of those appointed to the council, there will be at least one person from each of the following groups: school board member, school district administrator, district food services representative, parent/guardian and member of the public. Other representatives from groups/agencies including the local health department, local mental health services, local social services, and community representatives will be invited to be a part of the council and encouraged to participate.

### **B. Health/Nutrition Education**

Health education will be provided to students in the Elizabeth City-Pasquotank Public Schools to help students improve their health, prevent illness, and reduce risky behaviors. Health/Nutrition education will be provided within the NC Standard Course of Study and Grade Level Competencies adopted by the State Board of Education.

### **C. Physical Education and Physical Activity**

The goal of the physical education program is to promote life-long physical activity and provide instruction in the skills and knowledge necessary for lifelong participation in physical activity. To address issues such as 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 and as defined in the NC Healthful Living Standard Course of Study.

To ensure that students have ongoing opportunities for physical activity and maintain a positive attitude toward 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.

#### **D. Nutrition/Guidelines for Reimbursable Meals**

Nutrition services with an integration of nutritious, affordable and appealing meals and an environment that promotes healthy eating will be offered. 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.

Foods provided through the National School Lunch or School Breakfast Programs will comply with federal nutrition standards. In addition, food selections will also be consistent with statewide nutrition standards established by the State Board of Education.

Competitive foods must meet State Board of Education nutrition standards as well as nutrition standards established by the superintendent. Competitive foods are defined as foods offered at school other than through the National School Lunch or School Breakfast Programs including food, snacks, and beverages from a la carte menus, vending machines and outside suppliers. In addition, vending machine sales available to students will comply with the requirements of *Eat Smart: North Carolina's Recommended Standards for All Foods in Schools*. Adult vending machines will offer healthy choices, as well as standard items. All snacks and beverages shall meet General Statutes Chapter 115C-264.2 and State Board of Education regulations (16 N.C.A.6H.0104) which states that no food or beverage of any kind may be sold by any source other than the Child Nutrition Program during breakfast and lunch until 30 minutes after the dismissal bell rings.

Also included:

- Elementary Schools-no soft drinks sold at any time; bottled water is available in every school that has beverage vending; no snack vending.
- Middle Schools-100% fruit juices; sport drinks such as Gatorade and PowerAde; and bottled water in all schools shall meet the Proficient Level of the *NC Eat Smart Nutrition Standards*. Snack vending products shall not have more than 200 calories per portion, less than 230 mg of sodium, less than 35% calories from fat, less than 10% from saturated fat, zero trans fat and less than 35% of weight from total sugar in food.
- High Schools-100% fruit juices; sports drinks such as Gatorade and PowerAde; and bottled water are available in every school that has beverage vending. Snack vending in all schools shall meet the Proficient Level of the *NC Eat Smart*

*Nutrition Standards.* Snack vending products shall not have more than 200 calories per portion, less than 230 mg of sodium, less than 35% calories from fat, less than 10% from saturated fat, zero trans fat and less than 35% of weight from total sugars in food.

The Director of Child Nutrition will ensure that school district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law.

#### **E. Safety in Preparation and Storage of All Consumable Food**

- Elizabeth City - Pasquotank Public Schools will provide on-going Serve Safe training for all Child Nutrition Employees.
- Elizabeth City - Pasquotank Public Schools will implement a Hazard Analysis Critical Control Point Plan in each school cafeteria.
- Foods from any source other than inspected facilities (i.e. school nutrition services, store or restaurant) shall not be served to students during snack time, celebrations such as international theme days or as rewards. This procedure does not apply to students who bring their lunch to school. Parents will not be allowed to bring homemade foods to school to distribute to other students.
- Schools should discourage students from sharing their foods or beverages with one another during meal or snack times due to allergies and other restrictions on some children's diet.
- Schools shall provide students access to hand washing or hand sanitizing before each meal service or snacks.
- Foods from outside sources shall not be stored in cafeteria refrigeration.
- Foods from outside sources shall not be allowed in the school cafeteria during meal service times, with the exception of individual student lunches brought from home.

#### **F. Staff Wellness**

Elizabeth City-Pasquotank Public Schools will plan and implement activities that encourage and support school staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale, and a greater commitment to the system's overall coordinated health program. This personal commitment often transfers into greater commitment to the health of students and creates positive role modeling. Health promotion activities have improved productivity, decreased absenteeism and reduced health insurance costs.

#### **G. 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:

- District schools will provide a clean and safe meal environment.
- Students will be provided adequate time to eat meals.
- Potable drinking water will be available at all meal periods.
- 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 and staff wellness.
- Schools will not use foods or beverages that do not meet *Eat Smart Nutrition Standards* as rewards for academic performance, good behavior or celebrations.
- Food or beverages shall not be withheld as punishment.
- Students should be encouraged to bring healthy choices for snacks and avoid items high in fat, sugar and/or sodium.
- Schools are encouraged to use foods that meet the *Eat Smart Standards* when used for fund-raising activities.
- Schools should not schedule tutoring, club, or organization meetings or activities during mealtimes, unless students are allowed to eat during such activities.
- As appropriate, the goals 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.

## H. Commitment to Implementation

School administrators (or their designees) will ensure compliance with the district wide wellness policy. The Board of Education will continue to support the School Health Advisory Council. This council will address health issues and communicate needed policy changes to the Board of Education.

**Legal References:** *Child Nutrition and WIC Reauthorization Act of 2004, 42 U.S.C. 1751 note (Local Wellness Policy); National School Lunch Act, 42 U.S.C. 1751 et seq.; G.S. 115C-264.2, -264.3; State Board of Education Policies GCS-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 Student Food Services (policy 6200), Nutritional Standards for Food Selection (policy 6230)*

Adopted: April 24, 2006  
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