

BRUNSWICK COUNTY BOARD OF EDUCATION POLICY MANUAL

BRUNSWICK COUNTY SCHOOLS

Local Wellness Policy

Policy Code: 6140 Student Wellness

The Brunswick County School System is committed to providing all students with a comprehensive wellness program designed to encourage healthy eating, physical activity, and well-being. This program 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 in cultural norms. This program contains the following elements which are required under Federal Public Law (PL 108.265 Section 204):

1. a structure for involving parents, students, school board members, school administrators, and members of the community in developing, implementing, and monitoring the comprehensive wellness program in the school system;
2. goals for nutrition education, physical activity, and other school-based wellness activities;
3. nutrition guidelines for all foods available during the school day;
4. a plan for measuring implementation of the school system wellness policy; and
5. guidelines for foods on school campuses and required assurances for reimbursable meals under USDA regulations.

SECTION I: SCHOOL HEALTH COMMITTEE

A. The Superintendent of Schools shall appoint a School Health Advisory Committee (SHAC) to help plan, implement, and monitor the district wellness policy. Members of the SHAC committee shall include representatives from administration, school food services, school board, teachers, school nurses, parents, students, and the public.

B. The mission of the SHAC shall be to address nutrition and physical activity issues with the objectives of promoting student health and reducing childhood obesity. This committee shall provide quarterly reports to the Superintendent regarding the status of its work. In addition, the SHAC will assist the Superintendent in creating an annual report, 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.

SECTION II: PHYSICAL EDUCATION AND 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, as defined by the North Carolina Healthful Living Standard Course of Study, will foster support and guidance for being physically active. This course

- A. will help students know and understand the value of being physically fit, and it will teach students the types of activities that contribute to total fitness.

B. Schools will provide physical education a minimum of 150 minutes a week in elementary grades and 225 minutes a week in middle schools. This requirement can be achieved through a regular physical education class and/or through activities such as structured recess , dance, classroom energizers, walking programs, and brain breaks.

C. Structured/unstructured recess and other physical activity shall not be taken away from students as a form of punishment.

D. Teachers are encouraged to incorporate and integrate physical activities across the core curriculum and in elective classes in order to meet the state recommendations for daily physical activity for all students.

E. Schools will provide relevant continuing education opportunities for K-8 instructional staff regarding physical activity and wellness.

F. All physical education classes will have student enrollments consistent with state guidelines. Schools will also allow preparation time consistent with time allowed for other subjects.

G. Schools are encouraged to include physical activities as a part of celebrations, meetings, fundraisers, and other special events, such as walking programs, Jump Rope for Heart, project fitness, and field day activities.

SECTION III: NUTRITION EDUCATION

A. All students in grades Kindergarten through eight will be taught a unit on nutrition education that is an integral part of the Health and PE classes. It is intended that this unit of instruction will give children the tools necessary to increase knowledge about healthy eating habits and increase awareness of eating right to decrease obesity, increase energy levels, and help students to live more active healthy lifestyles.

B. Teachers are encouraged to integrate nutrition education into the core curriculum and elective courses in order to reinforce the goals of the state Healthy Active Children policy.

C. The Child Nutrition Department, in collaboration with the Cooperative Extension Agency, will provide nutrition education training and conduct awareness training on available teaching tools and other resources for instructional staff, students, families, and the broader community.

SECTION IV: NUTRITION GUIDELINES FOR ALL FOODS ON CAMPUS

A. Brunswick County Schools shall offer foods that will comply with the current USDA Dietary Guidelines for Americans and State Senate Bill #961, requiring nutrition standards for vending products sold during the school day.

B. Brunswick County Schools shall eliminate the sale of foods with minimal nutritional value on school campuses during the instructional day for students.

C. Vending machines shall remain turned off during the breakfast and lunch meal times of service.

D. The Child Nutrition Department will make available nutrition information for foods offered in the school cafeterias and in vending machines.

E. Snacks in school cafeterias and vending machines should conform to the same nutrition standards set for school cafeterias.

F. Families, teachers, students, and school officials should work collaboratively to encourage healthy choices for snacks through letters at the start of the school year, the Brunswick County Schools website, monthly menus, and school newsletters.

G. Concession stands should offer healthy choices in addition to what is already being offered.

H. Promotional activities should be limited to programs that are requested by school officials to support teaching and learning and should be connected to activities that encourage physical activity, academic achievement, or positive youth development and are in compliance with local guidelines.

I. Foods made available to students for snacks in after-school and/or remediation programs should conform to the same nutrition standards set for school cafeterias.

Eating Environment

J. Brunswick County School students should be provided adequate time to eat meals. At least 10 minutes should be provided to eat breakfast and 20 minutes for lunch. These are the minimum recommendations from the National Association of State Boards of Education.

K. The lunch period should be scheduled as near to the middle of the school day as possible.

L. Drinking water should be available for students at meals.

M. Food should not be used as a reward or punishment for student behaviors, as outlined in the federal guidelines of the National School Lunch Program.

Food Safety and Food Security

N. All foods made available on campus shall comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines shall be implemented to prevent food illness in schools.

O. For the safety and security of the food and facilities, access to the child nutrition operations is limited to the Child Nutrition staff and authorized personnel. All U.S. Department of Agriculture guidelines for food security shall be followed.

P. Foods brought in from sources other than the Child Nutrition Program shall be commercially prepared foods or foods from sources or vendors who have been inspected for food safety.

Child Nutrition Department Operations

Q. The child nutrition program seeks to be financially self-supporting. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.

R. The schools, in collaboration with the Child Nutrition Department, will develop and implement strategies to increase participation in the available federal child nutrition program.

S. Brunswick County Schools will employ qualified personnel to administer the child nutrition program, satisfy reporting requirements, train staff and consult with teachers, students, parents and the public to promote the vision and mission of the child nutrition program.

T. All child nutrition personnel shall have adequate pre-service training in child nutrition operations.

To the extent possible, the Brunswick County School System will utilize available funding and outside programs to enhance student wellness. As appropriate, the goals of this wellness policy will be considered in planning all school-based activities for student and staff. Administrators, teachers, food service personnel, students, parents/guardians, and community members are encouraged to serve as positive role models to promote student wellness.

SECTION V: IMPLEMENTATION

Monitoring

A. The Superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies.

B. The Principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the Superintendent or designee.

C. School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to their supervisor.

D. The Superintendent or designee will develop a summary report every three years on compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district.

Policy Review

A. Each school will conduct a baseline assessment of their existing nutrition and physical activity environments and policies.

B. Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement.

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 Policy HSP-S-000; *Eat Smart: North Carolina's Recommended Standards for All Foods in Schools*, NC Department of Health and Human Services, NC Division of Public Health, (2004),

http://www.eatsmartmovemorenc.com/programs_tools/school/docs/food_standards/SchoolFoodsStandards.pdf

Cross References: Goals of Student Health Services (policy [6100](#)), Goals of Student Food Services (policy [6200](#)), Nutritional Standards for Food Selection (policy [6230](#))

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