

DESCRIPTOR TERM: STUDENT WELLNESS	DESCRIPTOR CODE: 6140	ISSUED DATE: 2/22/2010
	LATEST DATE REV.:	CROSS REFERENCE:

STATUTORY PROVISIONS

Public Law 108-265, The Child Nutrition and WIC Reauthorization Act of 2004. Section 204

National School Lunch Act, as amended, 42 U.S.C. §1751, et seq.; G.S. 115C-264.2, -264.3

STATE BOARD POLICY

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)

LOCAL BOARD POLICY

The Burke County Public Schools and the School Health Advisory Council recognizes that student wellness is related to student's well being, growth, development and readiness to learn. The Board of Education also recognizes that the school plays a critical role in creating an environment that promotes student and staff wellness. The Board of Education is committed to providing a school environment, which will promote and protect a student's health by supporting healthy eating and physical activity. The school learning experience should address health education, physical education, nutrition education and health promotion for students and staff.

A. SCHOOL HEALTH ADVISORY COUNCIL

The Burke County Public Schools Administration 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. The council will serve as an advisory committee regarding student health issues. The council may examine related research and law, 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 also will 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 create an Executive Committee to consist of the Council Chair, Past Chair, Secretary, School Nurse liaison, child nutrition personnel, health and physical education instructor, parent and any other council member deemed necessary by the Executive Committee.

The council representatives will be comprised of but not limited to: personnel from agencies such as, school district, health department, parents, students, school board members, child nutrition program, physicians and community representatives. These representatives will collectively provide information in:

- safe environment,
- health education,
- health services,
- nutrition services and
- physical education,
- staff wellness,
- mental and social health,
- parent/family involvement.

The council will also include one school wellness team member representative from each respective school within school district.

Upon approval of the council, the SHAC Executive Committee will provide periodic reports to the Board regarding the status of its work. Annually, the SHAC Executive Committee will review and update a three year strategic plan set in accordance with Burke County Public Schools overall three year strategic plan.

B. POLICY RATIONALE:

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and for lifelong health and well being. Healthy eating and physical activity, essential for healthy weight and overall health, is linked to a reduced risk for many chronic diseases such as Type 2 diabetes, stroke, high blood pressure, asthma, heart disease and cancer. Overweight children and youth are developing serious health problems now and are facing worse health problems in the future. The number of overweight children in North Carolina and the nation has reached epidemic levels. Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and unhealthy eating habits are the predominant causes of obesity.

Schools and the community should have the responsibility to help students learn, establish, and maintain lifelong, healthy eating and activity patterns. Well planned and effectively implemented nutrition, health, and physical education programs have been shown to enhance student's overall health, as well as their behavior and academic achievement in school. Optimal health is essential for students to achieve their full academic potential.

Employee wellness is also an integral part of a healthy school environment. Increased attendance and improved work energy and vigor are present among staff engaged in healthy eating practices and physical activity. Such behaviors serve as daily role models for healthy behaviors among students.

C. GOAL OF STUDENT WELLNESS PROGRAM:

All students in Burke County Public Schools shall possess the knowledge and skills necessary to make nutritious food choices and embrace regular physical activity as personal behaviors for a lifetime. All staff in Burke County Public Schools are encouraged and provided with opportunities to model healthy eating and physical activity as a valuable part of daily life.

To meet this goal, the Burke County Public Board of Education adopts this wellness policy with commitments to nutrition; health and physical education; physical activity; nutrition guidelines; health screenings; and other school based activities. This policy is designed to serve the needs and interests of all students and staff in our school district. Therefore, it is the policy of Burke County Board of Education that SHAC, students, parents, teachers, food service professionals, health professionals, and other interested community members become engaged in developing, implementing, monitoring, and reviewing this policy.

D. CLASSROOM FOOD:

Our school environment must support proper nutrition and promotion of healthy eating habits. In order to achieve this goal, the suggested snacks for activities, parties, and celebrations should consist of fruits, vegetables, and whole grain products with water and non-carbonated drinks as the primary beverages.

Recommendations which promote wellness for our students are:

1. Educate classroom teachers, students, and parents about nutritious snacks.
2. Feature healthy snack choices and minimize non-nutritious ones.
3. In order to safeguard the health of Burke County's school age children and due to the dramatic increase in food allergies and food borne illnesses, the School Health Advisory Council encourages parents and community members to provide food items used during school based parties or celebrations that are commercially prepared or packaged. Parents and community

members are also encouraged to coordinate the provision of food items for these types of events with the school or classroom teacher.

4. Encourage portion control as well as a variety of healthy snacks when having celebrations.
5. Food will not be the primary source for classroom rewards. SHAC will provide a list of options for non-food rewards.

E. EMPLOYEE WELLNESS:

The Burke County Board of Education highly values the health and general well being of each Burke County School employee. Research indicates a correlation between employee wellness, the cost of medical insurance premiums and the number of employee sick days used. SHAC supports the establishment of a wellness program to promote the physical fitness, mental well being and sustainment of a healthy lifestyle for all employees.

Accordingly, The Superintendent shall direct each school to develop, implement and monitor a multifaceted plan to foster staff health and wellness to include:

1. Use of school facilities by employees for wellness program related activities, unless such activities interfere with the use of the facilities for educational purposes.
2. Employee participation in wellness programs is voluntary, except otherwise directed by personal physician, law or by separate Board policy and procedures.
3. The establishment of each school's wellness program and implementation in a fiscally responsible manner.

Each school staff health and wellness plan shall also include that whenever outside resources or persons are used for wellness activities, the principal and/or his designee at each school will be responsible for

- determining compensation levels of such instructors or resource persons or
- the collection of any fees that may be required for the services of those persons or use of those resources.

Each school staff health and wellness plan shall also include that The Board of Education will not be liable for any injuries or damages, which may result from an employee's voluntary participation in any wellness program activity.

F. NUTRITION EDUCATION:

Children are an important audience for nutrition education because a healthy diet is essential for their normal growth and development, and because children are establishing food patterns that carry into adulthood. In order to develop lifelong healthy eating patterns, children need to be introduced to a variety of nutritious foods in a positive manner. The North Carolina Healthful Living Standard Course of Study is to motivate participants to make healthy food choices. To this end, the Nutrition Education Program will:

- Provide students in grades pre-K through 12 with nutrition education that is interactive, teaches the skills necessary to adopt healthy eating behaviors and includes enjoyable, developmentally appropriate, culturally relevant, participatory activities such as contests, promotions, taste testing, farm visits and school gardens.
- Provide the same basic nutrition information at all levels of education, building on those basic ideas as progression is made through the grades and integrating instruction to the greatest extent possible into core curriculum areas of math, science, reading and language arts.
- Compliment physical education by reinforcing the knowledge and self management skills needed to maintain a healthy and physically active lifestyle and to reduce time spent in sedentary activities.

- Promote consistent nutrition messages throughout the school, classroom, cafeteria, home and community.
- Ensure nutrition education curriculum will be sensitive to students with food allergies, differences in religious and ethnic dietary patterns.

G. HEALTH & PHYSICAL EDUCATION

The Burke County Board of Education is committed to creating an environment that is conducive to students achieving the benefits of physical fitness and to enjoy physical activity as an ongoing part of a healthy lifestyle that becomes a lifelong habit. Given the alarming rate of obesity, schools will offer planned sequential programs of physical education incorporating individual and group activities, which are student centered and taught in a positive environment. All activities during school hours will adhere to both Federal and State Rules and Regulations regarding physical education, recess and other forms of physical activity. State and National Standard guidelines include:

1. Physical activity that is encouraged and integrated across curricula throughout the school day.
2. Time allotted for physical activity is consistent with research, and nation/state standards.
3. Physical education will be an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
4. Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be subject to all applicable state/federal guidelines.
5. Physical and social environment will be provided that encourages safe and enjoyable activities for all students.
6. Information will be provided to families to help them incorporate physical activity into their student's lives. Schools will encourage families and community members to institute programs that support physical activity.
7. The district will encourage all teachers to incorporate physical activity such as classroom energizers during standard course of study.
8. 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 OR SEVERE AND INAPPROPRIATE EXERCISE MAY NOT BE USED AS A FORM OF PUNISHMENT FOR STUDENTS.**
9. In accordance with the North Carolina Healthful Living Standard Course of Study and the State Board of Education Policy HSP-S-000, recommended activity for elementary schools is 150 minutes of physical activity per week and recommended 225 minutes per week for middle and high schools.
10. Health Education provides functional health knowledge that is basic, accurate and directly contributes to health-promoting decisions and behaviors.
11. Health Education provides age and developmentally appropriate information, learning strategies, teaching methods and materials.

H. OTHER SCHOOL BASED ACTIVITIES:

Children are our most valuable resource, and good health is essential to their academic success. Promoting wellness with all other school based activities involves many different facets. A school

environment that provides consistent wellness messages and is conducive to the health and well being of students and staff members is essential to the Burke County Board of Education. Research indicates that, healthy students are more prepared to learn, more likely to attend school and class, and better able to manage their health related needs. To meet this goal:

- School surroundings are to be clean, safe and enjoyable for all students and staff.
- Local wellness policies are to be considered when planning all school activities to include, but not limited to, dances, assemblies, field trips, and after school programs.
- Open communication with and support from community/family is strongly encouraged regarding health updates, wellness policies and the overall well being of students.
- A school nurse will serve as a facilitator for the health of students and staff.

I. IMPLEMENTATION/EVALUATION

To ensure that the students, faculty, and staff of Burke County Public Schools are afforded the opportunity to receive the benefits of this policy:

1. The development of SHAC that will monitor the implementation and evaluation of the policy.
2. Each school will establish a "Wellness Team" as directed by the Principal and will be charged with the development of a school level implementation plan of the wellness policy. Members may include, but not be limited to, physical education teachers, counselors, nurses, classroom teachers, and school food personnel.
3. The Wellness Teams will be responsible for periodic assessment, monitoring and evaluation to review policy compliance, access to programs, and to determine areas in need of improvement and an action plan to address each need identified.
4. Quarterly, SHAC will collaborate with each school level wellness team to plan, evaluate and implement policy adherence by addressing any issues of non-compliance.
5. On a quarterly basis, a representative from each school based wellness team shall attend the scheduled SHAC meetings for collaboration, support and input on wellness plans and activities.
6. Annually each school wellness team will submit the Healthy Active Children Progress Report to the SHAC Executive committee to be used in the annual report to the Board of Education and Department of Public Instruction in Raleigh.