

Swain County Schools

Local Wellness Policy

The board recognizes the importance of students maintaining physical health and proper nutrition in order to take advantage of educational opportunities. The board further recognizes that student wellness and proper nutrition are related to a student's physical well-being, growth, development and readiness to learn. The board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and regular physical activity as part of the total learning.

A. **School Health Advisory Council (SHAC)**

The School Health Advisory Council will serve as an advisory committee that will help plan, implement, and monitor this wellness policy as well as other health and nutrition issues within Swain County Schools. The council will serve as an advisory committee regarding student health issues. The council may examine related research and laws, assess student's needs and the current school environment, review existing school 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 wellness policy and may make other policy recommendations to the board related to health issues necessary to promote student wellness.

The council will be composed of parents, teachers, local school health professionals, and community representatives.

B. **Nutrition Education**

The board believes that promoting student health and nutrition enhances readiness for learning and increases student achievement. The goals of nutrition education are (1) provide appropriate instruction for the acquisition of behaviors that contribute to a healthy lifestyle for students and (2) to teach, encourage and support healthy eating by students.

Schools will provide nutrition education within the North Carolina Healthy Living Standard Course of Study and Grade Level Competencies adopted by the State Board of Education. Nutrition education will be provided to all students with the knowledge and skills needed to lead healthy lives. Students should learn to address nutrition related health concerns through age-appropriate nutrition lessons and activities. Swain County Schools personnel will work to disseminate consistent nutrition messages throughout the school district, schools, classrooms, cafeterias, home, and the community.

C. **Physical Education and Physical Activity**

The goal of the physical education program is to promote lifelong physical activity and provide instruction in the skills and knowledge necessary for lifelong participation in physical activity. To address issues such as obesity, Type II diabetes, and cardiovascular disease, 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 will foster support and guidance for being physically active, help students know and understand the value of being physically fit, and teach students the types of activities that contribute to total fitness. The course will be taught in an environment where students can learn, practice and receive assessment on age appropriate skill as defined in North Carolina Healthy Living Standard Course of Study.

All students in grade K-9, including students with disabilities, special health care needs, and in alternative educational settings, will receive daily physical activity (or its equivalent of 150/week for elementary school students, and 225 minutes/week for middle school and 9th grade high school students) for the entire school year. All physical education will be taught by a certified physical education teacher. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

As a reminder to administration and faculty, PE classes may not be taken from students as a form of punishment.

Physical Activity Opportunity Before and After School

Swain County High School and Swain Middle, as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interest, and abilities of all students, including boys, girls, students with disabilities, and students with special needs.

After school child care and enrichment programs will provide and encourage-verbally and through the provision of space, equipment, and activities, daily periods of moderate to vigorous physical activity for all participants.

D. **Nutrition Guidelines**

All foods available in the district's school day will be offered to students with consideration for promoting student health, reducing childhood obesity, providing a

variety of nutritional meals and promoting life-long healthy eating habits. Food provided through the National School Lunch or School Breakfast Programs will comply with all federal and state nutrition requirements. Nutrition Standards for A la Carte items will be consistent with those developed by USDA and/or State Board of Education

Fundraising Activities during the school day

To support children's health and school nutrition-education efforts, school fundraising activities will not involve food during the school day. Schools will encourage fundraising activities that promote physical activity. The school district will approve ideas for acceptable fundraising activities.

Snacks

Snacks served during the after-school enrichment program through the National School Lunch Program will comply with state and federal nutrition requirements. All other snacks being offered during the school day should be healthy snacks of fruits, vegetables, water, dairy items, and whole grain items.

Rewards

Schools and teachers will not use unhealthy foods and beverages as rewards for academic performance, good behavior, or turning items in on time. Also, schools will not withhold food or beverages (including food served through school meals) as punishment.

Celebrations

Schools should limit celebrations that involve food during the school day to no more than four (4) parties per class per year. Each party should be healthy choices with limits on high sugar, low nutritional foods. Students should be encouraged to make healthy choices from foods at the party. All parties and/or celebrations are to take place after the last lunch period is over.

Competitive foods must meet federal nutrition standards. In addition, all vending sales will comply with the requirements of G.S. 115C 264.2

Vending

Swain County Schools will adhere to SB 961-Child Nutrition Standards for Vending- Requires school to implement the following restrictions on beverage and snack vending in the schools.

- Beverages cannot be sold from 12:01AM until the last lunch period is over.

- Soft drinks cannot be sold at elementary.
- Sugared carbonated soft drink, including mid-calorie carbonated soft drinks, cannot be offered for sale in vending machines in middle schools,
- No more that 50% of the vending machine products in high schools can be sugared carbonated soft drinks
- Diet carbonated soft drinks are not considered in the same category as sugared carbonated soft drinks
- Bottled Water products must be available in every school that offers beverage vending.

In addition, the bill requires that no snack vending can be available to students in elementary schools and seventy-five (75%) of snack vending products available to students in middle schools and high schools can have no more than 200 calories per portion or per snack vending package.

E. 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:

- Schools will provide a clean and safe environment
- Adequate time to eat meals. Students will be provided adequate time to eat meals with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
- Provide student's access to wash their hands before meals and snacks and to make sure adequate soap and paper towels are available.
- Take reasonable steps to accommodate the tooth brushing regimen of students with special oral health needs, (e.g., orthodontia or high tooth decay risk).
- Vending machines will operate in compliance with the National School Lunch Program and applicable state and federal guidelines.
- Drinking water will be made available at all meal periods and throughout the school day.
- Food should not be used as a reward in schools. Healthy recommendations of food options will be provided to parents and teachers as well as other ideas of rewards.
- Positive role Models-Administrators, teachers, teacher assistants, nurses, food service personnel, bus drivers, custodians, maintenance staff, and all other school personnel, students, parents/guardians, and community members will be encouraged to serve as positive role models to promote student wellness.
- Diabetes education will be provided annually by school nurses for all K-12 teachers and staff in school that is necessary because of a student(s) in their

class. This will be done in adherence with the Individuals with Disabilities Education Act (IDEA) and Section 504 of the Rehabilitation Act.

- Enhance communication between parents of children with special needs and the school community.
- Faculty and staff wellness issues will continue to be monitored and supported by school nurses.
- The administration and schools will support parent's efforts to provide a healthy diet and daily physical activity for their children. The district/school will send home nutrition information and post nutrition tips on school websites. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that are minimal nutritional value.

F. Implementation and Review Policy

The Superintendent or his/her designee will be responsible for overseeing implementation of this policy and monitoring district schools, programs and curriculum to ensure the compliance with this policy, related policies and established guidelines or administrative regulations. Each principal will report to the Superintendent or designee regarding compliance in his/her school. Staff members responsible for programs related to student wellness also will report to the Superintendent or designee regarding the status of such programs.

The Superintendent or designee will annually report to the board on the district's compliance with laws and policies related to student wellness. The report may include the following items:

- listing of all activities and programs conducted to promote nutrition and physical activity
- information in the report from the SHAC, as provided in Section A
- Suggestions for improvements to policies and/or programs

Review of Policy

Local Wellness Policy will be reviewed annually by SHAC and revised as needed.

Swain County Schools will comply with all federal and state laws and State Board of Education policies.