

The Buncombe County Board of Education recognizes that it is important for students to maintain their 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 experience.

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

The board will maintain a school health advisory council to help plan, update, implement, promote, and monitor this policy as well as to address other health and nutrition issues within the school system. The council serves as an advisory committee regarding student health issues. The council is authorized to examine related research and laws, 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 may also make policy recommendations to the board related to this policy and other policies concerning student wellness and may assist in the development of a plan for measuring and assessing implementation of this policy and in developing methods to inform and update the public about the content and implementation of this policy as described in Section G, below.

The council will be composed of representatives from the school system, the local health department, and the community. The council must include members from each of the following groups: the school board, school system administrators, school system food service representatives, physical education teachers, school health professional, students, parents or guardians, and the public. The council is committed to meet at least four times per year.

The council will promote and advocate for a coordinated and comprehensive approach to school health including, the eight components of the coordinated school health model:

1. Health Education
2. Physical Education
3. School Health Services
4. School Nutrition Services
5. Healthy School Environment
6. Mental and Social Health
7. Staff Wellness
8. Family and Community Involvement in Schools.

The council shall provide periodic reports to the Superintendent and the public regarding the status of its work. In addition, the council will work in conjunction with school staff to assist the superintendent 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 students in the system each school year, as well as any other information required by the State Board of Education.

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## **B. Nutrition Promotion and Education**

The board believes that promoting student health and nutrition enhances readiness for learning and increases student achievement. The goals of nutrition promotion and 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.

Schools will provide nutrition education within the Healthful Living Standard Course of Study and the grade level expectations outlined in the Healthful Living Essential Standards adopted by the State Board of Education. Nutrition education should be designed to provide 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 education lessons and activities.

Nutrition education and promotion should extend beyond the school environment by engaging and involving families and communities. School system personnel may coordinate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition. School system personnel will work to disseminate and promote consistent nutrition messages throughout the school district, schools, classrooms, cafeterias, homes, community and media.

## **C. Nutrition Guidelines and Food and Beverages**

Consistent with BCS policy 6200, Goals of Student Food Service, all foods available in the system's schools during the school day that are offered to students should help promote student health, reduce childhood obesity, provide a variety of nutritional meals and promote lifelong healthy eating habits.

Foods provided through the National School Lunch or School Breakfast Programs must comply with federal nutrition standards. In addition, food selections must also be consistent with the state nutritional standards established by the State Board of Education and with BCS policy 6230, Nutritional Standards for Food Selection.

Competitive foods must meet State Board of Education nutrition standards, applicable federal standards, as well as any other nutrition standards established by the superintendent pursuant to BCS policy 6230, Nutritional Standards for Food Selection. Competitive foods are defined as foods sold 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, all vending machine sales during the school day will comply with all federal and state, as well as the requirements of G.S. 115C-264.2. Schools shall not sell food items on the school campus during the established school day, beginning at 12:01 a.m., until after the last lunch is served in competition with the Buncombe County Child Nutrition Program, as outlined by North Carolina State Board of Education Policy 16 NCAC 6H.004.

The board is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Buncombe County Schools strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on district property that contains messages inconsistent with the health information the district is imparting through nutrition education and health promotion

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effort. The intent of the board is to allow advertising and marketing only for foods and beverages permitted to be sold through the wellness policy. These foods and beverages must meet or exceed USDA Smart Snack Standards.

Food and beverage marketing is defined as advertising and other promotions in schools. This can include, but is not limited to product samples, taste tests, posters and displays, corporate logos on school equipment, advertisements in school publications, fundraisers, and contests.

#### **D. 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 overweight, obesity, cardiovascular disease and Type II diabetes, students enrolled in kindergarten through eighth grades must have the opportunity to participate in physical activity as part of the district's physical education curriculum. The physical education course should be designed to 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 is to be taught in an environment where students can learn, practice and receive assessment on age appropriate skills, as defined in the North Carolina Healthful Living Essential Standards.

School personnel should strive to provide opportunities for age- and developmentally-appropriate physical activity during the day for all students, so that students can learn how to maintain a physically active lifestyle. In following the requirements of the NC State Board of Education Healthy Active Child Policy, HSP-S-000, schools must provide a minimum of 30 minutes of moderate to vigorous physical activity will be provided daily by schools for kindergarten through eighth-grade students. Such activity may be achieved through regular physical education class, recess, dance, classroom energizers and/or other curriculum-based physical activity programs. Principals shall work with teachers to ensure that students meet the minimum physical activity requirement.

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. In addition, exercise may not be used as a form of punishment for students. Principals will be responsible for verifying compliance to the requirements of the NC State Board of Education Healthy Active Child Policy, HSP-S-000.

#### **E. Other School Based Activities to Promote Wellness**

In addition to the standards discussed above, the board adopts the following goals for school-based activities designed to promote wellness:

1. Schools will provide a clean and safe meal environment.
2. Students will have access to hand washing facilities before meals/eating.
3. Students will be provided adequate time to eat meals.
4. Drinking water will be available at all meal periods and throughout the school day.

5. Professional development will be provided for staff by nutrition staff and administration.
6. To the extent possible, the district will utilize available funding and outside programs to enhance student wellness.
7. Foods will not be used in the schools as a reward or punishment. The board recommends that rewards be non-food in nature and/or physical-activity related.
8. All snacks available in classrooms should meet the USDA Smart Snack standards, referenced in BCS policy 6140-R, Student Wellness Standards.
9. Classroom celebrations should be limited to once per semester. In order to safeguard the health of school age children due to food allergies and food borne illnesses, only foods commercially prepared or packaged can be provided to students. Parents and community members may provide food items for these types of events that are commercially prepared or packaged when the celebration is coordinated by the school or classroom teacher. Only school coordinated celebrations involving snacks or food will be allowed. It is recommended that these snacks meet Smart Snack Standards.
10. Fundraisers held on school campus are recommended to focus on non-food and/or physical activity to support school activities. In the event individual food or beverage items are sold or served as part of fundraising activities, the board recommends those items meet the USDA Smart Snack standards.
11. In order to safeguard the health of school age children due to food borne illnesses, staff members responsible for school gardens must follow the National Food Service Management Institute's and local and state recommendations for planting, harvesting, and preparing garden-fresh foods for the classroom.
12. Each school will have a local wellness committee in place to address the wellness initiatives for their school. As appropriate, the goals of this student wellness policy will be considered in planning all school-based activities.
13. Administrators, teachers, food service personnel, students, parents/guardians and community members will be encouraged to serve as positive role models to promote student wellness. Staff food vending will include healthy options that follow USDA Smart Snack standards. Staff members are encouraged to use 10 minutes of their planning time to be physically active.

#### **F. Guidelines for Reimbursable Meals**

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.

#### **G. Implementation and Review of Policy**

The superintendent or designee shall oversee the implementation of this policy and monitor system schools, programs, and curricula to ensure compliance with this policy, related policies, and established guidelines or administrative regulations. Each principal shall be responsible for and shall report to the superintendent or designee regarding compliance and measurements of progress in his

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or her school. Staff members responsible for programs related to student wellness also shall report to the superintendent or designee regarding the status of such programs. Members of the school health advisory council will be invited to participate in the ongoing implementation and periodic review and updating of this policy.

The superintendent shall report annually to the board on the system's compliance with laws and policies related to student wellness and the implementation of this policy. At a minimum, the superintendent shall measure and report the following:

1. The extent to which the individual schools are in compliance with this policy;
2. The extent to which the board's wellness policy compares to model local school wellness policies; and
3. A description of the progress made in attaining the goals of this policy.

The report may also include the following items:

1. An assessment of the school environment regarding student wellness issues;
2. An evaluation of Child Nutrition program, as required by the USDA Nutrition standards;
3. A review of all foods and beverages sold in schools for compliance with established nutrition guidelines;
4. A list of all activities and programs conducted to promote nutrition and physical activity;
5. Information provided in the report from the School Health Advisory Council, as described in section A, above; and
6. Suggestions for improvement to policies or programs.

#### Triennial Progress Assessment

The board will review the wellness policy at least every three years to ensure compliance and review the extent to which the board's wellness policy compares to model local school wellness policies and meets state and federal requirements.

The district wellness committee (or SHAC), in collaboration with individual schools will monitor school compliance with this wellness policy. The district will actively notify households of the availability of the triennial progress report.

#### **H. Public Notification**

The superintendent shall implement practices and procedures to inform and update the public about the content and implementation of this policy, including the information reported to the board as required in Section G, above. This information will be widely disseminated to students, parents, and the community.

Legal References: Child Nutrition and WIC Reauthorization Act of 2004, 42 U.S.C. 1751 note (Local Wellness Policy); Healthy, Hunger-Free Kids Act of 2010, P.L. 111-296; 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, HSP-S-000; *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), Student Wellness Standards (policy 6140-R)

Replaces Policy 432

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**History of Policy 432**

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