

STUDENT WELLNESS

The Asheville City Board of Education recognizes that it is important for students to maintain their physical health and receive 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.

As part of that commitment, the Board directs the Superintendent to oversee the development, implementation, and ongoing evaluation of this policy and other school district efforts to encourage students to be healthy and active, including compliance with the State Board of Education's Healthy Active Children Policy, SHLT-000, as further described in Section F, below. The Superintendent may designate a school district official to carry out this responsibility ("lead wellness official"). Administrators, teachers, school nutrition personnel, students, parents/guardians, and community members will be encouraged to serve as positive role models to promote student wellness.

The Superintendent or designee shall provide a copy of this policy to the North Carolina Department of Public Instruction each time it is revised by the Board.

A. 1. SCHOOL HEALTH ADVISORY COUNCIL

The Board will maintain an appointed School Health Advisory Council (the Council) to help plan, update, implement, promote and monitor this policy as well as to address other health and nutrition issues within the school district.

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 procedures, collaborate with appropriate community agencies and organizations, and help raise awareness about student health issues. The Council also may make recommendations to the Board related to the school wellness policy and other policies related to student wellness, and may assist the lead wellness official in the periodic review and revision of the school wellness policy. In addition, the Council 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 Sections F and G, below.

The Council will be composed of representatives from the school district, the local health department and the community. The Council must include members of each of the following groups: the School Board, school district administrators, school district food service representatives, physical education teachers, school health professionals, students, parents or

guardians and the public. The Council will provide information to the Board about the following areas or concerns: safe environment, physical education, health education, staff wellness, health services, mental and social health, nutrition services, and parent/family involvement.

The Council shall provide periodic reports to the Board regarding the status of its work. In addition, the Council shall assist the lead wellness official 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 district each school year, as well as any other information required by the State Board of Education.

2. WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD (WSCC) MODEL

a. The State Board of Education shall make available to each LEA a coordinated school health program model designed to address health issues of students and staff. The program must provide for coordinating the following ten components:

1. Health Education;
2. Physical Education and Physical Activity;
3. Nutrition Environment and Services;
4. Health Services;
5. Counseling, Psychological, and Social Services;
6. Social and Emotional Climate;
7. Physical Environment;
8. Employee Wellness;
9. Family Engagement; and
10. Community Involvement.

B. NUTRITION PROMOTION AND EDUCATION

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

The Board will provide nutrition education within 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 district personnel may coordinate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition. School district personnel are to work to disseminate and promote consistent nutrition messages throughout the school district, schools, classrooms, cafeterias, homes, community, and media.

C. PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

1. Goals of the Physical Education Program

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education. All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

The school district's physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment tool) and will use criterion-based reporting for each student.

2. The Physical Education Course

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 a supportive environment in which students learn, practice and receive assessment on developmentally appropriate motor skills, social skills and knowledge as defined in the North Carolina Healthful Living Essential Standards. Students will be moderately to vigorously active for at least fifty percent of class time during most or all physical education class sessions. All physical education classes in the school district are taught by licensed teachers who are certified or endorsed to teach physical education. Waivers, exemptions, or substitutions for physical education classes are not granted.

Health education will be required in all grades and the district will require middle and high school students to pass their required health and physical education course(s). Time should be divided equally between health and physical education with certified health and physical education teachers throughout the school year.

3. Physical Activity Requirements and Goals

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. Schools must

provide a minimum of 30 minutes of moderate to vigorous physical activity daily for kindergarten through eighth-grade students. Such activity may be achieved through a regular daily physical education class, as described in sections C.1 and C.2 above, or through recess, dance, classroom energizers and/or other curriculum-based physical activity programs of at least 10 minutes duration, that, when combined, total 30 minutes of daily physical activity. 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. This does not include participation on sports teams that have specific academic requirements. In addition, exercise shall not be assigned or used as a form of punishment for students.

To the extent practicable, the school district will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The school district will conduct necessary inspections and repairs.

D. NUTRITION STANDARDS AND GUIDELINES FOR ALL FOOD AND BEVERAGES AVAILABLE AT SCHOOL AND OTHER STRATEGIES FOR WELLNESS

Food and beverage marketing on school campuses during the school day must meet federal and state standards. In accordance with these standards, only foods and beverages that meet the Smart Snack standards may be marketed or advertised on school campuses during the school day. To comply with this requirement, existing supplies, materials, or equipment that depict noncompliant products or logos will be placed or removed in accordance with normal lifecycles or as otherwise would occur in the normal course of business. Consistent with Board policy 6200, Goals of Student Food Services, all foods available in the district'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, School Breakfast, or After School Snack Programs must comply with federal and state nutrition standards. All foods and beverages sold at school must meet the Recommendations and Guidelines to Promote Wellness and Improve Student Achievement set out in Administrative Procedure 6140-P. Food will not be used in the schools as reward or punishment.

1. School Meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams of *trans* fat per serving; and to meeting the nutrition needs of school children within their calorie requirements. The school meals aim to improve the diet and health of school children, help mitigate childhood obesity,

model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the school district participate in USDA School Nutrition Programs, including the National School Lunch Program, the School Breakfast Program, and Summer Food Service Program. The school district also operates additional nutrition-related programs and activities including Farm to School programs, school gardens, Breakfast in the Classroom and a Mobile Breakfast cart. All schools within the district are committed to offering school meals through the National School Lunch Program and School Breakfast program that:

- Are accessible to all students
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The school district offers reimbursable school meals that meet USDA nutrition standards)

2. School Nutrition Employee Professional Development Requirements

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will provide completed training information to the Human resources department of Asheville City School. Once this information is received by ACS Human Resources Department it will be uploaded into the My Learning Plan to account for all training by school nutrition personnel.

3. Water

To promote hydration, free, safe and unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The school district will make drinking water available where school meals are served during mealtimes.

4. Competitive Foods and Beverages

Schools shall not sell food or beverage items on the school campus beginning at 12:01 am until thirty (30) minutes after the dismissal bell rings in competition with the Asheville City School Nutrition Program, as set forth in SBE Policy #CHNU-000 and NC General Statute 115C-264.

5. Celebrations and Rewards

The school district is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold to students in the School Nutrition program meet the USDA Smart

Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and wellbeing, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits.

In order to safeguard the health of the school district students and due to the dramatic increase in food allergies and food borne illnesses, the Board prohibits home produced items from being used as part of school based parties or celebrations. Parents and community members may provide food items for these types of events that are commercially prepared or packaged when the celebrations involving snacks or food will be allowed. The Board promotes the use of healthy snacks that meet the Healthy, Hunger-Free Kids Act of 2010 and adhere to the USDA Smart Snack guidelines. The school district will not be held liable for any foods not prepared and served by the school district's School Nutrition Program.

E. POLICY MONITORING

1. Each LEA shall maintain a current Local Wellness Policy and the most recent assessment of progress with implementation of the policy and submit as requested to NCDPI.
2. The U.S. Department of Agriculture Local Wellness Policy final rule requires State agencies to assess compliance with the wellness policy requirements as a part of the Administrative Review of School Nutrition Programs. NCDPI will examine records during the Administrative Review, including:
 - a. a copy of the current wellness policy;
 - b. the most recent assessment of policy implementation;
 - c. documentation on how the policy and assessments are made available to the public; and
 - d. documentation of efforts to review and update the policy, including who was involved in the process and how stakeholders were made aware of their ability to participate.
3. Each LEA, shall designate an LEA official who has oversight of the Healthy Active Children Policy, the Local Wellness Policy, and the ten coordinated school health components of the Whole School, Whole Community, Whole Child model. This LEA official also has the authority and responsibility to ensure each school is in policy compliance. Each LEA in collaboration with their designated LEA official and their local School Health Advisory Council, shall prepare and submit a report annually which explains how the LEA is meeting the requirements of the Healthy Active Children Policy and the Local Wellness Policy, including, but not limited to:
 - a. The number of minutes of physical and/or healthful living education provided to students by schools;

- b. The amount of physical activity received by students in each school within the LEA;
 - c. The extent to which schools are in compliance with the Local Wellness Policy; and
 - d. How the Local Wellness Policy compares to statutory requirements and progress with the implementation, evaluation and communication of the Healthy Active Children Policy and the Local Wellness Policy.
4. The Healthy Active Children Policy/Local Wellness Policy survey report, including the Superintendent Attestation Form, shall be submitted by September 15th of each year and remain on file for a period of 12 months. The report will be provided to the North Carolina State Board of Education, the North Carolina Department of Public Instruction, local boards of education, and other stakeholders.
 5. The annual reports shall also include any other health and wellness-related information that may be requested by the State Board of Education.
 6. The State Board of Education will receive the Healthy Active Children Policy report annually.

F. IMPLEMENTATION AND REVIEW OF POLICY

1. Oversight and Monitoring of Implementation and Progress

The Superintendent and/or lead wellness official shall oversee the implementation of this policy and monitor district schools, programs and curricula to ensure compliance with and to assess progress under this policy, related policies and established guidelines or administrative regulations. Each principal shall be responsible for and shall report to the lead wellness official regarding compliance and measurement of progress in his or her school. Staff members responsible for programs related to student wellness also shall report to the lead wellness official regarding the status of such programs.

2. Review of Policy

The lead wellness official shall work with members of the School Health Advisory Council to periodically review and update this policy based on an assessment of the school district's compliance with the policy, progress toward meeting the policy goals, and other relevant factors.

3. Annual Reporting

- a. The lead wellness official shall prepare and submit annual written reports to the Superintendent and State Board of Education by September 15th of each year that describe the school district's progress towards achieving the

goals established in this policy and that provide all other information required by the Superintendent and/or the State Board of Education pertaining to the school district's efforts to comply with this policy and SBE policy SHLT-000. This information shall also be provided to the public as provided in Section G, below.

- b. The Superintendent or designee shall report annually to the Board and public on the district's compliance with laws and policies related to student wellness, the implementation of this policy and progress toward meeting the goals of the policy. At a minimum, the Superintendent or designee 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 meets state and federal requirements; and
 3. a description of each school's progress made in attaining the goals of this policy and a summary of the school's activities undertaken in support of the policy goals.

The report may also include the following items:

1. an assessment of the school environment regarding student wellness issues;
2. an evaluation of School Nutrition programs, as required by the standards of the Healthy, Hunger-Free Kids Act of 2010;
3. a review of all foods and beverages sold in schools for compliance with established nutrition guidelines;
4. information provided in the report from the School Health Advisory Council, as described in section A, above; and
5. suggestions for improvement to policies or programs.

G. PUBLIC NOTIFICATION

The lead wellness official shall assist the School Health Advisory Council to annually inform and update the public about this policy and State Board policy SHLT-000. The information provided must include the content of the policies and the school district's efforts and progress in implementing, evaluating, and complying with the policies. All information required to be

reported annually to include principal attestation, or that is otherwise reported to the Board in accordance with Section F above shall be widely disseminated to students, parents and the community in an accessible and easily understood manner, including by posting a copy of this policy and the annual report on the school district website.

Legal References: Child Nutrition and WIC Reauthorization Act of 2004, 42 U.S.C. 1751; Healthy, Hunger-Free Kids Act of 2010, P.L. 111-296; National School Lunch Act, 42 U.S.C. 1751 *et seq.*; 7 C.F.R. 210.11 and 210.12a; G.S. 115C-264.2, -264.3; State Board of Education Policies SHLT-000, TCS-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)

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