

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 lifelong health and well being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases. Schools have a responsibility to help students learn, establish, and maintain lifelong, healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance student's overall health, as well as their behavior and academic achievement in school.

Goal:

All students in Cherokee County School shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in Cherokee County Schools is encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, Cherokee County Schools adopts this school wellness policy with the following commitments to nutrition, physical activity and comprehensive health education, and implementation. This policy is designed to effectively utilize school and community resources and to equitably serve the needs and interests of all students and staff.

To achieve these policy goals, Cherokee County Schools will utilize the School Health Advisory Council (SHAC) to develop, implement, monitor, review, and revise school nutrition and physical activity policies. The SHAC will also serve as a resource to school sites for implementing those policies.

Monitoring:

Annually, each school principal and child nutrition director will submit an annual compliance review to the superintendent. The review will address the major components of the wellness policy. The review is to be submitted to the superintendent by June 1 of each year. The superintendent will compile a report to present to the school board on progress of the wellness policy. Forms will be provided to the principals and child nutrition director in a timely manner to meet the June 1 requirement.

Commitment of Nutrition

Cherokee County Schools will:

- Offer a school lunch and school breakfast programs with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture, The Healthy Hunger Free Kids Act of 2010, and state standards established by North Carolina Department of Education, Child Nutrition Services Section.

- Follow the nutrition standards established by the state of North Carolina, and support the standards implemented by the Cherokee County Board of Education and NC Senate Bill 961 which established a state wide standard for vending.
- Offer after school snack program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture, the Child Care and Adult Program and local snack policy.
- Support the local snack and beverage policy (6235) for all foods available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity.
- Provide nutritional analysis of school breakfast and lunch menus.
- Discourage the use of foods as rewards or punishments.
- Make every effort to eliminate any social stigma attached to and prevent the overt identification of students who are eligible for free and reduced-price school meals under the Free and Reduced-price Meals program
- Sponsor the Summer Feeding Program For Children. The operation will be in several feeding sites in the county for at least six weeks between the last day of the academic year and the first day of the following school year.
- Schedule mealtime to provide students at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch. Avoid activities such as tutoring, club, or organizational meetings during mealtimes unless students may eat during such activities.
- Provide students access to hand washing or hand sanitizer before eating meals or snacks.
- Ensure that foods made available on campus comply with the state and local food safety and sanitation regulations.
- Maintain the safety and security of the food and facility by limiting access to the food service operation to Child Nutrition staff and authorized personnel.

Commitment of Physical Activity

Cherokee County Schools will:

- Ensure all Physical Education Teachers are certified in Physical Education.
- Provide students K-8 with 90 minutes of physical education each week, and students in grades 9-12 with one unit of Healthy Living

- Provide students K-8 with 30 minutes of organized physical activity each instructional day.
- Provide the following teacher/student ratio if possible in Physical Education Classes: grades K-5-1: 25; grades 6-8-1:30.
- Provide a designated location for all physical education classes.
- Provide sufficient equipment/supplies to facilitate maximum learning and practice time for all students in each physical education class period.
- Participate in a yearly fitness test for students K-9.
- Facilitate collaboration opportunity between Physical Education Teachers and other staff development opportunities.

Commitment to Nutrition Education

Cherokee County Schools will:

- Integrate nutrition education into other areas of the curriculum such as math, science, language arts and social studies.
- Work with supporting agencies to provide nutrition educational resources for classroom teachers.
- Support classroom activities for all students that include hands-on applications of good nutrition practices to promote health and reduce obesity.

Commitment to Implementation

Cherokee County Schools will:

- Support the School Health Advisory Council in all aspects of a coordinated school health program including a school wellness policy.
- Conduct a review of the progress toward school wellness policy goals each year. The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school superintendent or designee.
- Prepare and submit a yearly report to the school board and to the Department of Public Instruction regarding the progress toward implementation of the school wellness policy and recommendations for any revisions to the policy as necessary.

- The following compliance report must be completed by the principal or designee and submitted to the Superintendent by June 1 of each school year.
- The School Wellness Committee will meet annually to review the compliance report for the previous school year and make recommendations accordingly.
- The School Wellness Policy will be posted on the Cherokee County Schools webpage.

Members of the school wellness committee and stakeholders will be invited to participate in the ongoing implementation and periodic review and updating of this policy. Forms of notification will be advertised on school website, district wide alert now message, Facebook page and local newspaper 10-days in advance of meeting identifying the date and location.

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:

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

The report may also include the following items:

- an assessment of the school environment regarding student wellness issues;
- an evaluation of food services programs;
- a review of all foods and beverages sold in schools for compliance with established nutrition guidelines;
- a list of all activities and programs conducted to promote nutrition and physical activity;
- information provided in the report from the school wellness committee; and
- suggestions for improvement to policies or programs.

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. This information will be widely disseminated to students, parents and the community. Results of the assessment will be published on the district's website.

Cross Reference: Goals of Student Health Services (policy 6100), Student Wellness (policy 6140); Goals of Student Food Services (policy 6200), Nutritional Standards for Food Selection (policy 6230)

Adopted by the School Health Advisory Council (SHAC):

November 14, 2013

Amended:

April 30, 2014

Amended:

May 20, 2014