

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 work within the existing School Health Advisory Council to develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies. The Council also will serve as resources 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

The 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 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 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.
- Eliminate use of foods as punishment and encourage the elimination of the use of foods as rewards.
- 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. Other activities such as tutoring, club, or organizational meetings or activities during mealtimes unless students may eat during such activities.
- Students will be encouraged to wash or sanitize hands before eating meals or after bathroom use.
- Ensure that all 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

The Cherokee County Schools will:

- Ensure all Physical Education Teachers are licensed in Physical Education.
- Provide students K-5 90 minutes of physical education each week, students 6-8 90 minutes of physical education each week, and grades 9-12 one unit Healthful Living.
- Provide students K-5 30 minutes of physical activity each instructional day, grades 6-8 at least 30 minutes physical activity each instructional day, and grades 9-12 the daily physical activity does not apply.
- Provide the following teacher/student ratio in majority of Physical Education Classes: grades K-5-1: 25; grades 6-8-1:30.
- Provide dedicated location for all physical education classes with no more than 60 students in a full size gym for grades K-12
- Provide sufficient equipment/supplies to facilitate maximum learning and practice time for all students in each physical education class period.
- Provide resources to encourage incorporation of 5 to 10 minutes physical activity sessions in classrooms to teach subject areas and to make transitions between different lessons.
- Participate in a yearly fitness test for students (e.g. Presidents Challenge to Physical Fitness, etc.)
- Provide collaboration opportunity of local Physical Education Teachers and provide other staff development opportunities.

Commitment to Nutrition Education

The 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 education resources for classroom teachers for nutrition education.
- Support classroom activities for all students that include hands-on applications of good nutrition practices to promote health and reduce obesity.

Commitment to Implementation

The Cherokee County Schools will:

- Support the School Health Advisory Council that addresses 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 compliance report is following that must be completed by the principal or designee and submitted to the Superintendent by June 1 of each school year.

Cross Reference: Nutritional Standards for Food Selection # 6230 and Vending Machine & Snack Sales # 6235

Legal References: Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et seq.) and the Child Nutrition Act of 1966 (42 U.S.C. 1771 et. seq.)

Adopted: June 15, 2006