

The board 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.

A. SCHOOL HEALTH ADVISORY COUNCIL

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 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 regulations, collaborate with appropriate community agencies and organizations, and help raise awareness about student health issues. The council also make policy recommendations to the board related to this policy and other policies concerning student wellness and may assist the superintendent in the periodic review and revision of this 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 Section 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 system administrators, a physical education teacher, school system 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 concern: 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 superintendent in creating an annual report which 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, and any other information required by the State Board of Education.

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 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.

The board 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 will 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 will work to disseminate and promote consistent nutrition messages throughout the school district, schools, classrooms, cafeterias, homes, community and media.

C. NUTRITION GUIDELINES

Consistent with policy 6200, Goals of Student Food Services, 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 nutrition standards established by the State Board of Education and with 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 policy 6230. 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. **Competitive foods may not be sold until 30 minutes after the dismissal bell.** In addition, all vending machine sales must comply with the requirements of G.S. 115C-264.2 and *Eat Smart: North Carolina's Recommended Standards for All Foods in Schools*.

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 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, will help students know and understand the value of being physically fit, and will 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 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. 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 physical education class, recess, dance, classroom energizers and/or other curriculum-based physical activity programs. Principals shall work with their 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 may not be taken away from students as a form of punishment. In addition, severe and inappropriate exercise may not be used as a form of punishment for students.

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:

1. Schools will provide a clean and safe meal environment.
2. Students will be provided adequate time to eat meals.
3. Drinking water will be available at all meal periods and throughout the school day.
4. Potable drinking water will be available to children at no charge in the place

where lunch meals are served during the meal service. While potable water is required to be made available to students, it is not considered part of the reimbursable meal and students are not required to take water.

5. Professional development will be provided for school system nutrition staff.
6. To the extent possible, the school system will utilize available funding and outside programs to enhance student wellness.
7. Food will not be used in the schools as a reward or punishment.
8. As appropriate, the goals of this student wellness policy will be considered in planning all school based activities.
9. Administrators, teachers, food service personnel, students, parents or guardians and community members will be encouraged to serve as positive role models to promote student wellness.

F. GUIDELINES FOR REIMBURSABLE MEALS

The director of child nutrition will ensure that school district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal and/or state law whichever is more stringent.

G. IMPLEMENTATION AND REVIEW OF POLICY

The superintendent or designee shall oversee 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 in his/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 annually report to the board on the system's compliance with laws and policies related to student wellness and the implementing 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 include the following items:

1. an assessment of the school environment regarding student wellness issues;
2. an evaluation of food services programs;
3. a review of all foods and beverages sold in schools for compliance with established nutrition guidelines;
4. a listing 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 provided in section A, above;
6. suggestions for improvement to policies or programs.

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: The 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; *.Eat Smart: North Carolina's Recommended Standards for All Foods in Schools*, NC 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)

Adopted: March 13, 2006

Updated: February 2, 2010

Updated: April 3, 2012

Updated: June 3, 2013

Updated:

Employees of the student food services program shall select foods in a manner consistent with the goals established by the board and all state and federal laws and regulations. Food selection also must be consistent with statewide nutrition standards for school meals, a la carte foods and beverages, and items served in after-school snack programs.

FOODS OTHER THAN THE SCHOOL LUNCH PROGRAM

Competitive food sales, including food and beverages from vending machines, outside suppliers, or any other items sold separately from the school lunch program must be controlled to ensure that they do not encourage poor eating habits or negatively affect the ability of the school to provide a nutritious lunch at the lowest possible cost. Further, any foods sold between 12:01 a.m. **until 30 minutes after the dismissal bell rings** ~~the end of the last lunch period~~ must be sold through the school food services department, and the food services program will retain the proceeds.

The superintendent or designee will establish nutritional standards for non-cafeteria or competitive foods to protect the health of students. The superintendent shall ensure that any snack vending meets the applicable requirements of *Eat Smart: North Carolina's Recommended Standards for All Foods Available in School*. Beverage vending sales must meet the requirements of policy 6235, Beverage Vending Sales.

Legal References: Child Nutrition Act of 1966, 42 U.S.C. §1771, *et seq.*; G.S. 115C-47(7), -47(22), -263, -264, -264.2, -264.3; State Board of Education Policy EEO-S-000; *Eat Smart: North Carolina's Recommended Standards for All Foods Available in School*, NC Department of Health and Human Services, NC Division of Public Health (2004), http://www.eatsmartmovemorenc.com/programs_tools/school/docs/food_standards/SchoolFoodsStandards.pdf

Cross References: Goals of Student Food Services (policy 6200), Beverage Vending Sales (policy 6235)

Adopted: April 10, 2000
Updated: July 1, 2009
Updated:

A. REQUIREMENTS FOR BEVERAGE VENDING SALES

The board of education permits each school to sell beverages to students in vending machines ~~during the regular and extended school day~~ **30 minutes after the dismissal bell rings** subject to the following requirements.

1. Soft drinks may not be sold ~~(a) during the breakfast and lunch periods; (b) at elementary schools; or (c) contrary to the requirements of the National School Lunch Program~~ **until 30 minutes after the dismissal bell rings.**
2. Sugared carbonated soft drinks, including mid-calorie carbonated soft drinks, may not be offered for sale in middle schools.
3. Not more than fifty percent (50%) of the offerings for sale to students in high schools may be sugared carbonated soft drinks.
4. Bottled water products must be available in every school that has beverage vending.

Diet carbonated soft drinks are not considered in the same category as sugared carbonated soft drinks.

~~The extended school day includes activities such as extracurricular club meetings, yearbook, band and chorus practice, student government, drama, and childcare/latchkey programs. The extended school day does not include school-related events at which parents and other adults constitute a significant portion of the audience or are selling beverages as part of booster club activities. Examples of such school-related events include interscholastic sporting events, school plays and band/orchestra concerts. Nothing in this policy is intended to prohibit or restrict the sale of beverages, including soft drinks: (a) 30 minutes after the dismissal bell rings after the end of the extended school day; (b) on weekends; or (c) during school vacations or holidays.~~

B. BIDDING REQUIREMENTS

Federal procurement procedures must be followed for all beverage vending contracts that include in whole or in part products to be resold by the Child Nutrition Program (CNP). In addition, the superintendent or designee may employ either of the following bidding procedures:

1. Publish requests for separate bids for beverages to be sold through the CNP and bids or requests for proposals (RFPs) for beverages not to be sold through the CNP; or

2. Combine requests for bids for both beverages to be sold through the CNP and beverages not to be sold through the CNP. Proceeds from any combined CNP/non-CNP beverage vending contract must be divided between the CNP and the individual school account, such that proceeds accruing on school days from 12:01 a.m. until the end of the established lunch period are deposited into the CNP account. Any proceeds from sales that are not due to the CNP must be appropriately accounted for and used by the individual school for school purposes only.

C. VENDING MACHINE REQUIREMENTS

All vending machines must adhere to the following requirements set forth by the Montgomery County Schools Energy Policy.

1. All vending machines must be de-lamped.
2. The operating temperature of all vending machines must be set at 37° or higher.
3. All machines not serviced during the summer must be disconnected.

All beverage vending contracts must be approved by the board of education unless, upon the recommendation of the superintendent, the board specifically delegates such authority to school personnel.

Legal References: National School Lunch Act, 42 U.S.C. 1751 *et seq.*, 7 C.F.R. 210.11; 7 C.F.R. 3016.36; G.S. 115C-263, -264, 264.2, -264.3; 16 NCAC 6H.0104; State Board of Education Policy TCS -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 Food Services (policy 6200), Operation of Student Food Services (policy 6220), Nutritional Standards for Food Selection (policy 6230)

Adopted: July 1, 2009

Updated: