

## **CLAY COUNTY SCHOOLS SCHOOL WELLNESS POLICY**

- 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, like Type-2 diabetes.
- 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 students' overall health, as well as their behavior and academic achievement in schools.
- Staff Wellness also is an integral part of a healthy school environment, since school staff can be daily role models for healthy behaviors.

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

To meet this goal, the Clay County School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Clay County School District that:

- The School district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the US Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

## **TO ACHIEVE THESE POLICY GOALS:**

### **I. School Health Councils**

- The School district and/or individual schools within the district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies.
- The councils also will serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)

### **II. Staff Wellness**

- Clay County School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.
- Each district/school should establish and maintain a staff wellness committee composed of at least one staff member from each school, school health council member, health professional, and nutritionist. (The staff wellness committee could be a subcommittee of the school health advisory council.)
- The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school health council annually.

### **III. Physical Activity Opportunities and Physical Education**

#### **Daily Physical Education (P.E.) K-9:**

- Clay County Schools will strive to meet a goal for all students in grades K-9, including students with disabilities, special health-care needs, and in alternative educational settings, to receive daily physical education. Throughout the 180 day school year, it is Clay County School's goal that:  
Grades K-5 will receive a minimum of 150 minutes of P.E. each 5 day school week  
Grades 6-8 will receive a minimum of 225 minutes each 5 day school week.  
Grades 9-12 will have two units of Healthful Living (Health Education/P.E. and Life Management Course) required for graduation and PE electives available all four (4) years
- All PE teachers will have a 4-year degree in PE and/or national board certification in PE.
- Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- The PE course shall be the environment in which students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge as defined in the N.C. Healthful Living Standard Course of Study and class size will be in accordance with the State Board of Education regulations. PE includes the instruction of individual activities as well as competitive and non-competative team sports to encourage life-long physical activity.
- Adequate equipment will be made available for all students to participate in PE.
- PE facilities on school grounds will be safe.
- All PE teachers will have the same duty free periods in addition to lunch as other teachers and department heads.

#### **Recess and Physical Activity:**

- Clay County Schools will follow the State Board of Educations requirements for Recess and Physical Activity, as outlined in the Healthy Schools HSP-S-000.
- All K-8 students will be provided a minimum of 30 minutes per day of moderate to vigorous physical activity.
- Due to the physical plant layout of Clay County Schools, the K-8 students are also afforded additional physical activity and movement as they go to and from classes, lunch, and other required school activities. The combination of the two exceeds the total minutes of physical activity requirements of the State Board.
- Schools should discourage extended periods of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

### **Physical Activity Opportunities Before and After School:**

- All elementary, middle, and high schools and community programs may offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.
- After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate physical activity for all participants.

### **Safe Routes to School and After School Activity:**

- The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and/or bike to school, or after school activities. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The school district will encourage students to use public transportation when available and appropriate for travel to school.

### **Use of School Facilities Outside of School Hours:**

- School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

## **IV. Nutrition Guidelines**

### **Nutrition Education**

**Goal:** Consistent nutrition education to build the student’s knowledge and skills for making wise lifelong food choices shall be provided through all grade levels, specifically in Healthy Living/Life Skills units, but also integrated across the standard curriculum and reinforced throughout the school environment. Education shall be designed to help students learn to assess their own personal eating habits, set goals for improvement, and achieve those goals.

### **Guidelines:**

- Core subjects, such as math, science, language arts, and social studies are encouraged to incorporate interactive skills such as counting calories, categorizing quantities, reading labels, writing essays, studying and visiting local farms, science projects, studying advertising and the role media play in marketing foods and beverages. Through these activities, valuable life skills can be learned.
- The staff responsible for nutrition education shall be adequately prepared. The school system will implement professional development activities for staff in

order to effectively deliver an accurate and consistent nutrition message to students. Training will include scientifically accepted nutrition knowledge, ideas for program-specific activities and instructional techniques, and strategies to promote healthy eating habits.

- Though commercial materials with a nutrition slant are widely available (promoting specific products), teachers are encouraged to use discretion in deciding whether to use them. A study of the materials and consultation with a lead nutrition educator is recommended to determine if the message is consistent with sound nutrition, or if it can be used instead to study marketing.
- With coordination between teachers and the foodservice staff, the school cafeteria serves as a learning laboratory, providing opportunity for students to apply critical thinking skills taught in the classroom about food and eating.
- Working toward a positive impact on the health of families and the broader community, nutrition education shall include sharing information with and involving student families.
- Students are encouraged to start each day with a healthy breakfast.
- School personnel are reminded that children are watching, and are encouraged to teach, as well as role model, good nutrition and physical activity.

### **Nutrition Standards For All Foods Available On The School Campus During The School Day**

**Goal:** All foods served or available to students on campus during the school day (from 12:01am until school is dismissed for the day) will be consistent with the current USDA Dietary Guidelines for Americans and the school's goal of promoting student health and reducing childhood obesity by modeling health-enhancing eating patterns.

#### **Guidelines:**

##### **1. Assurances for School Meals and Cafeteria A La Carte:**

Meals served through the National School Lunch and Breakfast Programs will:

- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations, be in compliance with the most recent Dietary Guidelines for Americans and USDA School Meals Initiative 7CFR 210 and 220.
- Offer wholesome food choices that are appealing and attractive to children
- Promote an increase in consumption of a variety of fruits and vegetables
- Routinely offer whole grain products with increasing variety as these products become available and affordable.
- Offer low-fat and non-fat dairy products (and nutritionally-equivalent non-dairy alternatives as requested).
- Offer modest, age-appropriate portion sizes for elementary, middle, and high school students and adults, consistent with USDA meal planning guidelines.

- Decrease and eliminate foods containing added trans-fats as labeling identifies these products.
- Offer a la carte food and beverage items that are consistent with system-wide nutritional goals.

In addition:

- Clay County Schools will comply with all federal regulations, general statutes, and policies of the State Board of Education pertaining to the operation of the Child Nutrition programs.
- If School Nutrition funds are reclaimed because of competitive food sales violations, those amounts will come from the local funds of the school in violation.
- All food service personnel shall have the knowledge and skills to provide nutritious, palatable and safe meals, and shall participate in continuing professional development according to their levels of responsibility.
- Students are discouraged from sharing foods with other students because of the concern for allergic reactions, specific dietary needs of some students, and potential food safety issues.

## **2. Foods & Beverages Sold Outside the Federal Reimbursable School Meal Programs During the School Day:**

The regular school day is defined as 12:01 a.m. through regular school dismissal time for the day.

The extended school day includes activities such as clubs, yearbook, band and chorus practice, student government, drama, and childcare/latchkey programs. *Not included are* school-related events, such as interscholastic sporting events, school plays, band concerts, where parents and other adults constitute a significant portion of the audience or are selling beverages as boosters.

According to N.C. State Board of Education regulations, all foods and beverages sold before the last student has been served lunch for the day (1:30pm) must be through the School Nutrition Program.

No foods of “minimum nutritional value” as defined by federal law 7CFR & 210.11(b) shall be sold during the school day (defined as 12:01 am through regular school dismissal time for the day).

Foods and beverages available to students shall encourage adequate nutritional intakes and consumption of nutrient-dense foods and discourage foods high in calories, fats, and added sugars with low nutrient content.

For any food or beverage item proposed for sale to students outside the Child Nutrition Program, Clay County’s School Health Advisory Council or its designated committee shall have the responsibility to assess the item’s nutritional

qualifications and allow its sale or not, based on best current science and the clear goal of doing what is best for the children.

No foods of “minimum nutritional value” as defined by federal law 7CFR & 210.11(b) shall be sold.

- **Elementary schools-** No foods or beverages may be sold outside the School Nutrition Program during the school day.
- **Middle and High Schools-** Beverages  
No soft drinks or artificial sweetened drinks shall be sold. (“Soft Drinks” are defined as any non-alcoholic, sweetened beverage, excluding 50% or more fruit juice beverages and milk or milk substitute products).

Plain bottled water must be offered where any beverage sales are available and may be sold in any size container.

Beverages containing at least 50% pure fruit or vegetable juice with no added sweeteners may be sold in sizes not to exceed 12 oz.

Low-fat or non-fat milk, flavored or unflavored, may be sold.

Any other beverages must be evaluated by SHAC and be consistent with North Carolina’s Nutrition Standards for Schools before being offered for sale.

- **High schools-**  
Packaged snacks offered will increasingly emphasize healthier alternatives, and limit serving sizes to snack proportions with at least 75% of 200 calories or less. Nutrient-dense nuts, seeds, nut butters, and dairy products are exempt from these calorie limitations.  
Where possible, whole foods in their natural state will be offered.  
Added trans fats will be reduced or eliminated as labeling identifies these items.

### **3. Fund Raising**

To create a school environment that consistently supports the promotion of healthy food and beverage choices, all venues, including fund-raising activities, will be consistent with the overall school standard. Fund-raising that depends on selling nutrient-poor, calorie-dense foods and beverages conflicts with developing and maintaining healthy habits. Therefore;

- The Principal shall approve all fund-raising by school groups
- Schools shall be supplied with examples of acceptable fund-raising ideas

- Groups are encouraged to consider creative fund-raising options that do not involve the sale of foods and beverages that are inconsistent with the school goal of promoting health-enhancing choices
- If groups choose to sell unapproved foods or beverages, they may do so only off school premises, and at least one-half hour after the end of the school day.
- Fund-raising activities that include any food sales may not be conducted on campus until the last student has been served lunch for the day or 1:30 p.m.

#### **4. Parties and Celebrations**

- Classroom snacks and celebrations should reinforce the importance of healthy choices
- “Foods of minimum nutritional value” as defined by USDA may not be distributed to students during the school day
- Seasonal celebrations involving food shall be limited to 4 times per year in elementary schools, and 2 times per year in middle schools
- Celebrations and parties shall *feature* activities other than eating and shall take place after the lunch period
- Providing healthful food in appropriate portions is strongly encouraged, with “treat” foods limited to one of the party refreshments.
- Schools shall be supplied with examples of healthy food ideas and activities for parties, to be shared with parents
- If food is prepared and brought from home, any food allergies among students are clearly communicated
- Parents who offer to bring food for a class from non-commercial sources are given written guidelines for safety of food items brought from home

#### **5. Rewards and Incentives**

- In a school environment that supports healthy behaviors, teachers are encouraged to use non-food rewards for individual students or classes
- Schools shall be supplied with examples of effective non-food rewards
- “Foods of minimum nutritional value” shall not be used as rewards
- If food is used, only nutrient-rich foods in appropriate portion sizes shall be given to students

### **V. Other School-Based Activities & Eating Environments**

- The overall school environment will provide consistent wellness messages conducive to healthy eating and being physically active
- Graphics on vending machines and on promotional items given to students by food and beverage companies shall be limited to those that promote health, education, school, or community

- To foster healthy eating as a positive experience, students shall have adequate time to eat meals in clean and pleasant surroundings
- Schools shall provide an adequate time and number of cafeteria serving lines so that, after sitting down, students have at least 10 minutes at breakfast and at least 20 minutes at lunch to eat, relax, and socialize
- After-school programs will encourage physical activity and healthy eating habit formation
- Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances, etc)
- Concessions for athletic events shall include options consistent with healthy food and beverage guidelines.

## **VI. Commitment to Implementation**

Clay County Schools will:

- Establish a plan for implementation of the school wellness policy
- Designate one or more persons (with operational responsibility) to insure that the school wellness policy is implemented as written

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