**Health and Wellness Administrative Procedures** P*olicy Code: 6140*

**Philosophy:**

The School Health Advisory Committee (SHAC) of Stokes County Schools is committed to fostering a learning environment of lifelong wellness for its students and staff. We believe that healthy well-nourished bodies and minds are essential for optimal academic achievement. This proposed policy establishes a comprehensive wellness plan for the LEA that is sensitive to the needs of the individual, the school and the community.

**Criteria:**

This policy has been developed in accordance with Federal Public Law (PL 108.265 Section 204) which states “…by the first day of the 2006 school year beginning after June 30, 2006 all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority will establish a plan for measuring implementation of the local wellness policy.”

In preparing this policy SHAC has reviewed the following documents: Model Guidelines for Health and Wellness, School Nutrition Associations Local Wellness Policy Guidelines, and the N.C General Statute and N.C. State Board Policy regarding Nutrition Standards and Vending in Schools.

## Nutrition Guidelines for Foods Available During the School Day

* School Nutrition Services will provide students with a variety of age appropriate healthy foods and beverages that are consistent with the USDA guidelines for the National School Lunch Program, National School Breakfast Program and After School Snack Program. School Nutrition Service will comply with all Federal, State and Local laws governing the school meals programs. (http://www.fns.usda.gov/school-meals/child-nutrition-programs)
* School Nutrition Services Policies and guidelines for reimbursable meals shall not be more restrictive than federal and state regulations require.
* A la Carte items will include a variety of nutritious foods, such as fruits, vegetables, whole grains and low-fat dairy products.
* Stokes County Schools will meet the proficient level of the State Nutrition Standards K-5 and the School Meals Initiative K-12 in accordance with the state time-line.
* All vending machines sales will comply with Section 2 part 2 Article 17 of Chapter 115C of the State General Statutes regarding vending in schools.
* Stokes County Schools will comply with all Federal, State and Local law and policy regarding the sale of competitive foods.
* Classroom snacks, activities and celebrations, should reinforce the importance of good nutrition by encouraging healthy choices and portion control.
* Schools will consider the objectives of the local wellness policy when choosing fundraisers.
* Promotional activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement or positive youth development.

# **Food Environment**

* Stokes County Schools will provide students with adequate time to eat as is recommended by The National Association of State Board of Education, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.
* Dining areas are a pleasant and inviting environment with adequate seating provided to accommodate students.
* Schools encourage student hand washing and provide adequate materials.
* Drinking water is available for students.
* Food is not used as a punishment for student behaviors.
* Staff is encouraged not to use food as a reward for student behaviors, unless it is detailed in a student’s Individualized Education Plan (IEP).
* Outside branded items or fast foods brought into the cafeteria must be in plain packaging so brands/restaurants are not advertised. This includes students that have left the school campus.

### Food Safety

* Foods for parties, events and school-sponsored activities should be procured from commercial sources to insure safety and security.
* School Nutrition services will procure all foods sources that are safe and secure and that meet with state and federal procurement guidelines.
* School Nutrition Services will implement the Hazard Analysis and Critical Control Points (HACCP) plans for food safety.
* School Nutrition Services will provide a minimum of 4 hours of food safety training to SN Staff annually in accordance with USDA Professional Standards, (http://www.fns.usda.gov/school-meals/prfoessional-standards).

## Nutrition Education

* School Nutrition Services will provide students with opportunities for nutrition education through programs such as Five- A -Day, Farm-to-School and 1% or less Milk Campaign.
* Nutrition education will be provided to students through partnerships with the N.C. Extension Service, Healthy Carolinians, Eat Right of Stokes and other community partners.
* Nutrition information will be provided to families that address healthy eating and physical activity.

# **Physical Activity and Physical Education**

* Stokes County Schools will provide physical education that meets with the N.C. Standard Course of Study.
* Stokes County Schools will provide 30 minutes of physical activity per day K-8.
* Stokes County Schools will provide training for staff to integrate physical activity across the curriculum.
* Physical activity time shall not be withheld as punishment for student behavior.
* Middle and High School students are encouraged to participate in a wide variety of sports.

**Healthy and Safe Environment**

* Stokes County Schools prohibits the use of drugs and alcohol in accordance with federal, state and local laws and policies.
* Stokes County Schools is a tobacco free school district. The use of tobacco products is prohibited by adults and students in any building, vehicles, or on grounds owned, leased or contracted for and utilized by the Board of Education in accordance with local board policy.
* Stokes County Schools provides Drug Awareness Resistance Education (DARE) in partnership with the Stokes County Sheriffs Department.
* Stokes County Schools will partner with Stokes County Sheriff’s Department, King Police Department, Stokes County Emergency Services, area fire departments and Stokes County Fire Marshall to ensure a safe and secure environment for all students.
* Stokes County Schools in partnership with area law enforcement, emergency services and other community agencies will continue to implement and enhance a system wide crisis intervention program.

* Safety procedures and training shall support a violence and harassment free learning environment.
* Response Teams trained in CPR, the use of Automatic External Defibrillators (AED) and EPI-Pens will be available on each school campus.
* All Stokes County Schools Coaching staff will be trained and certified by the National Federation of State High School Athletic Associations by successfully completing the course, *Fundamentals of Coaching.* Topics covered in the course include: the health and well-being of students, emergency care, safety and prevention of injuries.

## Health and Social Services

* Schools shall provide an environment that supports social and emotional well-being by providing guidance and counseling services that encourages students, families and staffs to request assistance when needed and link them to school or community resources.
* Students shall be taught skills in positive interpersonal relationships, respect, diversity, anti-bullying and self-expression though the use of character education.
* Primary coordination of health services shall be through school site nurses with the support and direction of Stokes County Schools and the Stokes County Health Department.
* A coordinated program of accessible health service shall be provided to students and shall include violence prevention, communicable disease prevention, health screening, community health referrals, first aid and other priority health education topics.

# **Family, School and Community Partnerships**

* Family, student and community partners shall be included on an ongoing basis in the district wellness planning process.
* Schools and the district shall actively develop and support the engagement of student, families and staff in community health enhancing activities and events.
* Community partnerships shall be developed and maintained as a resource for school and district programs, projects activities and events.
* SHAC will work with schools to implement the Local Wellness Policy. SHAC will annually review the policy, as well as, related goals and procedures to ensure compliance with section 204 of Public Law 108-265. Findings will be reported to the local Superintendent and Board of Education.

**Staff Wellness**

* Employees shall be encouraged to engage in daily physical activity.
* In cooperation with partner agencies, Stokes County Schools will make available health screenings and vaccinations for staff when possible.
* Stokes County Schools will provide work-site training opportunities for staff regarding blood bourn pathogens, CPR the use of Automatic External Defibrillators and EPI-Pens.
* Stokes County Schools will strive to provide work site information and to develop community partnership in order to provide staff with health, nutrition and fitness opportunities.

**Adopted**: April 11, 2011

**Revised:** November 6, 2015