

## **Policy Code: 6515 SCHOOL WELLNESS POLICY**

The Edenton-Chowan Board of Education is committed to providing an environment that enhances the development of lifelong wellness practices. The Board will involve parents and the community in developing wellness practices in the schools through publication of this policy and the work of the School Health Advisory Council.

The Board will establish and maintain a School Health Advisory Council to help plan, implement and monitor this Wellness Policy and other school health issues. The School Health Advisory Council shall be appointed by the Board in August of each year and shall contain, at the minimum, a school board member, a school administrator, a child nutrition representative, a parent or guardian, a student, a local health department representative, a member of the public, and a representative from each of the following school health areas: safe environment, physical education, health education, staff wellness, and mental and social health.

### Physical Activity

Physical Education will be provided to students in accordance with State Board of Education policy. Each school shall provide a minimum of thirty minutes of moderate to vigorous physical activity for all K-8 students daily, either through regular physical education class and/or through other physical activities. Opportunities to participate in physical activity shall not be taken away as a means of punishment, nor shall severe and inappropriate exercise be used as a form of punishment.

### Nutrition

Students will receive nutrition education consistent with the Healthful Living Standard Course of Study, and nutrition education shall be integrated into health education or other subjects in order to teach students the skills necessary to adopt healthy eating behaviors. The School Health Advisory Council shall recommend other school-based activities designed to promote student wellness.

Foods and beverages available on each school campus shall meet all applicable federal and state nutritional guidelines. The guidelines for reimbursable school meals shall not be less restrictive than that established by federal law.

School principals shall establish rules for foods and beverages brought from home for classroom events or parties during the school day or for extracurricular activities after the school day.

Food and Beverage Marketing on school campuses during the school day must meet federal and state standards.

### Health Education

Students shall be provided a comprehensive school health education program that meets the requirements of state law and the regulations and objectives of the State Board of Education.

The Healthful Living Education program will include an abstinence-focused reproductive health and safety education program beginning in the seventh grade. This program will include all components mandated by [N.C.G.S. § 115C-81](#) and all objectives established by the State Board of Education. Both school system personnel and guest speakers will be limited to teaching the curriculum and material approved by the Superintendent or designee in compliance with this policy.

Parents and legal guardians of all students scheduled to participate in Healthful Living Education shall be given an opportunity (1) to review the objectives and materials of the

program before students participate and (2) to provide or withhold consent to the students' participation in any portion of the program related to reproductive health and safety.

Contraceptives shall not be made available or distributed on school property. If a student requests information regarding contraceptives, the Board of education employee may direct them to their physician and/or the health department, but shall not provide further information without parental consent.

#### Triennial Assessment

Beginning with school year 2017-18, and at least once every three years thereafter, the superintendent or designee shall report to the board and public on the system's compliance with laws and policies related to student wellness, the implementation of this policy, and progress toward meeting the goals of the policy.

#### Recordkeeping

The superintendent shall maintain records to document compliance with this policy and all federal and state requirements.

#### Implementation

The Superintendent or designee will ensure district-wide compliance with this policy. In each school, the principal or designee will ensure compliance with this policy and will report on the school's compliance to the Superintendent or designee. The Superintendent or designee, in collaboration with the School Health Advisory Council, shall annually make a public report to the Board on the implementation of this policy in the Edenton-Chowan Schools and shall prepare any other required reports.

Legal References: Child Nutrition and WIC Reauthorization Act of 2004, [42 U.S.C. 1751](#); Healthy, Hunger-Free Kids Act of 2010, [P.L. 111-296](#); National School Lunch Act, [42 U.S.C. 1751 et seq.](#); [7 C.F.R. 210.11](#), [210.12](#), and [210.31](#); [G.S. 115C-264.2](#), [-264.3](#); [16 N.C.A.C. 6H.0104](#); State Board of Education Policies [SHLT-000](#), [CHNU-000](#), [CHNU-002](#); ~~*Eat Smart: North Carolina's Recommended Standards for All Foods Available in Schools*~~, N.C. Department of Health and Human Services, N.C. Division of Public Health (2004)

Cross References: Child Nutrition Programs (policy 6500)

ADOPTED: February 7, 2005

REVISED: March 10, 2014; June 6, 2017; January 8, 2019; June 1, 2021; **January 10, 2023**

**Edenton-Chowan Schools**