

**NORTH CAROLINA STATE BOARD OF EDUCATION**  
**Policy Manual**

**Policy Identification**

**Priority:** Healthy Responsible Students

**Category:** Student Health Issues

**Policy ID Number:** [HRS-E-000](#)

**Policy Title:** Healthy Active Children Policy

**Current Policy Date:** 06/05/2014

**Other Historical Information:** 1/09/2003, 04/07/2005

**Statutory Reference:** The Healthy hunger Free kids Act of 2010 (P.L. 111-296)

**Administrative Procedures Act (APA) Reference Number and Category:**

**Section 1. LOCAL SCHOOL HEALTH ADVISORY COUNCIL**

- (a) Each Local Education Agency (LEA) shall establish and maintain a local School Health Advisory Council to help plan, implement, and monitor this policy as well as other health issues as part of the coordinated school health program.
- (b) The local School Health Advisory Council shall be composed of community and school representatives from the eight components of a coordinated school health program mentioned in Section 2(a), representatives from the local health department and school administration.
- (c) The local School Health Advisory Council shall work in conjunction with the designated LEA official who has oversight of the Healthy Active Children Policy, Local Wellness Policy and the eight components of coordinated school health as outlined in section 2(a) to oversee, implement and monitor the Local Wellness Policy.
- (d) The local School Health Advisory Council shall inform and update the public about the content, implementation, evaluation and compliance of the Local Wellness Policy and the Healthy Active Children Policy.

**Section 2. COORDINATED SCHOOL HEALTH PROGRAMS (CSHP)**

- (a) The State Board of Education shall make available to each LEA a coordinated school health program model designed to address health issues of students and staff. The program must provide for coordinating the following eight components:
  - (1) safe environment;
  - (2) Physical Education;
  - (3) health education;
  - (4) staff wellness;
  - (5) health services;
  - (6) mental and emotional health;

- (7) nutrition services; and
- (8) family/community involvement.
- (b) Each LEA shall identify an LEA official who has oversight of the Healthy Active Children Policy, Local Wellness Policy and the eight components of coordinated school health. This person will be responsible for ensuring implementation of and compliance with the Healthy Active Children Policy and the LEA's Local Wellness Policy in all sites within the LEA. Additionally this person shall submit an annual written report, as outlined in Section 7, indicating the LEA's progress towards achieving the goals established in these policies.
- (c) The North Carolina Department of Public Instruction shall notify each LEA of the availability of professional development opportunities and provide technical assistance in implementing coordinated school health programs at the local level.

### **Section 3. LOCAL WELLNESS POLICY**

- a) Each LEA administering the National School Lunch Program must establish a Local Wellness Policy consistent with the requirements of Federal Regulation (7CFR210).
- (b) To promote student health and reduce childhood obesity, Local Wellness Policies must include:
  - 1. Appropriate, evidence-based goals for nutrition education and promotion, physical activity and other school-based activities designed to promote student wellness, reduce childhood obesity and address child hunger.
  - 2. Nutrition guidelines for all foods and beverages available on each school campus during the school day that are consistent with Federal regulations for school meal nutrition standards and the Smart Snacks in School nutrition standards
  - 3. Policies for food and beverage marketing that restrict marketing and advertising to only those foods and beverages that meet Federal regulations for school meals nutrition standards and Smart Snacks in Schools nutrition standards.
  - 4. Involvement of families, students, representatives of the school nutrition program, teachers of Physical Education, school health professionals, the school board, school administrators and the public in the development, implementation and periodic review and update of the Local Wellness Policy
  - 5. Communication to the public about the content and implementation of the Local Wellness Policy
  - 6. A plan for measuring implementation of the Local Wellness Policy, including designation of an LEA official, as outlined in Section 2(b), to maintain responsibility for Local Wellness Policy implementation, compliance and reporting to the public
  - 7. Periodic measurement and assessment, available to the public on Local Wellness Policy implementation as outlined in Section 7, including the extent to which schools are in compliance with the Local Wellness Policy, the extent to which the Local Wellness Policy compares to statutory requirements, and a description of the progress made in attaining the goals of the Local Wellness Policy.

### **Section 4. PHYSICAL EDUCATION AND HEALTHFUL LIVING**

- (a) To address issues such as overweight, obesity, cardiovascular disease, and Type II

diabetes, students enrolled in kindergarten through eighth grades shall participate in physical activity as part of the LEA's Physical Education curriculum.

- (1) Elementary schools should consider the benefits of and move toward having 150 minutes of quality Physical Education per week with a certified Physical Education teacher throughout the school year.
  - (2) Middle schools should consider the benefits of and move toward having 225 minutes per week of Healthful Living Education. Middle school Healthful Living Education should be divided equally between health and Physical Education with certified health and Physical Education teachers throughout the school year.
- (b) Physical Education shall take place in a supportive environment in which students learn, practice, and receive assessment on developmentally appropriate motor skills, social skills, and knowledge as defined by the North Carolina Healthful Living Standard Course of Study and that fosters support and guidance for being physically active. In order to meet enhanced goals, these classes should be the same class size as other academic classes with at least fifty percent of Physical Education class time spent with students engaged in moderate to vigorous physical activity.

#### **Section 5. PHYSICAL ACTIVITY AND RECESS**

- (a) For schools in which Physical Education is not currently offered daily to all K-8 students, a minimum of 30 minutes, daily, of moderate to vigorous physical activity shall be provided by schools for all K-8 students. This requirement can be achieved through a Physical Education class offered to all students. On days when Physical Education is not part of a student's schedule, the 30-minute physical activity requirement can be met by activities such as recess, dance, classroom energizers, or other curriculum-based physical activity programs.
- (b) Recess shall consist of unstructured free play or structured games and activities. Recess and physical activity shall not be taken away from students as a form of punishment; furthermore, exercise shall not be assigned for use as a form of punishment for students.
- (c) The physical activity required by this section must involve physical exertion of at least a moderate to vigorous intensity level and for a duration sufficient to provide a significant health benefit to students according to National Physical Activity and Health Guidelines. Activity sessions should be no less than ten-minute segments that, when combined, total 30 minutes of daily physical activity.

#### **Section 6. NUTRITION SERVICES, EDUCATION AND PROMOTION**

- (a) Consistent with Federal Regulation(7 CFR 210), schools shall:
1. Offer a variety of healthful, appealing food and beverage options for students.
  2. Demonstrate a commitment to utilizing non-food related strategies to recognize and reward students.
  3. Offer nutrition education that aligns with national dietary guidelines, adheres to state academic standards; utilizes integrated instruction, is grade-specific and sequential in building skills for students to choose, prepare and consume healthy foods and beverages; and connects the classroom, cafeteria and community with involvement from teachers, school staff, Child Nutrition professionals, families, students and the community.

## **Section 7. POLICY MONITORING**

- (a) Each LEA shall submit a copy of the Local Wellness Policy to the North Carolina Department of Public Instruction; modified Local Wellness Policies must be submitted upon adoption by the local board of education.
- (b) Each LEA, in collaboration with their designated LEA official who has oversight of the Healthy Active Children Policy, the Local Wellness Policy and the eight components of coordinated school health, as outlined in Section 2(a), and their local School Health Advisory Council, shall prepare and submit a report annually which explains how the LEA is meeting the requirements of the Healthy Active Children Policy and the Local Wellness Policy, including, but not limited to:
  - 1. The number of minutes of physical and/or healthful living education provided to students by schools;
  - 2. The amount of physical activity received by students in each school within the LEA;
  - 3. The extent to which schools are in compliance with the Local Wellness Policy;
  - 4. How the Local Wellness Policy compares to statutory requirements and progress with the implementation, evaluation and communication of the Healthy Active Children Policy and the Local Wellness Policy.
- (c) The Healthy Active Children Policy/Local Wellness Policy survey report shall be submitted by September 15th of each year and remain on file for a period of 12 months. The report will be provided to the North Carolina State Board of Education, the North Carolina Department of Public Instruction, local boards of education, and other stakeholders.
- (d) The annual reports shall also include any other health and wellness-related information that may be requested by the State Board of Education.
- (e) The State Board of Education will receive the Healthy Active Children Policy report annually.