

**Descriptor Term:** STUDENT WELLNESS  
**Descriptor Code:** IHB-P  
**Date Issued:** May 25, 2006  
**Date Revised:** November 22, 2011  
July 8, 2014

I. Guilford County Schools incorporates wellness into the curriculum consistent with the North Carolina Standard Course of Study.

Procedure:

- In grades K-5, physical education teachers and classroom teachers shall utilize the most current Healthful Living Standard Course of Study. In grades 6-12, health and physical education teachers shall utilize the most current Healthful Living Standard Course of Study.
- In physical education courses, students will learn, practice and receive assessment on developmentally appropriate motor skills, social skills, and knowledge as defined in the North Carolina Healthful Living Standard Course of Study and receive support and guidance for being physically active. Classes shall be the same class size as other regular classes.
- All teachers are encouraged to incorporate nutrition and physical activity into other subject areas.

II. Guilford County Schools incorporates physical fitness assessment into the physical education curriculum.

- In grades K-8, physical education teachers will conduct and record fitness assessment using Fitnessgram which is a criterion-referenced test.
- Physical education teachers will test students in grades K-2 one time a year, in the spring of the school year.
- Physical education teachers will test students in grades 3-8 two times a year, in the fall and in the spring of each school year.
- Staff shall maintain confidentiality of students' personal fitness test data and generate an annual fitness report for each student that is shared with the parent/guardian. The fitness report shall include results of specific fitness measures in the areas of cardio-respiratory endurance, muscular strength and endurance, flexibility and body composition (Body Mass Index-BMI).
- Before students may participate in BMI data collection measuring height and weight, the school will notify parents. Any parent wishing to withdraw his or her student from the BMI data collection process will do so in writing to the principal.
- The fitness assessment shall be used to teach students how to assess their fitness levels, set goals for improvement, and monitor progress in reaching their goals.

III. Guilford County Schools includes physical activity as an important part of education for students.

Procedure:

- Structured physical activity shall not be taken away nor used as a form of punishment.
- In grades K-8, a minimum of 30 minutes a day of physical activity at a moderate to vigorous intensity level will be provided to support significant health benefit to students. This 30 minutes a day does not include the time needed for transition between classes or dressing out for class.
- Certified physical education teachers should be hired to implement the requirements of the Healthy Active Children Policy.

IV. Staff wellness is emphasized in order to serve the entire school community.

Procedure:

- Each school will maintain a staff wellness contact to serve as liaison for staff wellness activities.
- Guilford County Schools will plan and implement activities that support personal efforts by staff to maintain a healthy lifestyle.

V. The district requires well-planned and implemented school nutrition practices, where every meal meets the criteria established by State and Federal authorities.

Procedure:

- All breakfast and lunch meals will meet minimum nutrition requirements established by local, state and federal statutes and regulations.
- To the greatest extent possible, once students are seated, they will be provided at least 10 minutes to eat breakfast and 20 minutes to eat lunch.
- Unless limited by facilities, lunch should be scheduled between 11:00 a.m. and 1:00 p.m.

VI. The district focuses on safety in the preparation and storage of all consumable food.

Procedure:

- Guilford County Schools shall provide on-going Serve Safe training for all Child Nutrition Employees.
- Guilford County Schools will implement a Hazard Analysis Critical Control Point Plan in each school cafeteria.
- Foods from any source other than Environmental Health Services inspected facilities (i.e. stores or restaurants) shall not be served to students during snack time, celebrations (such as international theme days) or as rewards. This procedure does not apply to students who bring their lunch to school.
- Schools should discourage students from sharing their foods or beverages with one another during meal or snack times due to possible allergies or restrictions on some children's diets.
- Schools shall provide students access to hand washing or hand sanitizing before each meal service or snacks.
- Foods from outside sources shall not be stored in cafeteria refrigeration.

VII. The district requires that all foods available on campus meet the goals of the Wellness Program.

Procedure:

All snacks and beverages shall meet General Statutes Chapter 115C-264.2 and State Board of Education regulations (16N.C.A.C.6H.0104) which states that no food of any kind may be sold by any source other than the Child Nutrition Program during breakfast and lunch until the last child is served the meal. Also included:

Elementary Schools- no soft drinks sold at any time; bottled water is available in every school that has beverage vending; no snack vending Middle Schools- caffeine-free, diet soft drinks and bottled water are available in every school that has beverage vending. Snack vending in all schools shall meet State Board Policy EEO-S-002. Seventy-five percent of snack vending products shall not have more than 200 calories per portion. High Schools- caffeine-free, diet soft drinks and bottled water are available in every school that has beverage vending. Snack vending in all schools shall meet State Board Policy EEO-S-002. Seventy-five percent of snack vending products shall not have more than 200 calories per portion.

- Schools shall not use foods or beverages that do not meet nutrition standards as defined in State Board Policy EEO-S-002 as rewards for academic performance or good behavior or for celebrations.
- Food or beverages shall not be withheld as punishment.
- Students should be encouraged to bring healthy choices for snacks and avoid items high in fat, sugar and/or sodium.
- Schools are encouraged to use foods that meet the nutrition standards as defined in State Board Policy EEO-S-002 when used for fundraising activities.

VIII. "Smart Snack" Standards

As part of the "National School Lunch and School Breakfast Program: Nutrition Standards for All Foods Sold in School as Required by the Healthy, Hunger-Free Kids Act of 2010", USDA defines the school day to provide guidance to LEA's for compliance with respect to competitive food sales. The school day is defined as the period of time beginning at 12 a.m. until 30 minutes after the end of the instructional day.

Any foods sold to students during this time period must adhere to the Smart Snack standards to maintain compliance. Foods sold to students outside of this timeframe are not subject to the Smart Snacks standards.

School programs that are found in violation of this standard and offer non-compliant snacks to students during the "school day" will be subject to punitive damage that will be charged to the offending party (i.e., a school sponsored vending machine that operates out of compliance will need to make reparations to the North Carolina Department of Instruction's Child Nutrition Department to cover the cost of reimbursement claims filed with USDA for all meals served in that school on that particular day).

School administrators should refer to GCS Policy IHB and IHB-P for more information regarding the Wellness Policy and competitive foods sold by schools, clubs, booster programs and all other programs outside the School Nutrition Department.

The Guilford County Board of Education is committed to providing a school environment that emphasizes learning and development of lifelong wellness practices. Recognizing the link between nutrition and physical activity to enhanced student health, academic performance and behavior, the Board expects the administration to implement a Wellness Program that:

- Incorporates wellness into the K-12 curriculum where appropriate and consistent with the North Carolina Standard Course of Study;
- Incorporates physical fitness assessment into the physical education curriculum as an instructional tool.
- Includes physical activity as an important part of education for students;
- Includes staff wellness in order to serve the entire school community;
- Requires well-planned and implemented school nutrition where every meal meets the criteria established by State and federal authorities;
- Focuses on safety in the preparation and storage of all consumable food, and
- Requires that all foods available on campus meet the goals of the Wellness Program.

The administration is directed to develop procedures to accomplish the Board's goals for school wellness which include health and physical education in accordance with State standards. The administration shall designate a Wellness Coordinator who shall report to the Board annually on the implementation of this Wellness policy and related programs.