

COORDINATED SCHOOL HEALTH AND LOCAL WELLNESS POLICY

The New Hanover County Board of Education (Board) is committed to providing school environments that promote and protect children's health, well-being, and ability to learn. Students who are fit, healthy, and ready to learn are better able to achieve their academic potential. The Board also is concerned about the prevalence of childhood obesity and consequent health implications. In the short-term, overweight children may exhibit compromised health, with effects on school attendance and academic performance. Long-term, overweight children have a higher risk for developing chronic diseases as adults. Healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. Thus, the Board is committed to supporting healthy eating, nutrition education and physical activity.

The purpose of this Policy is to set forth goals for our schools to provide children and adolescents with a healthy environment where they can consume nutritious meals, snacks and beverages; get regular physical activity; and learn about the importance of lifelong healthy behaviors. Goals will be provided in the following categories:

- [School Health Advisory Council](#)
- [Wellness Coordinator](#)
- [Nutrition Education](#)
- [Nutrition Guidelines for All Foods on School Campus](#)
- [Nutrition Promotion](#)
- [Food Safety and Security](#)
- [Eating Environment](#)
- [Physical Activity and Education](#)
- [Employee Wellness](#)
- [Local Wellness](#)
- [Implementation, Monitoring, Assessment and Reporting](#)

LEGAL REFS: North Carolina State Board of Education Policy GCS-S-000 and Administrative Procedures Act, Local Wellness Policy requirements, Public Law 108-265 as amended (Richard B. Russell Child Nutrition Act, 2004) Public Law-108-265, s. 204; N.C. Gen. Stat. § 115C-263 et seq. N.C. Gen. Stat. § 115C-81(e1); 42 U.S.C. § 1751 et seq.; NCSBE Policy Manual HRS-E-000, EEO-S-000; NCGS 115C-264; Policy TCS-S-000; Healthy, Hunger-Free Kids Act of 2010, Public Law 111-296

Cross Ref: Policy 4405 All Food Sold in Schools

Adopted: 07/13/04

Revised: 06/05/06, 04/05/11, 09/06/16