



STUDENT WELLNESS

Policy Code: 6140

The board recognizes that our country suffers from an alarming rate of obesity, associated with very high rates of diabetes, high blood pressure, heart disease and stroke. The board further recognizes that an increasing number of children and teenagers are obese and at-risk for developing these same complications even in their youth. The link between nutrition, physical activity, and learning is well documented. Healthy eating and physical activity habits are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases, like Type 2 diabetes. Schools have a responsibility to help students learn, establish, and maintain lifelong, healthy eating and physical activity habits. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance student's overall health, as well as their behavior and academic achievement in school. All students in Franklin County Schools will be educated in a manner that allows them to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in Franklin County Schools is encouraged to model healthy eating and physical activity as a valuable part of daily life. The board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and regular physical activity as part of the total learning experience.

The School Health Advisory Council (SHAC) comprised of parents, teachers, administrators and community members will work with Franklin County Schools to improve nutrition and physical activity in the school environment. On an annual basis, the School Health Advisory Council (SHAC) will review current procedures and guidelines in place and identify any areas in need of improvement. This council will report their findings to the Superintendent.

Child Nutrition Programs will comply with federal, state and local requirements. The Child Nutrition Program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.

LEA personnel, including principals and Child Nutrition staff will provide ongoing monitoring to ensure compliance with this policy at their respective schools.

The Superintendent will ensure that guidelines and regulations are developed and implemented in order to comply with this policy.

Legal References: Federal Public Law (PL 108-265 Section 204); North Carolina Senate Bill 961 (Vending); North Carolina State Board of Education Policy ID Number HSP-S-000 (Healthy Active Children)

Adopted: 04/03/06