

Triennial Assessment

Moore County Schools Local School Wellness Policy Triennial Assessment June 30, 2023

MCS STUDENT WELLNESS POLICY OVERVIEW

Moore County Schools (MCS) understands the important role a school district plays in promoting and supporting the overall health and well-being of students, which includes physical health. MCS Office for Student Support Services' primary mission is to support the safety, health, and welfare of students. As Director for Student Support Services, Tracy Metcalf serves as the district lead with oversight of the Student Wellness policy and triennial assessment. In relation to other district staff who support implementation of the policy Student Support Services works collaboratively with the Curriculum and Instruction and Child Nutrition Departments as well as school nurses and principals in order to support the physical health and wellness of students in all schools. MCS Board Policy 6140 Student Wellness plays a significant role in this work as it outlines all state and federal requirements for student wellness to be addressed by Local Education Agencies (LEA) to include the following:

- **Student Health Advisory Council (SHAC)** – The SHAC helps plan, implement, promote and monitor this policy as well as other health and nutrition issues within the school district. The Council serves as an advisory committee regarding student health issues and works in conjunction with district administrators charged with oversight of the student wellness policy and the school system's efforts to promote student and employee health and wellness in compliance with state and federal requirements. The Council may also assist with making policy recommendations to the Board related to student wellness, including participating in periodic review and revision of the policy. The SHAC is composed of representatives from the school district, the local health department and the community. The council must include members of each of the following groups: the School Board, school district administrators, school district food service representatives, physical education teachers, school health professionals, students, parents or guardians and the public. The following people currently serve as members of the MCS SHAC:
 - Stacey Caldwell, MCS Board of Education
 - Cheryl Dillman, Child Nutrition Supervisor
 - Dana Evans, PE Teacher
 - Tammie Fox, Moore County Health Dept. Dental Hygienist
 - Melissa Fraley, Moore County Health Dept Nursing Supervisor
 - Crystal Francisco, School Nurse
 - Matt Garner, Health Educator, Moore County Health Dept
 - Donna Gephart, Director for Curriculum and Instruction
 - Lisa Keiser, School Health Manager

- Laura Kinsman, PE Teacher, Coach
 - Karen Taylor, MCS Child Nutrition Director
 - Misty Marley, School Nurse
 - LaShunda Maynor, Asst. Director, Student Support Services
 - Tracy Metcalf, Director, Student Support Services
 - Marisol Rivera, School ESL Liaison
 - Lindsey Sise, Director of Health and PE, Moore County Schools
 - Dr. Williams Stewart, Pediatrician at Sandhills Pediatrics, Medical Director for MCS
 - Brandon Blackburn, PE Teacher, Coach
 - Parent and son from Union Pines High School-Jodie and Harley Moyer
 - Parent and daughter from Pinecrest High School-Alexander and Ella Jacoby
- **Nutrition Promotion and Education** - Promoting student health and nutrition enhances readiness for learning and increases student achievement. The goals of nutrition promotion and education in MCS are (1) to provide appropriate instruction for the acquisition of behaviors which contribute to a healthy lifestyle for students and (2) to teach, encourage and support healthy eating by students. This is accomplished through nutrition education consistent with standards adopted by the State Board of Education that provides all students with the knowledge and skills needed to lead healthy lives through age-appropriate nutrition education lessons and activities.
 - **Physical Education and Physical Activity** - Students enrolled in kindergarten through eighth grade have the opportunity to participate in physical activity as part of the district's physical education curriculum. The goal for elementary schools is to provide 150 minutes weekly of quality physical education with a certified physical education teacher. The goal for middle schools is to provide 225 minutes weekly of Healthful Living Education, divided equally between health and physical education with certified health and physical education teachers. Students are taught in alignment with the North Carolina Healthful Living Standard Course of Study and should be engaged in moderate to vigorous physical activity a minimum of 50 percent of class time.
- Schools provide a minimum of 30 minutes of moderate to vigorous physical activity a day for kindergarten through eighth-grade students through physical education class as described above, or through recess, dance, classroom energizers and/or other curriculum-based physical activity programs of at least 10 minutes duration, that, when combined, total 30 minutes of daily physical activity. Principals work with teachers to ensure that students meet the minimum physical activity requirement. In addition, recess and physical activity is not taken away nor assigned as punishment for students.
- **Nutritional Guidelines for All Foods and Beverages on School Campus** - All foods and beverages provided through the National School Lunch, School Breakfast Programs, or sold to students during Child Nutrition hours comply with all federal and state regulations. The director for child nutrition ensures that school system guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for

schools in accordance with federal law. Other foods and beverages available on a school campus during the school day and after adhere to the following standards:

- No food or beverages are sold in competition with the school nutrition program between the hours of 12:01 a.m. and the time that the cafeteria closes for the day.
 - Elementary schools do not sell any snacks or beverages outside of the Child Nutrition program during the school day. Middle and high schools are permitted to sell snacks and beverages outside of the Child Nutrition program during the school day provided these sales are after the cafeteria closes for the day.
 - From the time the cafeteria closes for the day until 30 minutes after the end of the official school day all food and beverage sales on campus comply with the federal Smart Snacks in Schools Standards.
 - Although the federal regulation provides a special exemption for infrequent fundraisers, there are no exemptions to the requirement for food and beverage fundraisers to meet the nutrition standards during school hours, as doing so sends mixed messages to students.
 - School principals 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. The MCS Board encourages principals to establish rules that are consistent with the federal Smart Snacks in Schools standards.
 - School principals may establish standards for fund-raising activities conducted after the school day, 31 minutes after the dismissal bell rings, which involves the sale of food and/or beverages. However, the Board encourages alternative fundraising activities such as non-food items or physical activity.
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- **Standards for Food and Beverages** – All food and beverages served or sold on campus within the parameters outlined above meet ingredient and nutritional guidelines including those for calories, sodium, fat, and sugar as established state and federal requirements. All beverages sold also meet state and federal requirements established specifically for elementary, middle, and high school.
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- **Other School-Based Activities to Promote Wellness** – The following additional school-based activities to promote student wellness on campuses include:
 - Schools provide a clean and safe meal environment.
 - Students have adequate time to eat meals.
 - Drinking water is available at all meal periods and throughout the school day.
 - Food is not used as reward or punishment.
 - Teachers do not use unhealthy foods in the classroom.
 - Professional development is provided for district nutrition staff
 - To the extent possible, the district utilizes funding and outside programs to enhance student wellness.
 - As appropriate, the standards of the student wellness policy are considered in planning school-based activities.

- Administrators, teachers, food service personnel, students, and parents/guardians are encouraged to serve as positive role models to promote student wellness.
- Schools are in the process of obtaining enough AEDs and Bleeding Control Kits to provide access within 3 minutes from any location of an incident. Associated training is also scheduled yearly, both online and in person.
- “Catch my Breath” is a program instituted to teach students (starting in middle school) the hazards of vaping.
- Narcan is now kept with each SRO and at each school.
- Collaboration with the local Lion’s Club to increase the number of vision screenings done.

Implementation and Review of Policy – The Student Wellness policy is reviewed by the MCS School Health Advisory Council and a Healthy, Active Children’s Report is completed annually. Beginning in June, 2020 and once every three years hereafter a triennial assessment of the district Student Wellness policy will be completed and will include:

- The extent to which individual schools are in compliance with the policy;
- The extent to which the Board’s wellness policy compares to model local school wellness policies and meets state and federal requirements; and
- A description of the progress made in attaining the goals of this policy.

The completed triennial assessment will be shared with MCS Board members and posted on the district website for access by parents and the community.

EXTENT SCHOOLS ARE IN COMPLIANCE WITH POLICY All schools are in compliance with the MCS Board Policy 6140 Student Wellness and meet the standards described in the policy and above related to:

- Nutrition Promotion and Education
- Physical Education and Physical Activity
- Nutritional Guidelines for All Foods and Beverages on Campus
- Standards for Food and Beverages
- Other School-Based Activities to Promote Wellness

EXTENT THE LOCAL POLICY ALIGNS WITH MODEL POLICIES

MCS Student Wellness policy was developed in alignment with the model State Board of Education Student Wellness policy. The district policy, #6140, has been reviewed and updated this year to more closely align with the NC State Board Policy and recommendations of Student Wellness, which also aligns with the [Department of Public Instruction’s model of “Whole School, Whole Community, Whole Child’s” framework](#).

PROGRESS TOWARD ATTAINING POLICY GOALS

- **Stakeholder/Community Feedback Related to Student Wellness Policy** – The district has worked hard these past few years to provide opportunities for staff, parents, and community to review the policy and provide feedback. Even during COVID the committee (as listed previously), met at least 3 times a year in order to meet our goals of providing a safe and healthy environment for the students in Moore County Schools. We discovered that virtual participation increased attendance due to the wide variety of committee members.
- **Physical Activity and Physical Education** – The district continues to strive to meet the goal of providing 150 minutes a week of physical education with a certified PE teacher in grades K-5 and 225 minutes a week of Healthful Living Education, divided equally between health and physical education with certified health and physical education teachers, as expected by the state. These are ambitious goals with overcrowded schools that are understaffed with PE teachers but schools do the best they can, although it is not a reality in all schools. The goal of providing 30 minutes of physical activity per day through PE, recess, and/or classroom energizer activities for K-8 students is more realistic and a goal most schools accomplish. Specific information related to which schools are able to meet these goals and which are not will be available in the 2019-2020 Healthy Active Children Report for MCS when it is submitted to the state prior to the September deadline.
- **Promotion of Nutrition** – Child Nutrition continues to encourage healthy eating habits by following the regulations and guidelines provided by the federal and state governments. We will continue to encourage school administrators to seek alternative fundraising opportunities that include non-food items and physical activity in order to promote healthy habits. We will also continue to work with partners, such as Food Corps, to promote fresh fruit and vegetable consumption by students.