

CURRITUCK COUNTY SCHOOLS WELLNESS POLICY REVIEW SY 2015-2016

Each local educational agency that participates in the National School Lunch Program or other federal Child Nutrition programs is required by federal law to establish a local school wellness policy for all schools under its jurisdiction as mandated by the Healthy Hunger-Free Kids Act of 2010. LEAs were expected to begin reviewing and implementing their local wellness policies in the 2013-14 school year.

To help with the initial review of the district's school wellness policy, each school in the district conducted an assessment of the schools' existing nutrition and physical activity environments and policies in the spring of 2014. The survey was administered and feedback gathered from administrators at the elementary and secondary levels. At the elementary level indicated that the parent organizations sell foods and beverages at special events. The secondary level indicated that there are a variety of foods items are sold at concessions/sporting events however, they do not sell until at least 30 minutes after the final bell. In addition, there are challenges in regards to providing every student with opportunities to voluntarily participate in extracurricular physical activities that meet his/her needs interests and abilities and providing safe opportunities for both organized and informal use of indoor and outdoor facilities, before and after school. Challenges include staff supervision, transportation, and lack of funds.

Strengths of the program include:

Safe Environment – development and practice of lockdown drills, education for staff on AED, epi-pens and blood borne pathogens, education for selected staff on CPR, first responders, and delegation of medication, education for child nutrition staff on choking hazards,

Physical Education – development and stress of a fitness program, walking clubs, brain breaks, swimming lessons

Health Education and Services – lessons on medicine safety, hygiene, and puberty, mobile dentist

Staff Wellness – walking clubs, memberships at the Y for Teachers of the Year

Mental and Social Health – School-based mental health therapist, Friends of Rachel club activities (Rachel's Challenge), positive behavior activities and rewards

Nutrition Services – Smart snacks, classroom lessons on diet and nutrition

Parent/Family Involvement – support group for parents of students with Asperger's or autism, canned food drives, Operation Santa and Angel Tree, backpack program, summer feeding program

It is intended the SHAC committee will meet twice a year. The dates for the 2015-2016 school year are December 9, 2015 and March 9, 2016. Participation on this committee includes the Director of Secondary Education and Support Services, a board of education member, a representative from the health department, a pediatrician, school counselor, school nurse, PE teachers, and a student.

The superintendent or designee will ensure compliance with established district-wide school wellness policy. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee every December.

The Director of Child Nutrition or designee will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent every December. In addition, the school district will report on the most recent USDA Administrative Review (AR) findings and any resulting changes.

If the district has not received an AR from the state agency within the past three year, the district will request from the state agency that an AR be scheduled as soon as possible. The school nutrition department went through a formal AR March 2014. Another AR report is expected in 2017.

The superintendent or designee will develop a summary report every year on district-wide compliance with the district's school wellness policy, based on input from the school health advisory committee (SHAC), school principals or designee, and school nutrition director or designee. That report will be provided to the school board and also distributed to the stakeholders within the district via the district website every January.

Mark Stefanik, Superintendent CCS

Date