

5125.1 Nutrition Education

Schools will comply with WCPSS Board Policy 5120 Healthful Living. Additionally, nutrition education will be delivered according to goal 4 of the North Carolina Healthful Living Standard Course of Study.

5125.2 Physical Activity

Schools will comply with WCPSS Board Policy 5120 Healthful Living and the NC BOE Healthy Active Children Policy. Additionally, physical education will be delivered according to goals 6-10 of the North Carolina Healthful Living Standard Course of Study.

5125.3 Nutrition Guidelines for all foods and beverages available on school campuses during the school day

- A. **School day:** For students, the school day begins one half hour prior to the first bell and ends with the dismissal bell.
- B. **Beverages sold via vending machines:** All beverages sold through vending machines outside the Child Nutrition Services program, will be in compliance with North Carolina NC General Statute 115C-264.2.
- C. **Cafeteria a la carte:** All foods and beverages sold through the school cafeteria or in other locations where Schools Meals are served or eaten will be in compliance with the nutrition standards set by the North Carolina State Board of Education per North Carolina NC General Statute 115C-264.3.
- D. **Fundraising activities:** Schools will comply with the existing WCPSS Board Policy 6830. Schools will not operate fundraisers that involve food and/or beverage items during the school day.
- E. **Snacks during school and after school programs including school based care contracted with outside agencies:** All provided foods and beverages will be in compliance with the nutrition standards set by the North Carolina State Board of Education per North Carolina NC General Statute 115C-264.3.
- F. **Rewards:** Schools will not use food or beverages of minimal nutritional value, per US Code of Federal Regulation Sec. 210.11, as rewards for academic performance or good behavior.
- G. **Punishment:** Schools will not withhold food or beverages (including food served through school meals) as punishment.

5125.4 **Nutrition Recommendations for all foods and beverages available on school campuses after the school day**

- A. **Beverages sold via vending machines after the school day:** Two or more beverages sold via vending machines after the school day will be in accordance with sound nutrition principles (e.g., Dietary Guidelines for Americans).
- B. **On campus events** (e.g., athletic events, dances, or performances): Two or more foods and/or beverages offered or sold on campus outside the school day will be in accordance with sound nutrition principles (e.g., Dietary Guidelines for Americans).

5125.5 **Reimbursable School Meals and Snack Programs**

Schools will meet the federal and state requirements and nutrition standards per North Carolina NC General Statute 115C-264.3.

5125.6 **Evaluation**

- A. The principal shall designate one or more persons to ensure that the school is in compliance with the policy's requirements.
- B. Each principal will report annually to the superintendent or designee regarding compliance in his/her school.

Legal References: NC General Statute 115C-264, US Code of Federal Regulation Sec. 210.11, US code of Federal Regulation Sec. 220.12, WCPSS Board policies 5120, and 6830, North Carolina State Board of Education Healthy Active Children Policy

Adopted: June 6, 2006