



# BRUNSWICK COUNTY SCHOOLS

35 Referendum Drive · Bolivia, North Carolina 28422 · Phone: 910-253-2900 · Fax: 866-293-0649

## **Brunswick County Schools Local School Wellness Policy Triennial Assessment June 30, 2021**

### **BRUNSWICK COUNTY SCHOOLS STUDENT WELLNESS POLICY OVERVIEW**

Brunswick County Schools (BCS) understands and promotes comprehensive programming and activities that support overall student health to include physical wellness, nutrition and childhood mental health. [BCS Policy Code: 6140 Student Wellness](#) is instrumental in guiding district practices. The district recognizes the importance of students maintaining their physical health and receiving proper nutrition in order to take advantage of educational opportunities. In addition, BCS understands that student wellness and proper nutrition are related to a student's physical well-being, growth, development, and readiness to learn. BCS utilizes a multidisciplinary team approach to addressing comprehensive wellness in all district schools. BCS 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 information listed as follows details current and relevant information regarding how Brunswick County Schools supports overall student wellness.

**Student Health Advisory Council (SHAC)** – Brunswick County Schools multidisciplinary SHAC team works collaboratively to plan, implement and promote wellness initiatives for students as well as staff throughout the district. The SHAC team places special emphasis on utilizing proactive planning to address physical health, mental health and nutrition needs within the school district. The SHAC Committee members further serve as advisors regarding student health issues. They consistently work in conjunction with district administrators and Board members to promote student and employee health and wellness along with policy development that is in compliance with state and federal requirements. The SHAC is composed of representatives from the school district, community agencies and the local health department. The SHAC team includes members of each of the following groups: school district administrators, school district food service representatives, physical education teachers, school health professionals, local health department, Cooperative Extension, students, parents and the public. The following people currently serve as members of the Brunswick County Schools SHAC:

- Wanda Willis--Brunswick County Schools: Nurse Supervisor
- Melissa Quinlan--Executive Director of Exceptional Children and Student Support Services
- Molly White--Assistant Superintendent
- Jessica Obrachta--Child Nutrition
- Imer Smith- Director of Child Nutrition
- Kristen Quinn--PE Teacher-Bolivia Elementary
- Tiffany James--PE Teacher- Supply Elementary
- Misty Hewett--School Nurse- West Brunswick High School



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- Sharon Martin--School Nurse--Lincoln Elementary
- Angel Freeman--School Nurse--Union Elementary
- Leslie Reeves--PE Teacher--West Brunswick High School
- Allison Campbell--Brunswick County Health Services Health Educator
- Savanna Caison--School Nurse--Jesse Mae Monroe Elementary
- Amelia Monroe--School Nurse--Belville Elementary
- Jennifer Lucas--School Nurse- South Brunswick High School
- Ashley Rhodes--School Nurse--Virginia Williamson Elementary
- Claire Thomas--School Nurse--Leland Middle School
- Jasmine Jenkins--School Nurse- Town Creek Elementary and Town Creek Middle
- Lori O'Brien--School Nurse--Bolivia Elementary
- Christy Eppard--School Nurse--The COAST & Early College High School
- Kathy Jones--School Nurse--Shallotte Middle School
- Penny Jones--School Nurse--North Brunswick High School
- Erin Moore--School Nurse--Waccamaw K-8
- Carrie Barrett--PE Teacher- Belville Elementary
- Melissa Pittman--School Nurse--South Brunswick Middle School
- Marissa Hobbs--School Nurse--Cedar Grove Middle School
- Tracie Marty--School Nurse--Southport Elementary
- Miranda Oliver--School Nurse--Supply Elementary
- Cherie Browning--Brunswick County Health Services: Nurse Supervisor
- Jennifer Dean--PE/Health Educator- Leland Middle School
- Erin Ditta--Coastal Horizons
- John Dykes--PE Teacher--Lincoln Elementary
- Mary Lucas--PE Teacher--Town Creek Middle School
- Wendy Jones--PE Teacher--Southport Elementary
- William Lefevre--PE Teacher--Virginia Elementary Williamson
- Kyle Blackmon--PE Teacher--Union Elementary
- James Shankle--PE Teacher--Cedar Grove Middle School
- Mary Vaccaro--PE Teacher- Town Creek Middle School
- Joseph White--PE/Health Teacher--Waccamaw School K-8
- Meghan Lassiter-Cooperative Extension

**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 BCS are (1) to provide food and beverages that meet USDA nutritional guidelines and (2) to teach, encourage and support healthy eating by students. This is accomplished through the completion of



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nutritional analysis and providing material; digital or paper to students that supports healthy eating.

**Physical Education and Physical Activity** - Brunswick County Schools students enrolled in kindergarten through eighth grades have the opportunity to participate in physical activity as part of the district's physical education curriculum. Students are taught in alignment with the North Carolina Healthful Living Standard Course of Study. 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. Brunswick County Schools provides 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 Brunswick County Schools 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



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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.

**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.

**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.
- 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 collaborate with the local health department and community agencies for Health Assessments, vaccine clinics, and vision screenings.
- After school activities are offered for staff to include exercise activities that promote stress management and physical wellness.
- Brunswick County Schools collaborates with the local Jump Rope for Heart Representative to implement and promote healthy strategies in schools.
- Fun runs and walking clubs are organized throughout district schools to promote healthy living and exercise.

**Implementation and Review of Policy** – The Student Wellness policy is reviewed by the Brunswick County Schools Health Advisory Council. The Healthy, Active Children's Report is completed and submitted 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;



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- 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 the public and posted on the district website for access by parents and the community.

## **EXTENT SCHOOLS ARE IN COMPLIANCE WITH POLICY**

All Brunswick County Schools are in compliance with the [BCS Policy Code: 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**

Brunswick County Schools Student Wellness policy was developed in alignment with the model State Board of Education Student Wellness policy. The district policy has been reviewed and updated for the last three years to continue to align with the State Board Policy. Brunswick County Schools Student Wellness policy includes information related to:

- A school wellness committee with defined leadership members
- Information related to policy implementation, monitoring, accountability, and community engagement
- Information related to reporting, notifications, updating and revision, triennial assessments, and communication
- Information related to meal, snack, and beverage standards as well as competitive food and beverage
- Information related to professional development for child nutrition staff
- Information related to celebrations and reward and fundraising
- Nutrition promotion and education
- Physical activity, physical education, recess, and classroom activity

## **PROGRESS TOWARD ATTAINING POLICY GOALS**

**Stakeholder/Community Feedback Related to Student Wellness Policy** –The district SHAC team developed a community webpage to promote awareness of wellness activities, resources and opportunities that encourage overall healthy living as they pertain to the Student Wellness Policy. The district works consistently and collaboratively with community entities to encourage feedback and



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partnership agreements that enhance overall physical and mental health wellness as well as community collaboration. Student Wellness Policy requirements are discussed and reviewed in community forums to include Brunswick County Schools Curriculum meetings and School Board meetings. The Student Wellness policy is reviewed consistently throughout the year with schools and district leaders to obtain feedback and support for implementation of the policy.

**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. 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 is provided yearly in the Healthy Active Children Report 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 train the child nutrition staff on professional standards and promote fresh fruit and vegetable consumption by student