

The Orange County Board of Education is committed to providing school environments that promote the health, well-being, and ability to learn of its students. Since healthy eating and physical activity are vital components of a healthy lifestyle, it is important that students participate in nutrition education and physical education. Lessons students learn through these curricula may foster lifelong habits of choosing nutritious meals and snacks and lead students to incorporate regular physical activity into their routine. Therefore, the Board directs the superintendent to ensure the development and implementation of a comprehensive plan to encourage physical activity and healthy eating that includes the following:

- A sequential physical education course in pre-kindergarten through eighth grade in which students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge as defined in the North Carolina Healthful Living Standard Course of Study with the same class sizes as other regular classes;
- Participation in physical activity as a part of the district's physical education curriculum; a move toward the desired target of elementary schools offering 150 minutes per week with a certified physical education teacher throughout the 180-day school year and middle schools offering 225 minutes per week of Healthful Living Education with certified health and physical education teachers throughout the 180-day school year;
- A minimum of 30 minutes of moderate to vigorous physical activity for all K-8 students daily;
- Structured and unstructured recess and other physical activity that are not taken away as a form of punishment or used severely as a means to punish students;
- Opportunities and encouragement for students to voluntarily participate in before- and after-school physical activity programs, such as intramurals, clubs, and electives;
- Joint school and community recreation activities;
- Opportunities and encouragement for staff to be physically active;
- A nutrition services program that employs well-prepared staff who efficiently serve appealing choices of nutritious foods; a sequential program of nutrition instruction that is integrated within the health education and core curricula coordinated with the food service program; a curriculum that provides nutrition information to students and families; and a school environment that encourages students to make healthy food choices;
- School meals that meet, at a minimum, nutrition requirements established by local, state and federal statutes and regulations, and are tasty, appealing, and healthy;
- Using Eat Smart School Standards and other state and federal nutrition standards to govern the sale or offering of competitive foods available on each school campus, including all foods, snacks and beverages from a la carte menus, vending machines, school celebrations, fundraisers, and concession stands;
- The determination of alternative sources of revenue to offset loss of funds from traditional revenue sources as approved by the Board of Education;
- Involvement of the School Health Advisory Council (SHAC) to develop, implement, and monitor this policy as well as other health and nutrition issues within the school district;

- Council membership composed of school district, local health department and community representatives, parents, students and the school board to provide information on the safe environment, physical education, health education, staff wellness, health services, mental and social health, nutrition services and parent/family involvement.
- The superintendent or his/her designee will be responsible for overseeing implementation of this policy and monitoring schools, programs and curriculum to ensure the district's compliance with this policy, related policies and established guidelines or administrative regulations.