

Policy Code: JL Student Wellness

Charlotte-Mecklenburg Board of Education is committed to providing school environments that promote and protect children's health and well-being, reduce childhood obesity, and enhance students' ability to learn by supporting healthy eating, physical activity, and the development of lifelong wellness practices.

To further these goals, and in compliance with federal and North Carolina statutes and North Carolina Board of Education requirements, the Board requires the following:

- All CMS students will have opportunities, support, and encouragement to be physically active on a regular basis. Each school will comply with the requirement of the North Carolina Board of Education policy HSP-S-000 that requires a minimum of 30 minutes a day of moderate to vigorous physical activity for all students in grades K - 8, effective with the beginning of the 2006 - 2007 school year.
- CMS will provide nutrition education to foster lifelong habits of healthy eating through its Healthful Living curriculum.
- Each school shall meet or exceed the nutrition standards established by the State Board of Education for school meals, à la carte foods and beverages, and food served in the After School Snack Program.¹
- Each school principal shall assure that all products offered for sale in vending machines on school campuses meet the nutritional standards for vending sales of beverages and snack foods established in North Carolina law and are sold only during the times allowed by North Carolina law. In addition, elementary principals shall assure that students in elementary schools do not have access to snack products from vending machines.
- The Superintendent shall establish nutritional goals for foods and beverages available to students on campus during the school day other than in the school cafeteria, After School Snack Program, and vending machines.
- The Superintendent shall establish and maintain a local School Health Advisory Council to plan, implement, and monitor compliance with this policy as part of the coordinated school health planning process.

The Superintendent shall develop regulations setting forth the detailed procedures to implement the requirements of this policy. In addition, the Superintendent shall develop a plan to measure implementation of this policy and its accompanying regulations and shall designate a person(s) to assure that each school complies with the policy and regulation.

Date of Adoption: 8/8/06

Revised:

Legal Reference: Child Nutrition and WIC Reauthorization Act of 2004, [Pub. L. No. 108-265](#) § 204; National School Lunch Act, as amended, [42 U.S.C. § 1751](#), *et seq.*; [N.C.G.S. §§ 115C -264, -264.2, -264.3](#); SBE Policies EEO-S-000, HSP-S-000, Eat Smart: North Carolina's Recommended Standards for All Foods Available in School, NC Department of Health and Human Services, NC Division of Public Health (2004)

Previous CMS Policy #: None

Cross Reference: JLCG, JLCG-R

Charlotte-Mecklenburg Schools

Footnotes

1. Such standards must meet or exceed those established in federal law and regulation.