



# **North Carolina Outward Bound**

*At-Risk Program School Wellness Policy*

## Preamble

**North Carolina Outward Bound School** recognizes that good nutrition and regular physical activity affect the health and well-being of all students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, supporting the development of good eating habits and promoting increased physical activity both in and out of school.

**North Carolina Outward Bound School** is committed to creating school environments that promote and protect the overall well-being of all students and staff. The guidelines listed below encourage a comprehensive wellness approach that is sensitive to both individual and community needs.

### 1. Local School Wellness Policy Leadership

#### School level

**North Carolina Outward Bound School** an ongoing Healthy School Team that will meet **annually** to ensure compliance and to facilitate the implementation of **North Carolina Outward Bound School's** wellness policy.

- The school program Director and local school staff shall have the responsibility to comply with federal and state regulations as they relate to **North Carolina Outward Bound School's** wellness policy.
- The **At-Risk Director** will be responsible for establishing the Healthy School Team that will ensure compliance with the policy.
- The Healthy School Team should include, but not be limited to, the following stakeholders: parents, students, school food service program representatives, school administrators, school health professionals, physical education teachers and the public.
- The Healthy School Team is responsible for:
  - reporting its school's compliance of the regulations to the At-Risk Director, the person responsible for ensuring overall compliance with **North Carolina Outward Bound School's** wellness policy.

**North Carolina Outward Bound School will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity and other school based activities that promote student wellness to include, at a minimum, a review of Smarter Lunchroom tools and techniques.**

### 1. Nutrition Promotion

Nutrition promotion can positively influence lifelong eating behaviors by creating food environments that encourage healthy choices and encourage participation in the school meal programs.

- The school's menu shall provide clear and consistent messages that promote and reinforce healthy eating.
- Students will have access to the dietician approved menu that includes useful nutrition information.

### 2. Nutrition Education

Academic performance and quality of life issues are affected by the choice and availability of nutritious foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

- Students will learn cooking skills through active participation in meal preparation.

### 3. Physical Activity

**North Carolina Outward Bound School** shall ensure that physical activity is an essential element of the school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of physical activity.

- All students enrolled in the 20 day wilderness expedition program will participate in physical fitness activities to include: swimming, running, and paddling.
- The North Carolina Outward Bound School shall ensure an environment conducive to safe physical activities.
- As applicable post program, Students will be encouraged to participate in community-offered fitness and athletic programs.

### 4. Other School-Based Activities

**North Carolina Outward Bound School** will integrate wellness activities across the entire school setting. These initiatives will include nutrition, physical activity and other wellness components so that all efforts work towards the same set of goals and objectives used to promote student well-being, optimal development and strong educational outcomes.

#### General Guidelines

- The goals outlined by the wellness policy will be considered in planning all school-based activities (such as Family Gathering).
- Afterschool programs will encourage healthy snacking and physical activity.
- **North Carolina Outward Bound School** shall be in compliance with drug, alcohol and tobacco-free policies.

#### Eating Environment

- Students will be provided an adequate amount of time to consume their meal with a minimum of 20 minutes after receiving their food.
- While traveling on the river access to supplies needed for hand washing and oral hygiene will be available during meal times.

#### Recycling

- Each school shall maximize the reduction of waste by recycling, reusing, and purchasing recycled products as appropriate.

#### Behavior Management

- **North Carolina Outward Bound School** is committed to prohibiting the use of food as a reward.
- Teachers and other school personnel will not deny or require physical activity as a means of punishment.

### 5. Guidelines for All Foods and Beverages Available During the School Day

**North Carolina Outward Bound School** shall operate and provide food service in accordance with USDA’s National School Lunch Program (NSLP) standards and applicable laws and regulations of the state of Florida. The guidelines for reimbursable school meals does not apply.

General Guidelines

- School meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables, while accommodating special dietary needs.
- To the maximum extent possible, **North Carolina Outward Bound School** will participate in available federal school meal programs, including the SBP, NSLP, ASSP.
- Free, potable water will be made available to all children all day.

**Nutrition standards for beverages:**

Portion sizes listed are the maximum that can be offered.

Beverages	Elementary	Middle	High
Plain water	unlimited	unlimited	unlimited
Unflavored low-fat milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
Unflavored or flavored fat-free milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit or vegetable juice	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit or vegetable juice diluted with water but no added sweeteners	8 fl. oz.	12 fl. oz.	12 fl. oz.
Other flavored and/or carbonated beverages that are labeled to contain 5 calories or less per 8 fl. oz., or 10 calories or less per 20 fl. oz.	Not allowed	Not allowed	20 fl. oz.
Other flavored and/or carbonated beverages that are labeled to contain 40 calorie or less per 8 fl. oz. or 60 calories or less per 12 fl. oz.)	Not allowed	Not allowed	12 fl. oz.

For elementary and middle school students: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances. Food and beverages for high school students may contain caffeine.

**6. Evaluation and Measurement of the Implementation of the Wellness Policy**

**North Carolina Outward Bound School** wellness committee will update and make modifications to the wellness policy based on the results of the annual review and triennial assessments and/or as local priorities change, community needs change, wellness goals are met, new health information and technology emerges and new federal or state guidance or standards are issued. The wellness policy will be assessed as indicated at least every three years following the triennial assessment.

Triennial Progress Assessments

**North Carolina Outward Bound School** will conduct an assessment of the local school wellness policy to measure wellness policy compliance *at least once every three years*. This assessment will measure the implementation of the local school wellness policy, and include:

- The extent to which **North Carolina Outward Bound School** is in compliance with the local school wellness policy;
- A description of the progress made in attaining the goals of the local school wellness policy.

## 7. Informing the Public

**North Carolina Outward Bound School** will ensure that the wellness policy and most recent triennial assessment are available to the public at all times.

- **North Carolina Outward Bound School** will ensure the most updated version of the wellness policy and triennial assessments are always available on the school website for the public to view.

## 8. Community Involvement

**North Carolina Outward Bound School** is committed to being responsive to community input, which begins with awareness of the wellness policy. **North Carolina Outward Bound School** will actively communicate ways in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the general public can participate in the development, implementation and annual review of the local school wellness policy through a variety of means, including:

- **North Carolina Outward Bound School** will consider student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback through the use of surveys and attention will be given to their comments.
- **North Carolina Outward Bound School** will use electronic mechanisms, such as displaying notices on **North Carolina Outward Bound School's** website to ensure that all families are actively notified of any updates to the wellness policy, as well as how to get involved and support the policy.

This institution is an equal opportunity provider.