CUMBERLAND COUNTY SCHOOLS
DR. MARVIN CONNELLY, JR.
SUPERINTENDENT

WELLNESS POLICY TRIENNIAL ASSESSMENT

JUNE 30, 2025

BACKGROUND

The Cumberland County Board of Education recognizes the vital role that physical health and proper nutrition play in helping students make the most of their educational opportunities. The board understands that student wellness and good nutrition are closely linked to physical development, overall well-being, and academic readiness. In support of this, the board is dedicated to creating a school environment that encourages healthy lifestyles through balanced nutrition, physical activity, and wellness education as an integral part of the learning process. To reinforce this commitment, the board has adopted a wellness policy that outlines clear goals and guidelines to support the physical health and well-being of all students.

AREA 1 – COMPLIANCE

School Health Advisory Council (SHAC)

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The district maintains a School Health Advisory Council, a group of appointed members who support the development, implementation, evaluation, and promotion of the district's student wellness policy. In addition to advising on student wellness, the council addresses broader health and nutrition issues within the school system.

Serving in an advisory capacity, SHAC is empowered to review research and relevant laws, assess student health needs and the school environment, evaluate current board policies and administrative guidelines, and collaborate with local agencies and organizations. The council plays a key role in raising awareness around student health and wellness.

SHAC may provide recommendations to the board regarding the wellness policy and other health-related policies. It may also assist the superintendent in reviewing and updating the wellness policy as needed.

The council meets multiple times throughout the year and includes representatives from across the school system, the local health department, and the broader community. Its membership includes school administrators, food service staff, physical education teachers, school health professionals, students, parents or guardians, and members of the public.

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School Health Advisory Council Member Roster:

Last Name	First Name	Job Title	School/Business Name
Anderson	De'Ara	Public Health Educator	Cumberland County Health Department
Barbour	Chad	Student Activities Director	Cumberland County Schools
Bolden	Shirley	Health Services Director	Cumberland County Schools
Brown	Mary	Public Health Nurse Supervisor	Cumberland County Health Department
Crocker	Kyara	Public Health Educator	Cumberland County Health Department
Gemar	Carissa	Child Nutrition Director	Cumberland County Schools
Glover	Sharon	System of Care Coordinator	Alliance Health
Hart	Alaina	Senior Health Educator	Poe Center
Ramos	Mikayla	Go Green Initiative Director	Cumberland County Schools
Mantzouris	Karen	Director, Public Relations/Marketing	Southern Regional AHEC
McFarlene	Mellanice	Development Director, School Engagement	American Heart Association
McMillan	James	Recreation Division Manager Fay-Cum. Parks & Recreation	Fay. City Parks & Rec.
Morris	Tamra	Deputy Health Director	Cumb. Co. Health Dept.
Owens	Laqualla	Triple P Data & Media Coordinator	Cumb. Co. Health Dept.
Sconiers-Talbert	Martina	Administrative Officer III/Grants Manager	Cumb. Co. Health Dept.
Stroud Malloy	Cassandra	Healthful Living Facilitator	Cumberland County Schools
Worley	Alaina	Public health Dental Hygienist	NC Dept of Health & Human Services

Nutrition Promotion and Education

The board believes that promoting student health and nutrition enhances readiness for learning and increases student achievement. The goals of nutrition promotion and nutrition education are (1) to provide appropriate instruction for the acquisition of behaviors that contribute to a healthy lifestyle for students and (2) to teach, encourage and support healthy eating by students.
The district provides nutrition education within the Healthful Living Standard Course of Study and Grade Level Competencies adopted by the State Board of Education. Nutrition education is designed to provide all students with the knowledge and skills needed to lead healthy lives. Students learn to address nutrition-related health concerns through age-appropriate nutrition education lessons and activities.
Nutrition education and promotion extends beyond the school environment by engaging and involving families and communities. The school system's healthful living coordinator disseminates and promotes nutritional, fitness, and stress management information via weekly 'Rally for Wellness' messages throughout the school system, homes, community and media. The district's

family and community engagement liaison offers nutrition and healthy cooking classes periodically through the Cumberland Family Academy.

Physical Activity and Health Education

Cumberland County Schools follows the state's Healthful Living standards and designs lessons and activities with the intent of defining goals and objectives for behaviors that contribute to a healthy lifestyle. The curriculum's focus is multi-dimensional, encompassing the well-being of the whole child. The total Healthful Living curriculum is a combination of two content areas: health education and physical education. The two courses complement each other. The curriculum provides students with a sequential education program that will involve learning a variety of skills that enhance the quality of life.
The Health Education component comprises the following five strands: Mental and Emotional Health; Personal and Consumer Health; Interpersonal Communication and Relationships; Nutrition and Physical Activity; and Alcohol, Tobacco, and Other Drugs. The Physical Education component of the curriculum consists of four strands; the strands are as follows: Motor Skills, Movement Concepts, Health-Related Fitness, and Personal/Social Responsibility.

Nutrition Guidelines

Consistent with policy 6200, Goals of School Nutrition Services, all foods offered to students by the district's Child Nutrition Services comply with federal guidelines governed by the National School Lunch and School Breakfast Programs. Meals, foods and beverages sold or served at schools meet state and federal requirements based on the USDA Dietary Guidelines.
Other foods and beverages available on school campus during the school day adhere to the following standards:

- No food or beverages are sold in competition with the child 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 dismissal bell, all food and beverage sales on campus must comply with the federal Smart Snacks in Schools Standards.

Child Nutrition supervisors and the district internal auditing staff conduct separate annual audits in the schools. Any incidents of sales of food or beverages identified not to be in compliance with these guidelines are immediately brought to the attention of the school administration for correction.

Compliance Summary

The district utilizes numerous methods to assist and monitor school compliance with the Student Wellness Policy. A reference guide that included frequently asked questions and answers was developed and distributed to school administrators. The district's Healthful Living Facilitator is available to support schools with implementation of wellness initiatives and provide weekly site visits for compliance checks. Child Nutrition Supervisors provide site supervision of school cafeterias to ensure school meals are in compliance with the nutritional guidelines of the National School Breakfast and Lunch Programs, as well as Smart Snack guidelines. The district's internal auditors assist with identifying any compliance concerns with the wellness policy during school audits. Any issues identified are addressed, documented, corrective action prescribed, and another review is conducted to ensure the correction has been fully implemented. All schools under the jurisdiction of the Cumberland County Board of Education are in general compliance with the board's policy 6140 Student Wellness.

AREA 2 - COMPARISON WITH MODEL POLICY

The Cumberland County Board of Education Policy 6140 Student Wellness was developed in alignment with the model State Board of Education Student Wellness policy. The district's policy has also been compared with The Alliance for a Healthier Generation model wellness policy and noted that the overall content of the two policies are comparable, as both include information related to:

- A school wellness committee with defined leadership and members
- Information related to policy implementation, monitoring, accountability, and community engagement
- Information related to reporting, notification, 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, and classroom activity

Although both policies covered most of the same general topics it was noted that the model Alliance for a Healthier Generation policy was more detailed and specifically related to topics than the CCBOE policy. The following areas were addressed in the model policy that were not addressed in the CCBOE policy:

- Essential Healthy Eating Topics in Health Education
- Essential Physical Activity Topics in Health Education
- Before and After School Activities
- Active Transport
- Community Partnerships
- Professional Learning

The district will consider appealing elements of the model policy in future years in reviewing and considering potential revisions and updates to the student wellness policy.

AREA 3 - PROGRESS TOWARDS ATTAINING POLICY GOALS

The district has made progress toward meeting the goals of the wellness policy. The district's Student Health Advisory Council (SHAC) is composed of a variety of stakeholders, including internal staff and community representatives and meets several times a year to discuss and review a variety of health and wellness topics and initiatives within the district, including the implementation of and potential updates to the wellness policy. The Child Nutrition Services Department has met all state and federal regulations for nutrition and physical education standards. Students are actively engaged in nutrition education and activities to promote active lifestyles.