



WELLNESS POLICY TRIENNIAL ASSESSMENT

JUNE 30, 2022

BACKGROUND

Cumberland County Board of Education recognizes that it is essential for students to maintain their physical health and receive proper nutrition to take advantage of educational opportunities. The board further recognizes that student wellness and proper nutrition are related to a student's physical well-being, growth, development, and readiness to learn. Therefore, the board 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. As part of that commitment, the board has adopted a wellness policy that defines guidelines and goals to promote the overall physical health and well-being of our students.

AREA 1 - COMPLIANCE

School Health Advisory Council (SHAC)

The district maintains an appointed School Health Advisory Council to help plan, update, implement, promote and monitor the board's student wellness policy as well as other health and nutrition issues within the school system. The council serves as an advisory committee regarding student health issues. The council is authorized to examine related research and laws, assess student needs and the current school environment, review existing board policies and administrative regulations, collaborate with appropriate community agencies and organizations, and help raise awareness about student health issues. The council also may make recommendations to the board related to the school wellness policy and other policies related to student wellness and may assist the superintendent in the periodic review and revision of the school wellness policy.

The council meets several times a year and is composed of representatives from the school system, the local health department and the community. The council includes members of each of the following groups: school system administrators, school system food service representatives, physical education teachers, school health professionals, students, parents or guardians and the public.

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School Health Advisory Council Member Roster:

Last Name	First Name	Job Title	School/Business Name
Bolden	Shirley	Director of Health Services	Cumberland County Schools
Britt	Rhonda	Adolescent Parenting Program Coordinator	Cumb. Co. Health Dept.
Colvin	Janet	Health Services Lead Nurse	Cumberland County Schools
Cordero	Brunilda	MD	CFV Ped. Endo
Culbreth	David	Student Activities Director	Cumberland County Schools
Dukes	Gary	School Resource Officer (SRO)	Cum. Co. Sheriff's Office
Ferguson	Tamerial	Triple P Coordinator, Training & Outreach	Cumb. Co. Health Dept.
Gemar	Carissa	Child Nutrition Director	Cumberland County Schools
Glover	Crystal	Youth Development Coordinator	Fay. Parks & Recreation
Hart	Alaina	Senior Health Educator	Poe Center
Hines	Orlando	Owner	Fellowship Fitness
Holeman	Kendle	Program Manager	Insight Human Services
James	Pamela	SH Supervisor, Interim	Cumb. Co. Health Dept.
Johnson	Chandrika	Assistant Professor	FSU
Johnson	Takeisha	Parent	
Jones	Amy	Pharmacist	CFVHS
Jones	Darvin	Community Health Marketing Dept.	CFVHS
Jones	Kristin	Physical Education Teacher	Cumberland County Schools
Jones-Carvalho	Renee	Green Schools Director	Cumberland County Schools
LeBatard	Cacilie	OB/Pediatric Coordinator	CCCC
Lowe	Sgt. Lester	SRO Supervisor	Sheriff's Office
Mantzouris	Karen	Director, Public Relations/Marketing	Southern Regional AHEC
Marrier	Carla	Supervisor, Public Health Nursing	Cumb. Co. Health Dept.
McMillan	James	Recreation Division Manager Fay-Cum. Parks & Recreation	Fay. City Parks & Rec.
McPherson	Ena	Sr. Employment Consultant	ServiceSource
Morris	Tamra	Reproductive Health Educator	Cumb. Co. Health Dept.
Naylor	Jennifer	PHN- School Health Supervisor	CCDPH
Obanor	Nosa	Professor	FSU
Pendleton	Kim	V.P. NC/VA	American Heart Association
Raines	Sheral	Student Services	CCS
Sconiers-Talbert	Martina	Triple P Program Supervisor	Cumb. Co. Health Dept.

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Last Name	First Name	Job Title	School/Business Name
Story	Pamela	Social Worker	Cumberland County Schools
Stroud Malloy	Cassandra	Healthful Living Facilitator	Cumberland County Schools
Surratt	Ze A., II	Victim Advocate	Rape Crisis Volunteers of Cumberland County
Tillman	Queesha	Assistant Principal	Loyd Auman Elementary (Parent)
Tucker	Vernon	Behavior Coach	Cumberland County Schools
Underwood	Candy	Family & Consumer Sciences Agent	NCCE
Woods	Tamara	Asst. Professor- Social Work	FSU
Worley	Alaina	Public health Dental Hygienist	NC Dept of Health & Human services
Wright	Susan	Tripe P Supervisor	Cumb. Co. Health Dept.

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.

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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

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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.

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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.

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