

**Descriptor Term:** STUDENT WELLNESS  
**Descriptor Code:** IHB  
**Presented to the Board:** April 4, 2006 (First Reading)  
May 25, 2006 (Second Reading)  
**Adopted by the Board:** May 25, 2006  
**Revision by Board:** November 22, 2011

The Guilford County Board of Education is committed to providing a school environment that emphasizes learning and development of lifelong wellness practices. Recognizing the link between nutrition and physical activity to enhanced student health, academic performance and behavior, the Board expects the administration to implement a Wellness Program that:

- Incorporates wellness into the K-12 curriculum where appropriate and consistent with the North Carolina Standard Course of Study;
- Incorporates physical fitness assessment into the physical education curriculum as an instructional tool.
- Includes physical activity as an important part of education for students;
- Includes staff wellness in order to serve the entire school community;
- Requires well-planned and implemented school nutrition where every meal meets the criteria established by State and federal authorities;
- Focuses on safety in the preparation and storage of all consumable food, and
- Requires that all foods available on campus meet the goals of the Wellness Program.

The administration is directed to develop procedures to accomplish the Board's goals for school wellness which include health and physical education in accordance with State standards. The administration shall designate a Wellness Coordinator who shall report to the Board annually on the implementation of this Wellness policy and related programs.