



Reading In and Between the Lines Anson County Schools

The mission of Anson County Schools reads "We will ensure that all students acquire skills and knowledge necessary to be successful and responsible citizens". The Local Wellness Policy is interpreted by administration to support this mission. Frances Williamson, Deputy Superintendent, oversees implementation of the policy and chairs the School Health Advisory Council. As such, wellness is a priority.

To bring everyone together on the same message, the SHAC brought in *Walk Across America* Robert Sweetgall for a motivational session for parents and staff. Students began walking with their class and families, tracking their steps.

The N.C. Nutrition Standards for Elementary Schools have been implemented and Anson County Schools participate in the Farm to School Program allowing Child Nutrition to offer fresh, local produce on the menu. No vending is allowed in the elementary schools, and offerings are limited in middle and high schools, all meeting

the A la Carte Standards. Child Nutrition works with principals to ensure that students have access to beverage and snack machines only during prescribed times. Fundraising is limited to healthy options. No candy sales are allowed.

Nutrition education is offered through natural linkages, such as *Read Across America*. This year classes enjoyed *Green Eggs and Ham* by Dr. Seuss. Teachers also use *Food for Thought*, a K-5 curriculum integrating healthy eating and physical activity into Math and English Language Arts. Child Nutrition visits classrooms to teach using the well-known fable, *Stone Soup*. Tasting parties allow students to try new fruits and vegetables served in the cafeteria. Nutrition tidbits are placed on menus for students and Child Nutrition uses *Students Succeed with School Meals* materials to reach out to families.

Anson County School-Based Child and Family Support Teams planned health fairs with the Division of Social Services, health department,

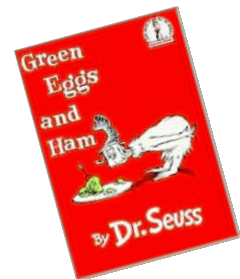
and 4-H. Families visited stations for vaccinations, blood pressure screening and healthy lifestyle tips including nutritious recipes and fitness. To promote the fair, articles were printed in the Anson County Express, delivered free to every home in the county.

Support for wellness is also received from some powerful and perhaps unusual partners - the Anson County Sheriff's Department, Wadesboro Police and Chief Resident District Court Judge Tanya Wallace. They have served on the SHAC and as a partner in the health fairs. Judge Wallace makes the case for wellness and academics in student truancy court. Law enforcement shares the mission of "responsible citizens". They want students healthy and in school where they can learn.

From the letter of the law to the letter of school policy, Anson County has been able to read in and between the lines to see the connection between academics and health. Everyone has a role to play and a stake in student success.



Anson County Bearcats



Read Across America



Nutrition Education with Stone Soup story

Contact Information:

Frances Williamson
Deputy Superintendent/SHAC
Chair
Anson County Schools
Phone: 704.694.4417
williamson.frances@anson.k12.nc.us