



## Craven' Wellness Craven County Schools

Craven County Schools' mission is to continuously improve student learning and educational services through a focus on expectations and values to support performance excellence. That ardent pursuit includes school wellness.

Child Nutrition Services (CNS) has implemented the N.C. Nutrition Standards. Four elementary schools have received the USDA HealthierUS School Challenge Gold certification. Several schools were selected for the USDA Fresh Fruit and Vegetable Program. Students are able to choose fresh produce snacks from the Fuel Depot in the cafeteria. They promote healthy eating on the school TV news using puppet Chef Lee. A Kate B. Reynolds Foundation grant funded a school nurse in six schools, a registered dietitian and health promotion activities. Morning announcements, cafeteria signage and the school Web site offer health tips. Teachers use ideas from a nutrition education newsletter and N.C. Nutrition Education and Training Program curricula that align with the Standard Course of Study.

A BeActive NC grant provided training for all K-8 teachers on incorporating physical activity into the classroom. A Carol M. White Physical Education Program grant provided heart rate monitors for use in 5th grade, middle and high school PE classes. The YMCA hosted Healthy Kids Fitness Day for all 4th and 5th graders. Craven County Schools did a media blitz about the new emphasis on physical activity and invited families and community members to a "State of the Child Conference" where elementary students presented on the importance and benefits of physical activity.

No Teacher Left Behind, the staff wellness initiative, spurred teams from each school, Central Services and even the Board of Education in competition for donated prizes. Each school received \$150 for the program and appointed a coordinator. Points were given for keeping appointments, being active and attending wellness seminars. A middle school opened the track on Monday and Wednesday nights and Gold's Gym allowed school

staff to work out for free on Tuesdays and Thursdays. Wellness seminars covered a variety of topics such as stress management, ergonomics, and heart disease. For Walk at Work Day, staff ate a healthy lunch together and walked around the track. School nurses offered blood pressure checks.

With the Kick Butts Campaign, all school campuses went 100% smoke free, even for athletic events. Bathrooms were refurbished and monitored to deter smoking. Students got involved through Teens Against Tobacco Use (TATU), a peer-education program. The Craven County Health Department provided support through Project Assist.

The School Health Advisory Council (SHAC) monitors compliance with both the State Board of Education Healthy Active Children Policy and the local wellness policy. Quarterly, principals submit a checklist regarding acceptable foods for special events, encouraging students to drink water, providing 10 minutes to eat breakfast and 20 minutes to eat

lunch, ensuring adequate hand washing supplies, not using candy as a reward, following guidelines for outside foods and vending machine operation, providing K-8 students with 30 minutes of daily physical activity and not withholding recess or physical education or activity as punishment. As a result, the SHAC has been able to track improvements in test scores and discipline data. The commitment to wellness, the teamwork of staff and the strive for excellence is evident in Craven County Schools.



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