Student Wellness Update 2025

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Orange County Schools
NORTH CAROLINA

Student Wellness Update 2025

Policy 6140 Student Wellness

- School Health Advisory Council
- Nutritional Promotion and Nutritional Education
- Nutritional Standards and Guidelines
- Physical Education and Physical Activity
- Activities to Promote Wellness

Student Health Advisory Council (SHAC)

Members

- ❑ Local health department representative
- ❑ School Board representative
- ❑ School system administrators
- ❑ School system food service representatives
- ❑ Physical education teachers
- ❑ School health professionals
- ❑ Students, parents or guardians, and the public are welcome

Student Health Advisory Council (SHAC)

Focus

- ❑ 2025 NC Healthful Living Standards
- ❑ Social, Mental, and Emotional Health
- ❑ Female Student Health and Wellness
- ❑ Vape, electric non-tobacco prevention
- ❑ Influence students to lead a healthy lifestyle
- ❑ Activities to Promote Wellness

Nutritional Promotion and Nutrition Educational Promotion

Updates for School Nutrition to align with SHAC goals:

- Universal breakfast for K–5 schools
- School Nutrition has updated and aligned our afterschool snacks menu, served under the National School Lunch Program (NSLP), to include the updated nutritional regulations concerning juice and grain-based desserts which came into effect on July 1, 2025.
- Have applied OC Health Department Guidelines to all concessions sales in our schools

Physical Education and Physical Activity

School Level	Physical Education (PE)	Daily Physical Activity (PA) Expectation
Kindergarten–Grade 5	PE: ~ **1 session/week** (~30–45 min/class)	≥ **30 minutes/day**, including recess, classroom energizers, PE, etc.
Middle School (6–8)	PE: **1 semester to full-year** (1–2 classes/week)	≥ **30 minutes/day minimum**, but more expected through PE and electives
High School (9–12)	PE: **Required 2 semesters** (health + PE), taught by certified PE teachers	≥ **60 minutes/weekly minimum**, Students shall be provided with the opportunity to participate in physical activity during the school day
All Grades K–8	Fitness assessment mandated (e.g. FitnessGram) annually or bi-annually	BMI and fitness results shared with parents and used for wellness policy compliance



Questions?



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