



# North Carolina

The Centers for Disease Control and Prevention, in partnership with ASCD, developed the Whole School, Whole Community, Whole Child (WSCC) framework to highlight the need for schools to address all aspects of children’s physical, mental, and social well-being to help them learn and thrive. As part of the Together for Healthy and Successful Schools Initiative funded by the Robert Wood Johnson Foundation, Child Trends, the Institute for Health Research and Policy at the University of Illinois at Chicago, and EMT Associates, Inc. identified key topic areas in each of the WSCC’s 10 components, and assessed whether and how states are addressing these issues in state statutes and regulations enacted as of September 4, 2017. This profile highlights both the extent to which North Carolina’s statutes and regulations cover the WSCC components and the way in which the state approaches each of the selected topic areas.

The full set of topic areas, as well as applicable statutory and regulatory language, is available through the National Association of State Boards of Education's (NASBE) [State Policy Database on School Health](#). The national summary report and profiles for each state can be found on the [Child Trends website](#).

## Coverage of the WSCC in North Carolina Statutes and Regulations

	NC	Nation
Health Education	67%	68%
Physical Education and Physical Activity	25%	44%
Nutrition Environment and Services	14%	25%
Health Services	88%	76%
Counseling, Psychological, and Social Services	50%	69%
Social and Emotional Climate	65%	65%
Physical Environment	67%	74%
Employee Wellness	0%	7%
Family Engagement	56%	52%
Community Involvement	100%	67%

Key:  
 Low  
 Moderate  
 Comprehensive



Overall Coverage:

**Limited**

# North Carolina's approach to selected topic areas by domain

Shading indicates how North Carolina's laws cover topic

## WSSC Reference

Coverage of WSSC	Not addressed	Addresses Coordinated School Health	Addresses the WSSC
State-Level Wellness Councils	Not addressed	Encouraged	Required
School-Level Wellness Councils	Not addressed	Encouraged	Required
District Wellness Policies	Not addressed	Recommended	Required

## Health Education

National HE Standards	Not addressed	Referenced	
HE Professional Development	Not addressed	Addressed	
Healthy Eating/Nutrition Curriculum	Not addressed	Required in some grade levels	Required in all grade levels
Mental and Emotional Health Curriculum	Not addressed	Required in some grade levels	Required in all grade levels
Personal Health and Wellness Curriculum	Not addressed	Required in some grade levels	Required in all grade levels
Violence Prevention (within Health Education)	Not addressed	Required in some grade levels	Required in all grade levels
Bullying Prevention (within Health Education)	Not addressed	Required in some grade levels	Required in all grade levels
Suicide Prevention (within Health Education)	Not addressed	Required in some grade levels	Required in all grade levels
Social and Emotional Learning (within Health Education)	Not addressed	Required in some grade levels	Required in all grade levels

## Physical Education and Physical Activity

National PE Standards (SHAPE America)	Not addressed	Referenced	
PE Exemptions for Academics	Not addressed	Allowed	
PE Exemptions for Illness	Not addressed	Allowed	
PE Exemptions for Disabilities	Not addressed	Allowed	
Adaptive PE Requirements	Not addressed	Addresses inclusivity of PE activity	
PE Substitutions	Not addressed	Allows substitution of other activities for PE requirements	
District Waivers from PE Requirements	Not addressed	Allows districts to seek waivers from PE requirements	
PE Professional Development	Not addressed	Addressed	
Physical Activity Throughout Day	Not addressed	Encouraged	Required
Recess	Not addressed	Addressed or requires less than daily	Requires daily recess
Sport Participation Fees	Requires sport participation fees	Not addressed	Sports participation fees prohibited or waivers provided

## Nutrition Environment and Services

Strategies to Increase Breakfast	Not addressed	Recommended or restricted to certain schools or students	Required to ensure all students eat breakfast
Access to Potable Water Throughout Day	Not addressed	Recommended	Required

## Nutrition Environment and Services (continued)

Competitive Food (Outside of School Meals)	Not addressed	Addressed, does not meet federal requirements in all grades	Meets federal Smart Snacks standards in all grades
Unhealthy Marketing Restrictions	Not addressed	Recommends restricting to foods that meet Smart Snack standards	Restricted to foods that meet Smart Snack standards
Unpaid Meal Charge Policy	Restricts access to meals	Not addressed	Supports access to meals

## Health Services

School-based Health Services	Not addressed	Addressed, but no formal program	Addresses on-campus health centers or clinics
Preventive Health Screenings - Elementary	Not addressed	Encouraged	Required
Preventive Health Screenings - Middle	Not addressed	Encouraged	Required
Preventive Health Screenings - High	Not addressed	Encouraged	Required
Preventive Dental Screenings - Elementary	Not addressed	Addressed	
Preventive Dental Screenings - Middle	Not addressed	Addressed	
Preventive Dental Screenings - High	Not addressed	Addressed	
Asthma Plans	Not addressed	Addressed	
Diabetes Plans	Not addressed	Addressed	
Allergy Plans	Not addressed	Addressed	
Vaccination Waivers	Not addressed	Allowed for religious or moral reasons	
School Nurse Availability	Not addressed	Addressed, but nurse availability limited	Requires full time nurse in every school
Referrals to Community Health Providers	Not addressed	Addressed	

## Counseling, Psychological, and Social Services

School Counseling - Elementary	Not addressed	Encouraged	Required
School Counseling - Secondary	Not addressed	Encouraged	Required
School-based or School-linked Mental Health Services	Not addressed	Encouraged	Required
Professional Development for Mental Health	Not addressed	Encouraged	Required
Early Identification and Referral	Not addressed	Screening authorized	Encouraged or required
Professional Development for Trauma	Not addressed	Encouraged	Required
Professional Development for Suicide Prevention	Not addressed	Encouraged	Required
Suicide Prevention Policy	Not addressed	Encouraged	Required

## Social and Emotional Climate

Multi-tiered, Positive Behavior Supports	Not addressed	Encouraged	Required
Social-Emotional Learning or Character Development	Not addressed	Encouraged	Required
Professional Development for Cultural Competency	Not addressed	Encouraged	Required
Chronic Absenteeism Early Warning Systems	Not addressed or limited to transfer to law enforcement	Encourages or requires early warning, parent conferencing, and parental sanctions	Encourages or requires comprehensive student supports
Limits on Exclusionary Discipline	Not addressed	Discourages Use	Requires limits on use of suspension and expulsion
Alternatives to Exclusionary Discipline	Not addressed	Encouraged	Required

## Social and Emotional Climate (continued)

Bullying, Harassment, and Intimidation Policy	Not addressed	Includes some components of U.S. Department of Education recommendations	Includes all components of U.S. Department of Education recommendations
Professional Development for Bullying Prevention	Not addressed	Encouraged	Required
Hazing Policy	Not addressed	Encouraged	Required
Dating Violence Policy	Not addressed	Encouraged	Required
School Resource Officer Training	Not addressed	Encouraged	Required
Limits on Referrals to Law Enforcement	Requires referral for any offense in violation of criminal code	Not addressed or authorizes schools to refer to law enforcement	Requires districts to establish formal procedures for referrals to law enforcement
Equitable Discipline Practices	Not addressed	Monitoring required	Monitoring and remediation required

## Physical Environment

Corporal Punishment	Permitted	Neither permits or prohibits use	Prohibited
Restraint and Seclusion	Not addressed	Limits use with some protections	Limits use and includes comprehensive protections
Emergency Operations Plans	Not addressed	Required, but no plans for reviews or updates	Required, with regular reviews and updates
Multi-hazard Practice Drills	Not addressed	Required without interagency coordination	Required, with required or encouraged interagency coordination
Tobacco-free Environments	Not addressed or prohibits student use	Prohibits any use, may include limited policies	Requires comprehensive policies

## Physical Environment (continued)

Alcohol and Drug Use Intervention Programs	Not addressed	Encouraged	Required
Chemical Hazards Protections	Not addressed	Encouraged	Required
Water Quality Protections	Not addressed	Encouraged	Required
Air Quality Protections	Not addressed	Encouraged	Required

## Employee Wellness

Staff Wellness Programs	Not addressed	Encouraged	Required
Staff Stress Management Program	Not addressed	Addressed	
Staff Health Assessments	Not addressed	Addressed	

## Family Engagement

Family Engagement Plans	Not addressed	Encouraged	Required
Family Engagement in Local Governance	Not addressed	Encouraged	Required
Professional Development on Family Engagement	Not addressed	Encouraged	Required
Family Engagement in Policy making on School Discipline	Not addressed	Encouraged	Required

## Community Involvement

Community Involvement in Local Governance	Not addressed	Encouraged	Required
School-Community and Interagency Partnerships	Not addressed	Encouraged	Required
Community Use of Public School Facilities	Not addressed	Authorized	Authorized and encouraged