



# 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. In 2019, Child Trends, the Institute for Health Research and Policy at the University of Illinois at Chicago, and EMT Associates, Inc. released the [first comprehensive analysis](#) of state statutes and regulations that address key topic areas in each of the WSCC’s 10 components as of September 2017. This updated profile documents the landscape of selected school health policies in North Carolina as of September 2019 and describes how those policies have changed since 2017. The profile also newly incorporates information about whether states have non-codified policies on topics for which they do not have codified statutes or regulations. The full set of topic areas, along with 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](#).

## Policy Churn in North Carolina Statutes and Regulations, 2017 to 2019



	North Carolina	National
Community Involvement	0%	11%
Counseling, Psychological, and Social Services	10%	22%
Employee Wellness	0%	0%
Family Engagement	0%	11%
Health Education	0%	3%
Health Services	0%	2%
Nutrition Environment and Services	6%	3%
Physical Education and Activity	0%	2%
Physical Environment	13%	13%
Social and Emotional Climate	4%	10%
WSCC Reference	0%	0%

\*Orange shading indicates more churn in state policy than national average

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

## Overall Coverage of the WSCC

	SY 17-18	SY 19-20	Change
Coverage of WSCC	Not addressed	Non-codified policy only	no change
State-Level Wellness Councils	Not addressed	Not addressed	no change
School-Level Wellness Councils	Not addressed	Not addressed	no change
District Wellness Policies	Not addressed	Non-codified policy only	no change

## Health Education

	SY 17-18	SY 19-20	Change
Discussion of LGB Topics in Health Education	NA	Not addressed or law specifically allows for inclusion of LGB topics	topic was not coded for 2017
National HE Standards	Not addressed	Non-codified policy only	no change
Bullying Prevention (within Health Education)	Not addressed	Non-codified policy only	no change
Healthy Eating/Nutrition Curriculum	Required in all grade levels	Required in all grade levels	no change
Mental and Emotional Health Curriculum	Required in all grade levels	Required in all grade levels	no change
Personal Health and Wellness Curriculum	Required in all grade levels	Required in all grade levels	no change
Suicide Prevention (within Health Education)	Not addressed	Not addressed	no change
Violence Prevention (within Health Education)	Required in some grade levels	Required in some grade levels	no change

## Physical Education and Physical Activity

	SY 17-18	SY 19-20	Change
Adaptive PE Requirements	Addresses inclusivity of PE activity	Addresses inclusivity of PE activity	no change
PE Exemptions for Academics	Not addressed	Not addressed	no change
PE Exemptions for Illness	Not addressed	Not addressed	no change
PE Exemptions for Disabilities	Not addressed	Not addressed	no change
PE Substitutions	Not addressed	Not addressed	no change
District Waivers from PE Requirements	Not addressed	Not addressed	no change
Physical Activity Throughout Day	Not addressed	Non-codified policy only	no change
National PE Standards (SHAPE America)	Not addressed	Non-codified policy only	no change
Time for PE -- Elementary	Not addressed	Non-codified policy only	no change
Time for PE -- Middle	Not addressed	Non-codified policy only	no change
Time for PE -- High	Not addressed	Not addressed	no change
Recess	Not addressed	Non-codified policy only	no change
Sport Participation Fees	Not addressed	Not addressed	no change

## Social and Emotional Climate

	SY 17-18	SY 19-20	Change
<b>Hazing Policy</b>	Encouraged	Encouraged	no change
<b>Dating Violence Policy</b>	Not addressed	Non-codified policy only	no change
<b>Limits on Exclusionary Discipline</b>	Requires limits on use of suspension and expulsion	Requires limits on use of suspension and expulsion	no change
<b>Alternatives to Exclusionary Discipline</b>	Encouraged	Encouraged	no change
<b>School Resource Officer Training</b>	Required	Required	no change
<b>Limits on Referrals to Law Enforcement</b>	Not addressed or authorizes schools to refer to law enforcement	Not addressed or authorizes schools to refer to law enforcement	no change
<b>Equitable Discipline Practices</b>	Monitoring required	Monitoring required	no change
<b>Multi-tiered Positive Behavior Supports</b>	Encouraged	Encouraged	no change
<b>School climate surveys</b>	NA	Encouraged	topic was not coded for 2017
<b>Social-Emotional Learning or Character Development</b>	Required	Required	no change
<b>Professional Development for Cultural Competency</b>	Not addressed	Non-codified policy only	no change
<b>Chronic Absenteeism Early Warning Systems</b>	Not addressed or limited to transfer to law enforcement	Non-codified policy only	no change
<b>Bullying, Harassment, and Intimidation Policy</b>	Includes some components of U.S. Department of Education recommendations	Includes some components of U.S. Department of Education recommendations	no change
<b>Professional Development for Bullying Prevention</b>	Encouraged	Encouraged	no change

## Counseling, Psychological and Social Services

	SY 17-18	SY 19-20	Change
<b>School-based or School-linked Mental Health Services</b>	Required	Required	no change
<b>Professional Development for Trauma</b>	Not addressed	Non-codified policy only	no change
<b>Professional Development for Mental Health</b>	Not addressed	Non-codified policy only	no change
<b>Early Identification and Referral</b>	Encouraged or Required	Encouraged or Required	no change
<b>Professional Development for Suicide Prevention</b>	Not addressed	Non-codified policy only	no change
<b>Suicide Prevention Policy</b>	Not addressed	Non-codified policy only	no change
<b>School Counseling - Elementary</b>	Required	Required	no change
<b>School Counseling - Secondary</b>	Required	Required	no change

## Employee Wellness

	SY 17-18	SY 19-20	Change
<b>Staff Wellness Programs</b>	Not addressed	Not addressed	no change

## Physical Environment

	SY 17-18	SY 19-20	Change
<b>Emergency Operations Plans</b>	Required, with regular reviews and updates	Required, with regular reviews and updates	no change
<b>Threat assessment</b>	NA	Non-codified policy only	topic was not coded for 2017
<b>Security and safety assessments</b>	NA	Encouraged	topic was not coded for 2017
<b>Multi-hazard Practice Drills</b>	Required, with required or encouraged interagency coordination	Required, with required or encouraged interagency coordination	no change
<b>Alcohol and Drug Use Intervention Programs</b>	Not addressed	Non-codified policy only	no change
<b>Corporal Punishment</b>	Permitted	Permitted	no change
<b>Restraint and Seclusion</b>	Limits use and includes comprehensive protections	Limits use and includes comprehensive protections	no change
<b>Tobacco and Vaping Policies</b>	NA	Addresses tobacco-free school policies but not vaping	topic was not coded for 2017

## Health Services

	SY 17-18	SY 19-20	Change
<b>School-based Health Services</b>	Addressed, but no formal program	Addressed, but no formal program	no change
<b>School Nurse Availability</b>	Addressed, but nurse availability limited	Addressed, but nurse availability limited	no change
<b>Healthy School Start Times</b>	NA	Not addressed	topic was not coded for 2017
<b>Preventive Health Screenings - Elementary</b>	Required	Required	no change
<b>Preventive Health Screenings - Middle</b>	Required	Required	no change
<b>Preventive Health Screenings - High</b>	Required	Required	no change
<b>Vaccination Waivers</b>	Allowed for religious or moral reasons	Allowed for religious or moral reasons	no change
<b>Referrals to Community Health Providers</b>	Addressed	Addressed	no change

## Family Engagement

	SY 17-18	SY 19-20	Change
<b>Family Engagement Plans</b>	Encouraged	Encouraged	no change
<b>Professional Development on Family Engagement</b>	Not addressed	Non-codified policy only	no change
<b>Family Engagement in Local Governance</b>	Required	Required	no change
<b>Family Engagement in Policymaking on School Discipline</b>	Not addressed	Not addressed	no change

## Nutrition Environment and Services

	SY 17-18	SY 19-20	Change
<b>USDA School Nutritional Standards</b>	Required	Required	no change
<b>Unhealthy Marketing Restrictions</b>	Not addressed	Non-codified policy only	no change
<b>Strategies to Increase Breakfast</b>	Not addressed	Not addressed	no change
<b>Access to Potable Water Throughout Day</b>	Not addressed	Not addressed	no change
<b>Competitive Food (Outside of School Meals)</b>	Addressed, does not meet federal requirements in all grades	Addressed, does not meet federal requirements in all grades	no change
<b>Unpaid Meal Charge Policy</b>	Not addressed	Not addressed	no change

## Community Involvement

	SY 17-18	SY 19-20	Change
<b>Community Involvement in Local Governance</b>	Encouraged	Encouraged	no change
<b>School-Community Interagency Partnerships</b>	Encouraged	Encouraged	no change
<b>Community Use of Public School Facilities</b>	Authorized and Encouraged	Authorized and Encouraged	no change