

5.29—WELLNESS POLICY

The health and physical well-being of students directly affects their ability to learn. Childhood obesity increases the incidence of adult diseases occurring in children and adolescents such as heart disease, high blood pressure and diabetes. The increased risk carries forward into their adulthood. Research indicates that a healthy diet and regular physical activity can help prevent obesity and the diseases resulting from it. It is understood that the eating habits and exercise patterns of students cannot be magically changed overnight, but at the same time, the Board of Directors believes it is necessary to strive to create a culture in our schools that consistently promotes good nutrition and physical activity.

The problem of obesity and inactivity is a public health issue. The Board of Directors is keenly aware that it has taken years for this problem to reach its present level and will similarly take years to correct. The responsibility for addressing the problem lies not only with the schools and the Arkansas Department of Education (ADE), but with the community and its residents, organizations and agencies. Therefore, the District shall enlist the support of the larger community to find solutions that improve the health and physical activity of our students.

Wellness Committee

To enhance the district's efforts to improve the health of our students, a School Nutrition and Physical Activity Advisory Committee (SNPAAC) has been formed. It is structured in a way to ensure age-appropriate recommendations are made that correlate to the District's grade configurations. The SNPAAC shall have the powers and responsibilities delegated to it by statute and Rule and are incorporated into this policy by reference. The overarching goal of the committee shall be to promote student wellness by monitoring how well the District is doing at implementing this policy. The SNPAAC shall use modules 1, 2, 3, 4, and 8 of the Centers For Disease Control' (CDC) School Health Index as a basis for annually assessing each school's progress toward meeting the requirements of this policy. The results of the annual assessment shall be included in each school's ACSIP, provided to each school's principal, and reported to the board, families and the public. Goals and objectives for nutrition and physical activity shall also be included in the ACSIP.

The LRSD Wellness Policy, written by the SNPAAC members, was originally approved in 2007 by the District Board of Education. This policy includes requirements to support district compliance with current state and federal legislation.

The SNPAAC shall be made up of Individuals from the following groups to the extent interested persons from each group desire to be included in the development, implementation, and periodic review of the District's wellness policy:

- Representatives from each appropriate grade level group (elementary, middle and senior high)
- Members of the District's Board of Directors;
- School administrators;
- School nutrition personnel including the District's Director of Food Service;
- Teacher organizations;
- Teachers of physical education;
- Parents;
- Students;
- Professional groups (such as nurses);
- School health professionals (such as school nurses, school counselors, and social workers) including the District's Coordinator of Health Services; and
- Community members.

Quarterly, the SNPAAC shall provide written recommendations to the District's Child Nutrition Director concerning menus and other foods sold in the school cafeteria. Such recommendations shall be based, at least in part, on the information the Committee receives from the District on the requirements and standards of the National School Lunch Program and from menus for the National School Lunch Program and other food sold in the school cafeteria on a quarterly basis.

The SNPAAC will meet at least monthly during the school year. Meeting dates for the SNPAAC will be placed on the District's calendar.

School Health Coordinator

To assist the SNPAAC in ensuring that the District fulfills the requirements of this policy, a District level School Health Coordinator (Designated District Official) shall be appointed. In addition, a school level School Health Coordinator shall be appointed who shall be responsible for assisting the District level School Health Coordinator in ensuring that each school fulfills the requirements of this policy.

Goals

In its efforts to improve the school nutrition environment, promote student health, and reduce childhood obesity, the District will adhere to the ADE Rules Governing Nutrition and Physical Activity Standards And Body Mass Index For Age Assessment Protocols. To promote nutrition, physical activity, and other school based activities that will improve student wellness, the District, working with the SNPAAC, has established the following goals:

1. Implement a grade appropriate nutrition education program that will develop an awareness of and appreciation for nutrition and physical activity throughout the curriculum;
2. Enforce existing physical education requirements and engage students in healthy levels of vigorous physical activity ensuring elementary students in grades K-6 receive at a minimum a total of 150 minutes per week of physical activity. The 150 minutes will include 60 minutes of scheduled physical education. Students in grades 7-8 will receive a minimum of 150 minutes of physical activity weekly. Students in grades 9-12 will be required to take one semester of physical education to comply with current Standards of Accreditation as well as receive a minimum of 150 minutes of physical activity weekly;
3. Strive to improve the quality of and staff development available to physical education curricula and increase the training of physical education teachers ensuring that the District employ at least one certified and/or qualified physical education full-time equivalent (FTE) teacher for every 500 students who will directly supervise physical education instruction and all personnel teaching physical education in grades K-12 hold a physical education certification appropriate for grade level being taught;
4. Follow the Arkansas Physical Education and Health Education Frameworks in grades K-12;
5. With the exception of extracurricular activities, not use or withhold physical education and recess as punishment;
6. Allow outdoor recess when outdoor temperatures are between 35 – 95 degrees.
7. Not use food or beverages as rewards for academic, classroom, or sports performances and/or activities except as required for special needs students, School Nurse health care and foods for instructional purposes;
8. Establish class schedules and bus routes that do not directly or indirectly restrict meal access;
9. Provide students with ample time to eat their meals in pleasant cafeteria and dining areas;
10. Abide by the current allowable food and beverage portion standards;

11. Meet or exceed the more stringent of Arkansas' or the U.S. Department of Agriculture's (USDA) Nutrition Standards for reimbursable meals and a la' carte foods served in the cafeteria. These include but are not limited to the following:
 - a. Offer only 1% or fat-free milk
 - b. Offer fruits and/or vegetables at all points of service, preferably fresh, with frozen and canned fruit packed in natural juice, water or light syrup
 - c. Limit french fries/fried potatoes to once a week in elementary schools with maximum serving size determined by Smart Snack Calculator
 - d. Limit french fries/fried potatoes serving size in middle, junior high and high schools as determined by Smart Snack Calculator and per Meal Pattern Guidelines.
 - e. Limit the number of fried foods at each meal to one item out of every six food items in middle, junior high and high schools
 - f. Prohibit the sale or distribution of extra dessert, french fries and/or ice cream in elementary schools;
12. Restrict access to competitive foods as required by law and Rule. Vended foods, and other competitive foods and foods of minimal nutritional value cannot be sold from the start of the school day until 30 minutes after the last lunch period in all schools;
13. Conform new and/or renewed vending contracts to the content restrictions contained in the Rules and reduce district dependence on profits from the sale of competitive foods. At the point of choice for students, 100% of the selections will meet the healthier choice criteria. At the point of choice in all District facilities serving faculty, staff and the athletic department, the product mix will be at least 50% healthier choices. Point of sale signage will only show the healthier food and beverage options and/or physical activity. Additional requirements include, but are not limited to the following:
 - a. All beverages except unflavored, unsweetened water are limited to 12 oz. per vended container
 - b. Healthier beverages include 100% fruit juice, low fat or fat free milk and unflavored, unsweetened water.
 - c. Calorie free – low calorie (≤ 60 calories/12 oz. serving) sports beverages will be restricted to high schools and to their immediate area of physical education facilities
 - d. Calorie free – low calorie (≤ 60 calories/12 oz./serving) caffeinated beverages are limited to high schools. The amount of caffeine is limited to ≤ 55 mg/serving
 - e. All beverages sold in vending machines and concessions will be priced equally
 - f. After-hour and weekend concessions will have a 50/50 product mix with the recommendation of moving to 100% healthier choices. Usage of the Smart Snack calculator is required to determine healthier options.
 - g. A choice of two fruits and/or 100% fruit juice must be offered for sale at the same time and place whenever competitive foods are sold
 - h. Snack food items will contain ≤ 200 calories per item as packaged or served, $\leq 35\%$ of total calories from fat, $\leq 10\%$ of calories from saturated fat, and zero grams trans fat, $\leq 35\%$ of total weight from added sugar (if added sugar not on label use total sugar) and ≤ 200 mg sodium. In addition, snack foods must be a "whole grain-rich" grain product; or have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or be a combination food that contains at least $\frac{1}{4}$ cup of fruit and/or vegetable
14. Provide professional development to all district staff on the topics of nutrition and/or physical activity with specific monthly training for the Child Nutrition assistants;
15. Utilize the School Health Index available from the CDC to assess how well the district is doing at implementing this wellness policy and at promoting a healthy environment for its students.

Food and Beverages Outside of the District's Food Service Programs

The District will insure that drinking water is available without charge to all students throughout the school at every District facility.

The District will promote water as an essential nutrient and as a substitute for sugar-sweetened beverages and allow students to take bottled water into the classroom, provided it is plain water (no additives, sweeteners, flavorings, etc.) in a transparent (clear), colorless bottle with a screw lid. Students who violate the provisions of this policy will lose their privilege to carry water into class for the remainder of the school year.

All food and beverages sold to students on school campus from midnight prior to the start of the school day and from 30 minutes after the last lunch period until 30 minutes after the end of the day's classes by school administrators or school non-licensed or licensed staff (principals, coaches, teachers, club sponsors, etc.); students or student groups; parents or parent groups; or another person, company, or organization associated with the school shall meet the Federal Smart Snacks requirements, Arkansas Nutrition Standards and in District policy at a minimum. These restrictions include, but are not limited to, food and beverages sold in vending venues (machines, ice chests, cabinets) in school stores or as part of school fundraisers. The nutrient content of every food and beverage item sold must be validated with the Alliance for a Healthier Generation's Smart Snacks calculator. A copy of the Smart Snack Calculator product compliance screen and a copy of the nutrition fact label of the product(s) must be kept in a file at the school for audit purposes. Sales locations are to achieve at least a 50/50 balance of healthy and less healthy offerings.

Schools shall appoint a staff person at each school to monitor fundraisers by all school-related organizations or groups to ensure compliance with Federal, state and District policies. The District shall designate a representative to serve as a resource for schools in planning and coordinating fundraising and to serve as a liaison between the district and vendors to keep them informed of the District policies related to fundraisers. Schools shall encourage the use of non-food alternatives for fundraising including fundraising that promotes physical activity.

All food and beverages provided, but not sold, to students on the school campus during the school day by school administrators or school non-licensed or licensed staff (principals, coaches, teachers, club sponsors, etc.); students or student groups; parents or parent groups; or another person, company, or organization associated with the school shall meet the Federal Smart Snacks requirements, Arkansas Nutrition Standards and District policy at a minimum. These restrictions include, but are not limited to, food and beverages provided in vending venues (machines, ice chests, cabinets) in school stores or as part of school fundraisers. The nutrient content of every food and beverage item provided must be validated with the Alliance for a Healthier Generation's Smart Snacks calculator. A copy of the Smart Snack Calculator product compliance screen and a copy of the nutrition fact label of the product(s) must be kept in a file at the school for audit purposes. Schools shall limit the number of servings per day to one per student.

Up to a maximum of nine (9) times per school year, school administration may schedule school wide events, i.e. field days and fall festivals, where food and beverages provided to students are not required to meet the Federal Smart Snacks standards during the scheduled time. A birthday party in a single classroom is considered a school event and counts toward the nine per year for the entire school. The schedule of the events shall be by school, approved by the principal, and shall be part of the annual school calendar.

Food and beverages outside of the District's food service programs may not be sold, served, or provided to students in the District's food service areas during meal times.

Elementary students shall not have access to vended food and beverages anytime, anywhere on school premises.

The District does not place nutrition restrictions on food or beverages brought from home that are intended for personal consumption only.

Advertising

In accordance with the USDA regulations, oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product that are made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product shall only be permitted on school campus during the school day if they meet or exceed the Federal Smart Snacks and District policy standards. This restriction does not apply to:

- Materials used for educational purposes in the classroom, including, but not limited to:
 - The use of advertisements as a media education tool; or
 - Designing and implementing the health or nutrition curriculum;
- Clothing, apparel, or other personal items used by students and staff;
- The packaging of products brought from home for personal consumption; and
- Currently existing advertisements on school property, including but not limited to, score boards, school name signs and other long-life items; however, all future contracts and replacement items shall meet the Federal Smart Snacks and District policy standards.

Community Engagement

The District will work with the SNPAAC to:

- a. Encourage participation in extracurricular programs that support physical activity, such as walk-to-school programs, biking clubs, after-school walking etc.;
- b. Encourage the implementation of developmentally appropriate physical activity in after-school childcare programs for participating children;
- c. Promote the reduction of time youth spend engaged in sedentary activities such as watching television and playing video games; and
- d. Encourage the development of and participation in family-oriented community-based physical activity programs.

The District will annually inform the public:

- Of the web address where the policy is located;
- Of any changes made to this policy since the previous year;
- Of the health and wellness priority goals in the District's ACSIP;
- That a printed copy of the policy may be picked up at the District's central office; and
- The amounts and specific sources of funds received and expenditures made from competitive food and beverage contracts.

Assessment of District's Wellness Policy

At least once every three years, with input from the SNPACC, the District shall assess both the District as a whole and individual schools' status in regards to the implementation and compliance of the goals of this policy,

including the health and wellness goals in the District's ACSIP. The assessment shall be based, at least in part, on:

- The extent to which District schools are in compliance with this policy;
- The extent to which this policy compares to other model local school wellness policies;
- The annual reviews of this policy based on modules 1, 2, 3, 4, and 8 of the CDC's School Health Index; and
- A description of the progress made in attaining the goals of this policy.

On the years the assessment occurs, the assessment results shall be reported to the public, including parents, students, and other members of the community as part of the District's annual report to the public.

The District will update the wellness policy based on the results from the three (3) year assessment.

District Website

The District will place on its website:

- The name, District phone number, and District email address for the District Level School Health Coordinator;
- The names, district phone numbers, and district email addresses for the School Level School Health Coordinators;
- The names of the members of the SNPAAC;
- Meeting dates for the SNPAAC;
- Information on how community members may get involved with the SNPAAC;
- A copy of this policy;
- A copy of the annual review of this policy based on modules 1, 2, 3, 4, and 8 of the CDC's School Health Index; and
- A copy of the most recent three (3) year assessment of this policy.

Legal References: Richard B. Russell National School Lunch Act 42 U.S.C. § 1751 et seq. as amended by PL 111-296 (Section 204) of 2010. (Section 204 is codified at 42 U.S.C. § 1758(b))
Child Nutrition Act of 1966 42 U.S.C. § 1771 et seq.
7 C.F.R. § 210.18
7 C.F.R. § 210.31
A.C.A. § 6-20-709
A.C.A. §§ 20-7-133, 134, and 135
ADE Rules Governing Nutrition and Physical Activity Standards And Body Mass Index For Age Assessment Protocols
Allowable Competitive Foods/Beverages - Maximum Portion Size List for Middle, Junior High, and High School
Commissioner's Memo CNU-17-010
Commissioner's Memo CNU-17-013
Commissioner's Memo CNU-17-016
Commissioner's Memo CNU-17-043 Nutrition Standards for Arkansas Public Schools

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