



Cross County School District

Dr. Nathan Morris

Superintendent

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“The mission of Cross County School District is to educate the whole child by preparing them to be lifelong learners and responsible citizens in a global society”

Cross County School District Wellness Policy

The wellness committee of the Cross County School District meets quarterly throughout the year. During the 2020-2021 school year the committee will meet on the following dates:

Wednesday, September 16th

Friday, November 20th

Friday, February 26th

Friday, April 16th

All meetings will be held at 9:00am at the Cross County Administration Building

The District Wellness Committee for 2020-2021 are as follows:

Chairperson: Stephen Prince, High School Principal

Amy Lovins, District Food Service Director with ARAMARK

Dana Deason, TAP Teacher Organization

Amy Smith, Elementary Physical Education Instructor

Krystal Jessup, Parent

Lexi Jerrett, Student

Tori Parnell, District Nurse

Carey Loveday, Community Member

Meeting agendas and notes will be placed on the district website along with this policy.

The health and physical well-being of our 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 District believes it is necessary to strive to

create a culture in our schools that consistently promotes good nutrition and physical activity.

Obesity and inactivity are public health issues. The District 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 Department of Education, but also with the community and its residents, organizations and agencies. Therefore, the district shall enlist the support of the larger community to find solutions, which improve the health and physical activity of our students.

Goals

In its efforts to improve the school nutrition environment, promote student health, and reduce childhood obesity, the district will adhere to the Arkansas Rules Governing Nutrition and Physical Activity Standards in Arkansas Public Schools. Adhering to these Rules will include, but are not limited to, district efforts to:

- Appoint a district school health coordinator who shall be responsible for ensuring that each school fulfills the requirements of this policy.
 - Implement a grade appropriate nutrition education program that will develop an awareness of and appreciation for nutrition and physical activity throughout the curriculum.
 - Enforce existing physical education requirements and engage students in healthy levels of vigorous physical activity.
 - Strive to improve the quality of physical education curricula and increase the training of physical education teachers.
 - Follow the Arkansas Physical Education and Health Education Frameworks in grades K-12.
 - Not use food or beverages as rewards for academic, classroom, or sports performances.
 - Ensure that drinking water is available without charge to all students.
 - Establish class schedules, and bus routes that don't directly or indirectly restrict meal access.
 - Provide students with ample time to eat their meals in pleasant cafeteria and dining areas and review.
 - Establish no more than nine (9) school wide events, which permit exceptions to the food and beverage limitations, established by Rule. The schedule of the events shall be by school, approved by the principal, and shall be part of the annual school calendar.
- Abide by the current allowable food and beverage portion standards.
- Meet or exceed the more stringent of Arkansas' or the U.S. Department of Agriculture's Nutrition Standards for reimbursable meals and a la' carte foods served in the cafeteria, including review of menus and provide written recommendations for and suggestions for healthier choices.

- Restrict access to vended foods, competitive foods, and foods of minimal nutritional value (FMNV) as required by law and Rule.
- 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 FMNV.
- Provide professional development to all district staff on the topics of nutrition and/or physical activity.
- Utilize the School Health Index available from the Center for Disease Control (CDC) to assess how well the district is doing at implementing this wellness policy and at promoting a healthy environment for its students.

This policy does not restrict what parents may provide for their own child's lunch or snacks. Parents may provide foods of minimal nutritional value or candy items for their own child's consumption, but they may not provide restricted items to other children at school.

To assist Cross County in reaching these goals, the District has adopted to be a Coordinated School Health (<http://www.arkansasesh.org>) site that includes these eight components to address educating the “whole child”:

1. Health Education: A planned, sequential, K-12 curriculum that addresses the physical, mental, emotional and social dimensions of health.
2. Physical Education: A planned, sequential K-12 curriculum that provides cognitive content and learning experiences in a variety of activity areas such as basic movement skills; physical fitness; rhythms and dance; games; team, dual, and individual sports; tumbling and gymnastics; and aquatics.
3. Health Services: Services provided for students to appraise, protect, and promote health.
4. Nutrition Services: Access to a variety of nutritious and appealing meals that accommodate the health and nutrition needs of all students.
5. School Based Mental Health, Counseling & Social Services: Services provided to improve students' mental, emotional, and social health. These services include individual and group assessments, interventions, and referrals.
6. Healthy School Environment: The physical and aesthetic surroundings and the psychosocial climate and culture of the school.
7. Health Promotion for Staff: Opportunities for school staff to improve their health status through activities such as health assessments, health education and health-related fitness activities.

Family/Community Involvement: An integrated school, parent, and community approach for enhancing the health and well-being of students.

If a child should become injured at school, the playground teacher or homeroom teacher will report it to the office immediately. The office staff will call the appropriate responder to assess the child's injury (the School Nurse or other designated trained staff).

If the injury is found to be minor (such as a minor cut, scrape or bruise), basic first aid (cleaning, band aid, ice pack, etc.) will be provided. If the injury appears to be more than minor, the staff will attempt to notify the parent/guardian or nearest relative and make the child as comfortable as possible until the parent arrives. If the school is unable to reach a parent/guardian or nearest relative and medical attention is needed, the school will take the child to the nearest medical provider (such as the ARCare School Based Health Clinic) for further assessment. The school assumes no responsibility for treatment. Please make sure we have contact information and emergency phone numbers up to date at all times. If the child has a serious injury or medical emergency requiring immediate medical attention (such as unconsciousness, respiratory distress, or seizures, etc.) the school will call the closest emergency provider such as 911 or the ARCare School Based Health Clinic. The parent/guardian will be notified that the emergency responder has been called, however, the need to contact the parent shall not unreasonably delay the school's expeditious transport of the student to an appropriate medical care facility.

The school has an AED on at each building that may be used in the event of a student is unconscious, not breathing normally, or has a loss of pulse. The AEDs are located in the high school office and the elementary office. It will only be used by staff that have completed training and until emergency responders arrive. For more information contact the school nurse.

Access to water and the use of water bottles during the school day:

Students and teachers are allowed to have a water bottle at school as long as it has a screw-cap lid. Students have the opportunity to fill bottles using water fountains and bottle-filling stations. Elementary students must use a clear bottle filled with water only. Any misuse of this privilege may result in loss of opportunity to carry a water bottle at school.