

VIOLA PUBLIC SCHOOLS

HOME OF THE LONGHORNS

P.O. BOX 380
VIOLA, ARKANSAS 72583
870-458-2323
FAX 870-458-2214

Administration

John May
Superintendent
870-458-4001

Charolette Bridges
District Treasurer
870-458-4002

Larry Ivens
K-12 Principal
870-458-2213 or
870-458-2511

Ryan Walker
Assistant Principal
870-458-2213

Board of Education

Ken Cotter
President
Position No. 4
Member 2024

Andy McCandlis
Vice President
Position No. 2
Member 2022

Darick Brown
Secretary
Position No. 1
Member 2021

Max Ray Shrable
Position No. 3
Member 2023

Charlie Wray
Position No. 5
Member 2020

Minutes for the District Wellness Committee Meeting on December 10, 2020:
Via Phone the meeting was called to order at 9:00a.m.
Welcome by Wellness Chair Debbie Kinder RN

Nurse Debbie Kinder reported:

- Nurse has been able to complete most vision and hearing testing since start of school.
COVID-19.
- Nurse has stayed in contact with students and families how to stay healthy during this time.
- Nurses are also communicating with teachers needed info. to students
- Nurse Kinder is also POC for the Viola School District. Education provided for staff and students on the Covid quarantine regulations.
- POC working closely with the State Health Dept quarantining students and teachers as required.

Debra Sartin Nutrition Director reported:

- Breakfast and lunch meals are being served Tues.-Fri.
- The meals are for all Viola School students 18 and younger and free of charge for the 2020-2021 school year.
- No menus to approve.

Larry Ivens Principal reported:

- School food pantry program has been a great success also the back pack programs which is provided to students every Friday.
- Ivens thanked all people who have volunteered to help make this a huge success for our children and families in need.
- School will be dismissed Dec 18 thru Jan 4 for Christmas holidays.
- Also reported thanks to all teachers and school staff for a job well done for the first half of our school year.

Debbie Kinder
Andy McCandlis
Jarlene Richmond
Debra Sartin

AN EQUAL OPPORTUNITY EMPLOYER

**Wellness Policy
Declaration Page**

2020-2021

School District: Viola

LEA Number: 2503

The above school district will meet the Wellness Policy requirement by doing the following: (Mark selection with "x" in the space provided)

1. Agreement Attachment A-3 Wellness Policy Checklist (minimum requirement). (Attach completed checklist with signatures and responses.)
2. Use Arkansas School Board Association model policy approved by the District School Board. (Attach to Agreement)
3. Agreement Attachment A-3 Wellness Policy Checklist with additional attachments (vending contracts, explanations, etc.)
4. District Wellness Policy approved by the District School Board. This Policy must cover all five (5) federally required components. (Attach to Agreement)

Superintendent Signature: 

Date: 12-16-20

List Attachments Enclosed with Agreement: _____

School District Wellness Policy Checklist

Questions regarding the wellness policy requirements or the Wellness Policy Reporting Form can be submitted via e-mail attachment to wellness@arkedu.k12.ar.us.

School District: Viola County: Fulton LEA #: 2503 Superintendent: John May
 Phone: 870-458-2511 Address: P.O. box 380 Viola, Arkansas 72583

Contact Person Preparing the Wellness Policy Form: Debbie Kinder RN School Nurse Phone: _____

Person responsible for implementing the district's Wellness Policy: Debbie Kinder RN
 Phone: 870-458-2511

District Nutrition and Physical Activity (NPAC) Wellness Committee Members - List Members and Category of Representation:

Chairperson Name: Debbie Kinder RN Phone: 870.458-4014

Parent Name: Derek Winter

Student Name: Kaylee Koons

School Food Authority (CN Director) Name: Debra bartin

School Board Name: Ken Colter

School Administration Name: harry IVENS

Public Community Member Name: Kristy Breen

Others: Name: John May Job title: Superintendent

Name: Jurlene Richmond Job title: librarian

Name: Amy Baker Job title: Aide

The following form with attachments is the wellness policy of the School District effective for 2020-2021

Debbie Kinder Wellness Committee Chair Date 12-16-20

Debra bartin Child Nutrition Director Date 12-16-20

JKM District Superintendent Date 12-16-20

Background:

Congress passed the Child Nutrition Reauthorization Act of 2004. As part of this Act, a local education agency participating in the federal child nutrition programs will be required to develop a wellness policy with objectives for improving the school nutrition environment, promoting student health and reducing childhood obesity (Public Law 108-265, Section 204).

In addition, the Arkansas legislature passed Act 1220 of 2003 for the purposes of reducing childhood obesity and to improve the health of future Arkansans. The Nutrition and Physical Activity Standards regulations addressing the recommendations made by the Arkansas Child Health Advisory Committee were passed by the Arkansas State Board of Education August 8, 2005.

Wellness Policy Reporting Form:

To assist school districts with meeting the Wellness Policy reporting requirements by June 30, 2006, the Child Nutrition Unit, Arkansas Department of Education has created this reporting form. The use of this form is optional. The school district may choose to provide the district Wellness Policy addressing required components of the policy, documentation of involvement and the measurement evaluation in another format.

This Wellness Policy Reporting Form may be used by a district for submission of policies and/or analysis of district policy to determine if minimum policy requirements have been met.

Deadline for Reporting:

The district Wellness Policy will be submitted with the district's Agreement Between the School Food Authority and the Department of Education (ADE), Child Nutrition Unit, as an attachment. The deadline for CNU to receive the Wellness Policy Reporting Form or Wellness Policy in another format is May 1, 2006.

Instructions:

District wellness policies developed by the district Nutrition and Physical Activity Committee will require approval by the district school board. The local district procedures for policy approval must be followed with all appropriate legal timelines and procedures. State law and regulations do not require approval by the local school board. For questions related to local district policy approval procedures, committees will contact the district superintendent.

To submit the District Wellness Policy to the Child Nutrition Unit, ADE, the district superintendent or his designee will attach a copy of the District Wellness Policy or this form with appropriate local policy attachments to the Child Nutrition Program Agreement and Policy Statement for SY 2006-07 by May 1, 2006. The district policy must include the five (5) federal requirements listed below.

As required by law, a local wellness policy, at a minimum, must include:

1. Goals for *nutrition education, physical activity and other school-based activities* that are designed to promote student wellness in a manner that the local educational agency determines is appropriate; *Nutrition guidelines* selected by the local educational agency for all foods available on each school campus under the local educational agency during the school day with the objectives of promoting student health and reducing childhood obesity;
3. *Guidelines for reimbursable school meals*, which are no less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to Subsections (a) and (b) of Section 10 of the Child Nutrition Act (42 U.S.C. 1779) and Section 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758)(f)(1), 1766(a), as those regulations and guidance apply to schools;
4. A plan for *measuring implementation* of the local wellness policy, including *designation of 1 or more persons within the local educational agency* or at each school, as appropriate, charged with operational responsibility for ensuring that each school fulfills the district's local wellness policy;
5. *Community involvement*, including parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy.

WELLNESS POLICY REQUIREMENT #1:

Goals for *nutrition education, physical activity and other school-based activities* that are designed to promote student wellness in a manner that the local educational agency determines is appropriate;

Arkansas Nutrition Standards Regulations - Ark. Code Ann. 20-7-133, 20-7-134, 20-7-135;
Final Rule Nutrition/Physical Activity Standards

State Regulations become part of a district's Wellness Policy based on Compliance

7.0 NUTRITION EDUCATION

7.01 The Arkansas Department of Education shall promote grade-appropriate nutrition education as part of a broad based integrated health education program that is aligned with the Arkansas Physical Education and Health Education Framework. The Child Nutrition Unit of the Department of Education shall review nutrition standards prior to implementation. Examples of integration into the curriculum include comprehensive health education courses and Workforce Education courses which are taught within Family and Consumer Sciences, such as Nutrition and Wellness and/or Foods and Nutrition.

7.02 The Arkansas Department of Education and the Department of Workforce Education will provide technical assistance in helping schools integrate health education curricula that will include the nutrition components.

7.03 Implementation of grade-appropriate nutrition education through a comprehensive education program will be included in the school improvement process.

1. Does the school district follow the Arkansas Physical Education and Health Education Frameworks for Grades K-12?
 Yes No
 If NO, attach the district's policy that meets the Nutrition Education requirements of the Federal Reauthorization Regulations and the State Nutrition & Physical Activity Regulations Section 7.0.
 See attachment provided by the district.

2. Does the district offer the following Family & Consumer Sciences Programs

A. Nutrition & Wellness
 Yes No Other: _____

B. Foods & Nutrition
 Yes No Other: _____

3. Check or list other areas where the school district integrates nutrition education into curricula:
 Afterschool Programs Not Applicable
 Pre-School Programs Other Areas: _____

HEALTHY SCHOOL ENVIRONMENT

- 8.01 No food or beverage shall be used as rewards for academic, classroom or sport performances and/or activities. For exceptions to this requirement, see section 5.02 of this rule.
- 8.02 All school cafeterias and dining areas should reflect healthy nutrition environments.
- 8.03 Schools should ensure that all students have access to school meals. Schools should not establish policies, class schedules, bus schedules or other barriers that directly or indirectly restrict meal access.
- 8.04 Drinking water via water fountains or other service receptacle should be available without charge to all students on campus according to Arkansas Health Department standards.

Does the district encourage a healthy school environment by:

- A. Not using food or beverages as a reward for academic, classroom or sports performance?
 Yes No
- B. Providing students consistent, reliable health information and ample opportunity to use it, including an inviting, pleasant cafeteria and dining area with ample time to eat?
 Yes No
- C. School schedules do not limit student access to school meals?
 Yes No
- D. Drinking water is available without charge to all students?
 Yes No

If NO, attach the district's policy that meets the requirements for section 8.0 of the Nutrition and Physical Activity Regulations.
 See attachment provided by the district.

9.0 PHYSICAL EDUCATION AND PHYSICAL ACTIVITY STANDARDS

- 9.01 Public schools must establish strategies to achieve thirty (30) minutes of physical activity each day in grades K-12 and must have begun implementation of those strategies before the end of the 2005-2006 school year.
- 9.02 Beginning in the school year 2006-2007, physical education classes in grades kindergarten through six (K-6) will have a maximum student to adult ratio of 30:1. At least one of the adults supervising as referenced in this section must be a certified or qualified physical education teacher with the responsibility for instruction. Classified personnel may assist in fulfilling this requirement.
- 9.03 Beginning in the school year 2005-06, at a minimum, school districts will work with the local School Nutrition and Physical Activity Advisory Committee to
 - 9.03.1 Encourage participation in extracurricular programs that support physical activity, e.g., as walk-to-school programs, biking clubs, after-school walking etc.;
 - 9.03.2 Encourage the implementation of developmentally-appropriate Physical activity in after-school child care programs for participating children;
 - 9.03.3 Promote the reduction of time youth spend engaged in sedentary activities such as watching television and playing video games; and
 - 9.03.4 Encourage the development of and participation in family-oriented community-based physical activity programs.
 - 9.03.5 Incorporate into the school ACSIP the strategies to be employed to achieve the activities required in Section 9.01.

NOTE: Physical Activity Standard Regulations span an implementation timeframe from 2005-2012. This Wellness Reporting Form reflects the current (2005-06) and next school year's (2006-07) standards. Districts can adjust the District Wellness Policy to include future stages of implementation to keep the Wellness Policy current.

Does the school district meet the Regulations for Physical Education and Physical Activity as outlined in Section 9.0 of the Nutrition and Physical Activity Regulations?
 Yes No

If NO, attach the district's policy that meets the Physical Activity requirement of the Federal Reauthorization requirements and the State Nutrition & Physical Activity Regulations in section 9.0.
 See attachment provided by the district.

See Commissioner's Memo #LS-06-078 for additional explanation regarding requirements. Contact Tammy Harrell at 501-683-0906 with any questions related to the implementation of the Physical Activity / Physical Education regulations.

WELLNESS POLICY REQUIREMENT #2:

Nutrition guidelines selected by the local educational agency for all foods available on each school campus under the local educational agency during the school day with the objectives of promoting student health and reducing childhood obesity;
 Arkansas Nutrition Standards Regulations - Act 1220 of 2003 and Ark. Code Ann. 20-7-133, 20-7-134, 20-7-135; Final Rule Nutrition/Physical Activity Standards

5.0 GENERAL REQUIREMENTS FOR FOOD AND BEVERAGES IN PUBLIC SCHOOLS	Policy based on Compliance
<p>5.01 Access to Foods and Beverages in Public Schools</p> <p>5.01.1 Elementary students will not have access to vended food and beverages anytime, anywhere on school premises during the declared school day.</p> <p>5.01.2 Effective July 1, 2005, during the declared school day, an elementary school site may not serve, provide access to, through direct or indirect sales, or use as a reward, any FMNV (foods of minimal nutritional value) or competitive food. This includes FMNV and competitive foods given, sold, or provided by school administrators, or staff (principals, coaches, teachers, club sponsors, etc.) students or student groups, parents or parent groups, or any other person, company or organization associated with the school site. Exceptions to this requirement are listed in 5.02.</p> <p>5.01.3 In elementary schools, the Child Nutrition Program may only sell food items in the cafeteria, during meal periods that are already offered as a component of a reimbursable meal during the school year, including extra milk, fresh fruits, vegetables, and/or an extra meal meeting the same requirements of the reimbursable meal. School food service departments shall not sell or give extra servings of desserts, french fries and/or ice cream.</p> <p>5.01.4 Effective July 1, 2005, during the declared school day, at middle, junior high and high school sites, schools SHALL NOT serve, provide access to, through direct or indirect sales, or use as a reward, any FMNV or competitive food to students anywhere on school premises UNTIL 30 MINUTES AFTER THE LAST LUNCH PERIOD HAS ENDED. This includes FMNV and competitive foods given, sold or provided by school administrators, or staff (principals, coaches, teachers, club sponsors, etc.) students or student groups, parents or parent groups, or any other person, company or organization associated with the school site.</p> <p>5.01.5 In middle, junior high, and high schools, the Child Nutrition Program may only sell food items in the cafeteria, during meal periods that are already offered as a component of a reimbursable meal during the school year, including extra milk, fresh fruits, vegetables, unsweetened unflavored water, and/or other food/beverage items that meet standards of maximum portion size and/or an extra meal meeting the same requirements of the reimbursable meal.</p>	<p>1. Does the district prohibit access to vended foods for elementary students? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>2. Does the district limit access to competitive foods and FMNV at the Elementary level during the school day as identified in section 5.01.2 of the Nutrition and Physical Activity Regulations? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No</p> <p>3. Does the Child Nutrition Program follow the guidelines for selling additional foods as identified in section 5.01.3 of the Nutrition and Physical Activity Regulations? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>4. Does the district limit access to competitive foods and FMNV above the Elementary level during the school day until 30 minutes after the last lunch period has ended as identified in section 5.01.4 of the Nutrition and Physical Activity Regulations? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>5. Does the Child Nutrition Program comply with the menu item and portion size limitations as identified in section 5.01.5 of the Nutrition and Physical Activity Regulations? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p>
<p>5.02 Exceptions to Limiting Access to Foods and Beverages in All Schools</p> <p>5.02.1 Parents Rights - This policy does not restrict what parents may provide for their own child's lunch or snacks. Parents may provide FMNV or candy items for their own child's consumption, but they may not provide restricted items to other children at school.</p> <p>5.02.2 School Nurses - This policy does not apply to school nurses using FMNVs or candy during the course of providing health care to individual students.</p> <p>5.02.3 Special Needs Students - This policy does not apply to special needs students whose Individualized Education Program (IEP) plan indicates the use of an FMNV or candy for behavior modification (or other suitable need).</p> <p>5.02.4 School Events - Students may be given any food and/or beverage items during the school day for up to nine different events each school year to be determined and approved by school officials. These items may not be given during meal times in the areas where school meals are being served or consumed.</p> <p>5.02.5 Snacks During the Declared School Day - Snacks may be provided or distributed by the school as part of the planned instructional program, for example, afternoon snack for kindergarten students who eat early lunch. Snacks shall meet the United States Department of Agriculture Child and Adult Care Snack Patterns.</p> <p>5.02.6 Foods for Instructional Purposes - Foods integrated as a vital part of the instructional program are allowed at any time. Examples include edible manipulatives such as a square of cheese to teach fractions, a nutrition food experience, food production in family and consumer science units, and food science units.</p>	<p>If NO to any of the above, attach a copy of the district's Wellness Policy and explain how the district meets the requirement of setting nutrition guidelines for all foods available at school campus. <input type="checkbox"/> See attachment provided by the district.</p> <p>6. Are parents notified of their rights to send food items to school for their child? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>7. Has the school or district adopted any restrictions, in addition to state and federal regulations, on foods that can be brought from home? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>If YES, please attach as copy of restriction and how parents are notified. <input type="checkbox"/> See attachment provided by the district.</p>

6.0 NUTRITION STANDARDS FOR FOODS AND BEVERAGES

6.01 As of July 1, 2005, the Arkansas Child Health Advisory Committee nutrition standards will apply to all foods and beverages served, sold, or made available to students on elementary, middle, junior high and high school campuses (except the reimbursable school meals, which are governed by United States Department of Agriculture (USDA) federal regulations).

ALLOWABLE FOODS/BEVERAGES WITH MAXIMUM PORTION SIZE (NPS) RESTRICTIONS:

ELEMENTARY SCHOOL - The "Allowable Foods/Beverages With Maximum Portion Size Restrictions Chart" **DOES NOT APPLY TO ELEMENTARY** schools. According to Act 1220 of 2003 and the Section 5.0 of the Rule, elementary school students will not have access to vended food and beverages anytime, anywhere on school premises during the declared school day.

MIDDLE, JUNIOR HIGH and HIGH SCHOOLS ONLY

6.02 A list of the maximum portion size restrictions and nutrition standards will be provided to school districts. This list, effective July 1, 2005, will apply to all foods and beverages served, sold, or made available to students during the declared school day at any school site with the exception of reimbursable school meals which have nutrition standards governed by the United States Department of Agriculture (USDA) federal law and regulations.

6.02.1 Prior to each school year, on or before April 1, the updated list of maximum portion sizes and nutrition standards for foods and beverages will be developed by the Arkansas Child Health Advisory Committee and distributed by the Arkansas Department of Education (ADE) via ADE Director's Memo Communication.

Portion Standard Implementation, Commissioner's Memo #FIN-06-016 was effective 2005-06, see segments below.

- 6.02.3 All FMNV or competitive food beverages sold to students will be restricted to no more than 12 ounces per vended container. The only exception for a larger portion size will be unsweetened unflavored water.
- 6.02.4 A choice of two (2) fruits and/or 100% fruit juices must be offered for sale at the same time and place whenever competitive foods are sold. Fruits should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water, or light syrup.
- 6.02.5 At the point of choice, at least 50% of beverage selections in vending machines, school stores and other sales venues shall be 100% fruit juice, low-fat or fat-free milk, and unflavored unsweetened water.
- 6.02.6 At middle school and high school levels, local leaders are encouraged to implement vending policies that encourage healthy eating by students.
- 6.02.7 Beginning August 8, 2005 any modification or revisions of vending contracts in existence prior to August 8, 2005, must be in full compliance with all sections of the Rules Governing Nutrition and Physical Activity Standards in Arkansas Public Schools as approved by the State Board of Education.
- 6.02.8 Nothing in these rules shall be construed to prohibit or limit the sale or distribution of any food or beverage item through fund raisers by students, teachers, or other groups when the items are sold off the school campus.

8. Who determines which School Events will be exceptions (maximum 9 per school year) to the limitations of access to foods and beverages in all schools?
 Superintendent School Principals School Board

9. Are snacks served during the declared school day as part of the planned instructional program?
 Yes No

10. Does the district agree to abide by the most current Commissioner's Memo regarding Portion Standards?
 Yes No

A. Are all beverages limited to 12 oz. per vended container (with the exception of unsweetened unflavored water)?
 Yes No

B. Is there a choice of 2 or more fruits or 100% fruit juice available at the same time and place other competitive foods are sold?
 Yes No

C. At the point of choice are 50% of beverage selections either 100% fruit juice, low-fat or fat-free milk or unflavored unsweetened water?
 Yes No

If **NO** to any of the above, attach a copy of the district's Wellness Policy that meets the requirement regarding improving student health and reducing obesity.
 See attachment provided by the district.