

WHITE HALL SCHOOL DISTRICT
LOCAL WELLNESS POLICY
2021-2022

WELLNESS COMMITTEE

2021-2022

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THE VISION:

The White Hall School District believes healthy children make better students and better students make healthy communities. It is the vision of the White Hall School District that all students have the knowledge and skill to make healthy living choices.

THE MISSION:

The White Hall School District is committed to providing a school environment that promotes and protects children's health, well-being, ability to learn, belong, and succeed by supporting healthy eating and physical activity that will establish healthy lifestyle habits.

THE GOALS:

1. The school district will engage students, parents, teachers, foodservice professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
2. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
3. Foods and beverages sold or served at school will meet the nutrition recommendations of the Arkansas Child Health Advisory Committee and the National School Lunch Programs.
4. Qualified child nutrition professionals will provide students with access to a variety of affordable nutritious and appealing foods that meet the health and nutrition needs of students. While providing a clean, safe, and pleasant setting and adequate time for students to eat.
5. To the maximum extent practicable, all schools in our district will participate in available federal school meal programs.
6. Schools will provide nutrition education and physical education to foster life-long habits of healthy eating and physical activity, and will establish linkages between health education, school meal programs, and related community services.
7. Each school will promote nutrition, healthy eating habits, and active lifestyles.
8. Each school will offer their virtual students on-campus access to routine health services from the nursing staff.
9. Each school will offer their virtual students daily to-go meals upon request.
10. All students will have access to water fountain/water bottle refill stations per the district's current water fountain/water bottle policy.

SCHOOL NUTRITION AND PHYSICAL ACTIVITY ADVISORY COMMITTEE

To achieve these policy goals the White Hall School District, along with the individual schools within the district, will develop a School Nutrition and Physical Activity Advisory Committee (District Wellness Committee).

The Committee will consist of a group of individuals representing the school and community that includes parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals and members of the public. The Committee will be structured with subcommittees representing appropriate age and grade configuration including representatives from elementary, middle school and high school levels. This Committee will work to assist the White Hall School District in developing policies to meet, but not limited to, the Arkansas Nutrition Standards Regulations.

1. Assisting with the implementation of nutrition a physical activity standard developed by the committee with the approval of the Arkansas Department of Education and the State Board of Health.
2. Integrating nutrition and physical activity in the overall curriculum.
3. Ensuring professional staff development on the topics that include nutrition and /or physical activity issues.
4. Ensuring that students receive nutrition education and engage in healthy levels of vigorous physical activity.
5. Improving the quality of the physical education curricula and increasing the training for physical education teachers.
6. Enforcing the existing physical education requirements.
7. Pursuing vending contracts that both encourage healthy eating by students and reduce school dependence on profits from the sale of foods of minimal nutritional value.
8. Assisting the schools in implementing the Arkansas Child Health Advisory Committee recommendations for all foods and beverages sold or served anywhere on the school campus. This includes all food/beverages other than those offered as part of reimbursable meals, including a la carte, vending machines, snack bars, fundraisers, school stores, class parties, and other venues that compete with healthy school meals.
9. Maintaining and updating an annual written list of recommended locally available, healthier options for foods and beverages available for sale to students.
10. Encouraging the use of non-food fund-raisers.
11. Making and reviewing recommendations to the School board regarding the components to be included in the beverage vending contract.
12. Making an annual report to the parents and the community concerning the amount of funds received and expenditures made from competitive food and beverage contracts.
13. Publish on the district website the contents and implementations of the Local Wellness Policy.

Implementation Measurements:

The School Nutrition and Physical Activity Advisory Committee will annually assess each school campus, using the School Health Index for Physical Activity, Healthy Eating, and Tobacco-Free Lifestyle modules:

- #1 School Health Policies and Environment
- #2 Health Education
- #3 Physical Education and other Physical Activity Programs
- #4 Nutrition Services
- #10 Family Engagement
- #11 Community Involvement Assessment.

The SNPAAC will also compare the physical education and health education assessment from the School Health Index to the standards defined by the Arkansas Department of Education Physical Education and Health Curriculum Framework. It will compile and provide the annual completed School Health Index and the Frameworks comparison to each school to be included in their school improvement plan (ACSIP) and to the School Board. This will also include yearly BMI (body mass index) screening results per campus and for the district, and the Physical Education yearly testing.

NUTRITION EDUCATION:

1. The White Hall School District will promote grade-appropriate nutrition education as a broad based integrated health education program that follows the Arkansas Physical Education and Health Education Frameworks for Grades K-12 to ensure that students receive nutrition education that provides the knowledge they need to adopt healthy lifestyles.
2. Nutritional concepts will be reinforced by all school personnel and will be integrated into various subject areas such as literature, science, and social studies. The District will offer "Foods & Nutrition" as part of the Family & Consumer Sciences Programs.
3. Nutrition education will include reinforcement of the importance of physical activity and the health risks associated with a sedentary lifestyle.
4. Staff primarily responsible for nutrition education will be properly trained and regularly participate in professional development activities to effectively deliver quality nutrition education.
5. The District will provide educational information and encourage healthy eating and physical activity for families. Family members should be engaged as a critical part of the team responsible for teaching children about health and nutrition.

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

1. The White Hall School District will ensure that every student receives regular, age-appropriate quality physical education.
2. The District will establish strategies to meet the Physical Education and Physical Activity Regulations and incorporate these strategies into the school ASCIP.
K-4: 40 minutes/week of scheduled instruction in Physical Education. Ark. Code Ann. § 6-16-132; Nutrition & Physical Activity Rule 7.01.1.1; COM-12-058, 5/07/12 and 90 minutes/week is scheduled for physical activity. Nutrition & Physical Activity Rule 7.01.1.2; COM-12-058, 5/07/12.
5-8: 40 minutes/week of scheduled instruction in Physical Education. Ark. Code Ann. § 6-16- 132; Nutrition & Physical Activity Rule 7.01.1.1; COM-12-058, 5/07/12 and 90 minutes/week is scheduled for physical activity. Nutrition & Physical Activity Rule 7.01.1.2; COM-12-058, 5/07/12.
9-12: Health and Safety Education and Physical Education—1 ½ units/1 unit physical education 485000.
3. All physical education classes K-6 will have a student-adult ratio of 30:1. The physical education classes will be taught by a certified physical education teacher with the responsibility of instruction. Classified personnel may assist in fulfilling this requirement.
4. The District will work with the School Nutrition and Physical Activity Advisory Committee to:
 - Encourage participation in extracurricular programs that support physical activity.
 - Promote the reduction of time youth spend engaged in sedentary activities.
 - Encourage the implementation of developmentally appropriate physical activity in after-school programs as appropriate.
 - Encourage the development of and participation in family-oriented community-based physical activity programs.
5. The elementary schools of the District will provide daily recess that encourages physical activity.
6. The District will not use participation or non-participation in physical education classes or recess to punish or discipline students.
7. The District will ensure that physical activity facilities on school grounds are kept safe and well-maintained.
8. Schools will provide information to parents to promote physical activity in their children's lives.

HEALTHY SCHOOL ENVIRONMENT

1. It is the policy of the White Hall School District that the dining areas in the schools are attractive and reflect a healthy nutritional environment, including enough seating areas to accommodate all students who would like to sit and eat lunch, as well as enough serving areas so that students do not have to spend too much time waiting in line.
2. The District will provide students with consistent, reliable health information. There will be no policies such as class schedules, bus schedules, or other barriers that directly or indirectly restrict meal access.
3. Foods and beverages will not be used as rewards for academic, classroom or sport performances (for exceptions see Arkansas Nutrition Standards Regulations 5.02).
4. Drinking water will be accessible to all students during mealtimes.
5. The District will promote a policy that all students be reminded to wash their hands before meals to prevent the spread of germs and reduce the risk of illness.
6. The District will offer virtual students access to daily meals and routine health services.

FOODS AND BEVERAGES

ACCESS TO FOODS AND BEVERAGES

1. The elementary students of the White Hall School District will not have access to vended foods and beverages anytime, anywhere on the school premises during the declared school day.
2. Elementary school sites will not serve; provide access to, through direct or indirect sales, or use as a reward, any foods of minimal nutritional value or competitive foods. FMNV will not be given, sold, or provided by school administrators, or staff (principals, coaches, teacher, club sponsors, etc.) students or student groups, parents or parent groups, or any other person, company or organization associated with the school site. The exceptions to this policy is as follows:
 - 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.
 - School Nurses may use FMNV or candy during providing health care to individual students.
 - This policy does not apply to any Special Needs Student whose Individualized Education Program plan indicates the use of an FMNV or candy for behavior modification (or other suitable need).
 - 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. The Event days will be determined by the Superintendent and School Board.
 - Snacks during the Declared School Day, such as afternoon snacks for kindergarten students who eat early lunch, will meet the United States department of Agriculture

Child and Adult Care Snack Patterns and be part of the planned instructional program.

- Foods integrated as a vital part of an instructional program are allowed at any time.
3. In elementary schools, the Child Nutrition Program follows the guidelines for selling additional foods as identified in the Nutrition and Physical Activity Regulations. The cafeteria will only sell components of a reimbursable meal, including extra milk, fresh fruits, vegetables, and/or an extra meal meeting the same requirements of the reimbursable meal. The White Hall School District food service departments will not sell or give extra servings of desserts, French fries and /or ice cream.
 4. The middle school and high school will 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 thirty minutes after the last lunch period has ended. This includes FMNV and competitive foods given, sold or provided by school administrators, or staff students or student groups, parents or parent groups, or any other person company or organization associated with the school site. This policy is contingent on the wording of any contracts the District is now under obligation to follow.
 5. In middle school and high school, 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.
 6. The White Hall School District agrees to abide by the most current Commissioner's Memo regarding Portion Standards for middle school and high schools. Segments of Commissioner's Memo listed below are:
 - All beverages are limited to 12oz. per vended container (except for unsweetened unflavored water).
 - There will be a choice of 2 or more fruits or 100% fruit juice available at the same place and time other competitive foods are sold.
 - 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.
 - Beginning 8-8-05 any modification or revision of vending contracts in existence prior to 8-8-05 must be in full compliance with all sections of the Rules Governing Nutrition and Physical Activity Standards in Arkansas Public School as approved by the State Board of Education.
 - Nothing in these rules will be construed to prohibit or limit the sale or distribution of any food or beverage item through fundraisers by students, teachers, or other groups when the items are sold off the school campus. However, The White Hall School District will encourage fundraisers that promote positive health habits such as the sale of non-food items as well as fundraising to support physical activity events. Food

and beverages sold at fundraisers should reinforce the importance of healthy choices. ARKANSAS NUTRITION STANDARDS FOR REIMBURSABLE MEALS AND A LA CARTE FOODS SERVED IN THE CAFETERIA

7. Water cups will be available to all students along with access to water bottle fill stations. All students will be encouraged to bring personal water bottles for daily use per the district policy.

Child Nutrition Program

1. The White Hall School district will restrict all food offered to students to twenty-three (23) grams of fat per serving.
2. The District will offer 1% or fat-free milk within the variety of milk offered at all points of service. Flavored milks may contain no more than thirty (30) grams total sugar per 8oz. serving.
3. The school food service will offer fruits and/or vegetables daily at all points of service. Whenever possible, the fruits and vegetables will be fresh, Canned or frozen fruits will be packed in natural juice, water, or light syrup.
4. All fried potato products will be limited in frequency and portion size in accordance with the "Maximum Portion Size "Restrictions of the Commissioner's Memo and accompanying chart.
 - Elementary*** French fries/fried potato products will be offered to elementary students NO MORE THAN ONCE PER WEEK. Deep fat fried serving size is NO LARGER THAN $\frac{3}{4}$ cup by volume.
 - Middle School*** French fries/fried potato products (deep fat fried) will be offered to middle school students in a serving size NO LARGER THAN one cup by volume.
 - High School***French fries/fried potato products (deep fat fried) will be offered to senior high students in a serving size NO LARGER THAN one and one-half cups by volume.
5. Whenever possible, the White Hall food service will procure flash fried foods that can be oven baked instead of frying
6. The middle school and high school will limit the number of fried foods at each meal service to only one item out of every six offered. None of the food items can exceed the maximum portion size or exceed 23 grams of fat per serving. Food items will include any combination of foods served as a single food item.
7. The SNPAAC will review and make recommendations related to the school lunch menus as outlined in Act 2285 of 2005.

New National School Lunch Program Meal Pattern

Food Group	Requirement
Fruit and Vegetables	$\frac{3}{4}$ -1 cup of vegetables plus $\frac{1}{2}$ -1 cup of fruit per day (Note: Students can select $\frac{1}{2}$ cup fruit or vegetable under OVS)
Vegetables	Weekly Requirement for: <ul style="list-style-type: none">• Dark green• Red/orange• Beans/peas (legumes)• Starchy• Other (as defined in 2010 Dietary Guidelines)
Meat/Meat Alternate	Daily minimum and weekly ranges: <ul style="list-style-type: none">• Grades K-5: 1oz eq. min. daily (8-9 oz weekly)• Grades 6-8: 1 oz eq. min. daily (8-10 oz weekly)• Grades 9-12: 2 oz eq. min. daily (10-12 oz weekly)
Whole Grains	All grains must be whole grain rich.
Milk	1 Cup: Must be fat-free (unflavored/flavored) or 1% low fat (unflavored)

Numerous conditions threaten student's health and well-being, and consequently, their ability to achieve the high standards set for them. Obesity, diabetes, hypertension, and asthma are among the most prevalent. Avoidable behaviors and environments also put the health of students at risk, such as poor nutrition and sedentary lifestyles, violence and substance abuse.

Although schools alone cannot address all the health challenges facing our children, creating health-promoting schools can have a positive impact on the educational and health status of all children. By working with other local, state, and national agencies in the private and public sectors, The White Hall School District can create coordinated approaches to school health that advance the goals of both education and health.

Maximum Portion Size and All Foods Sold on Campus Rules for 2015-2016 School Year (Commissioner's Memo FIN-14-080 Dated: 6/10/2014)

All foods sold or given away on school campus during the declared school day must adhere to all Arkansas and federal regulations. Please see Arkansas Nutrition Standards:http://cnn.k12.ar.us/files/ade_memos/portioncontrolmemo/Arkansas%20Nutrition%20Standards.pdf and USDA Memo SP 23-2014v2; http://cnn.k12.ar.us/files/ade_memos/portioncontrolmemo/SP23-2014v2s.pdf.

At Elementary Schools:

No food or beverages may be sold or given away outside of the federal child nutrition programs [National School Lunch Program (NSLP), School Breakfast Program (SBP), Fresh Fruits and Vegetable Program (FFVP), Afterschool Snack Program and Seamless Summer Option (SSO)]. (Arkansas Nutrition Standards http://cnn.k12.ar.us/files/ade_memos/portioncontrolmemo/Arkansas%20Nutrition%20Standards.pdf 8.01.1, 8.01.2, 8.01.3).

Schools wishing to sell or give away food or beverage items to students **at middle, junior high or high school** must ensure that any/all items meet the following criteria:

- 1) Item(s) is not made available to students until at least 30 minutes after the last lunch period has ended; AND
- 2) The food or beverage item is listed on the Arkansas Maximum Portion Size List for SY2014-15 http://cnn.k12.ar.us/files/ade_memos/portioncontrolmemo/Max%20Portion%20Chart%202014-15.doc; AND
- 3) The food or beverage is within the portion size listed on the Arkansas Maximum Portion Size List for SY 2014-15; AND
- 4) Using the Alliance for a Healthier Generation Calculator (link below), the food or beverage meets the nutritional standards as required by USDA regulations.

The link to the Alliance for a Healthier Generation Calculator can be found at:

https://schools.healthiergeneration.org/focusareas/snacksandbeverages/smartsnacks/alliance_product_calculator/

Food Sharing and Its Removal from Food Service Area

Food Sharing Table

To reduce wasted food and to provide students access to healthy foods when possible, the District may have in the district cafeteria a food sharing table located at the end of the service line. Prior to leaving the service line, students may place on or retrieve items from the table, at no additional charge, any of the following:

- Raw whole fruit traditionally eaten without the peel (e.g. bananas and oranges);
- Raw whole fruit traditionally eaten with the peel provided the fruit is wrapped to prevent contamination (e.g. apples and grapes);
- Raw whole vegetables provided the vegetable is wrapped to prevent contamination (e.g. carrot sticks);
- Milk; and
- Juice.

Fruit and vegetables to be shared are to be placed into a designated container on the table. Milk and juice to be shared are to be placed in an ice-filled cooler. Milk and juice may not be taken by another student unless the carton is unopened and was completely covered by ice while in the cooler. A student may not return to the table to place an item for sharing after the student has left the service line.

At all times, the sharing table will be under the supervision of the food service staff. Remaining items should be discarded at the end of the meal period, and no item may remain on the table for longer than four (4) hours.

At all times, the cooler will be under the supervision of the food service staff. Remaining items should be discarded at the end of the meal period, and no item is to remain in the cooler for longer than four (4) hours.

Removing Food Items from the Food Service Area

No student shall remove school provided food items from the food service area at the end of the meal period, especially milk, juice, and other items requiring temperature-controlled environments.

Except for food service workers as required by their job duties, District employees may only remove school provided food items from the food service area when required by a 504 plan or a student's IEP: Legal References: Commissioner's Memo FIN 08-076 Commissioner's Memo FIN 15-052