

Wellness Policy Declaration Page

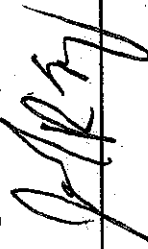
School District: Viola

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: 12-9-22

List Attachments Enclosed with Agreement: _____

School District Wellness Policy Checklist

22/23 School Year

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 School District County: Fulton LEA# 2503 Superintendent: John May

Phone: 870-458-2323 Address: 314 Longhorn Drive, PO Box 380 Viola, AR 72583

Contact Person Preparing the Wellness Policy Form: Debbie Kinder RN Phone: 870-458-4014

Person responsible for implementing the district's Wellness Policy: Debie Kinder RN Phone: 870-458-4014

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: Lena Zimmer

Student Name: Maddox Truman

School Food Authority (CN Director) Name: Debra Sartin

School Board Name: Dustin Cotter

School Administration Name: Wade Powell Elem Principal Wade Powell

Public Community Member Name: Tara Williams

Others:

Name: Jurlene Richmond Job Title: Librarian

Name: Lisa Shrable Job Title: Elem PE

Name: Carla Duncan Job Title: 6th grade Teacher

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 requirements 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: _____

- 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 services 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

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

5.0 GENERAL REQUIREMENTS FOR FOOD AND BEVERAGES IN PUBLIC SCHOOLS		
5.01 Access to Foods and Beverages in Public Schools		
5.01.1 Elementary students will not have access to vended food and beverages anytime, anywhere on school premises during the declared school day.		
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.) or 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>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>	
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>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>	
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.) or students or student groups, parents or parent groups, or any other person, company or organization associated with the school site.	<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>	
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>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>	
5.02 Exceptions to Limiting Access to Foods and Beverages in All Schools		
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>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>	
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>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>	
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).		
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>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>	
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.		
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>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 (MPS) 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.