

Brinkley School District Wellness Policy

Brinkley School District (BSD) is committed to the most favorable development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically. Brinkley School District supports the evidence that adequate hydration is associated with better cognitive performance and promotes adequate student hydration throughout the school day. It is understood that the eating habits and activity patterns of students cannot be magically changed overnight, but at the same time, Brinkley School District believes it is necessary to strive to create a culture in our schools that consistently promotes good nutrition and physical activity.

This policy outlines the Brinkley School District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the BSD have access to healthy foods throughout the school day through reimbursable school meals in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the BSD in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The BSD establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

The BSD will coordinate the wellness policy with other aspects of school management, including the District's **School Improvement Plan**. This policy applies to all students, staff and schools in the Brinkley School District. Specific measurable goals and outcomes are identified within each section below.

I. School Wellness Committee

Committee Role and Membership- included on the last page

The BSD will convene a representative district wellness committee (DWC) that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy.

The DWC membership will represent all school levels (elementary and secondary schools) and include, but not be limited to: parents and caregivers; students; the district school nutrition director; physical education teachers; health education teachers; school nurses, school administrator, and a school board member.

II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. Each school will use the Healthy Schools Program online tools to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation and generate an annual progress report.

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at Brinkley School District's Administration office. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Wellness Policy has been made available to the public.

Annual Notification of Policy

The BSD will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The BSD will make this information available via the district website and/or district-wide communications. The BSD will provide as much information as possible about the school nutrition environment. This will include a summary of the District's events or activities related to wellness policy implementation. Annually, Brinkley School District will also publicize the name and contact information of the school personnel leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

At least once every three years BSD will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is the Superintendent of Brinkley Public Schools.

The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

Brinkley School District will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The DWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change, wellness goals are met, new health science information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

Community Involvement, Outreach and Communications

Brinkley School District is committed to being responsive to community input, which begins with awareness of the wellness policy. A community member actively serves on the DWC helping with the assessment and implementation of the Wellness Policy. Any updates dealing with nutrition and wellness is made public and can be found on the district's website.

III. Nutrition

School Meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and *the FFVP (Fresh fruit and vegetable program) and the Afterschool snack program and the Summer Program*. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards.)
- Promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom techniques:
 - Sliced or cut fruit is available daily.
 - Daily fruit options are displayed in a location in the line of sight and reach of students.
 - All available vegetable options have been given creative or descriptive names.
 - Daily vegetable options are bundled into all grab-and-go meals available to students.
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
 - White milk is placed in front of other beverages in all coolers.
 - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
 - Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
 - Student artwork is displayed in the service and/or dining areas.
 - Daily announcements are used to promote and market menu options.
- *Menus will be posted on the District website or individual school websites, and will include nutrient content and ingredients.*
- *Menus will be created/reviewed by Child Nutrition Director*
- *The District child nutrition program will accommodate students with special dietary needs.*
- *Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets Healthy Schools Program Gold-level criteria).*
- *Students are served lunch at a reasonable and appropriate time of day.*
- *Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.*

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* and throughout every school campus* ("school campus" and "school day" are defined in the glossary). Brinkley School District will make drinking water available where school meals are served during mealtimes.

- *Water bottles will be available in the cafeteria if a drinking fountain is not present.*

All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources and containers may include drinking fountains, water bottles, hydration stations, water jets and other methods for delivering drinking water. **Competitive Foods and Beverages**

Brinkley School District does not support a vending contract. Competitive foods and beverages are not available to students on any campus during the school day.

Celebrations and Rewards

The DWC strongly suggests that all foods offered during celebrations meet the state nutrition standards including through:

1. Celebrations and parties. The district will provide a list of healthy party ideas to teachers, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA.
2. Classroom snacks brought by parents. The District will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
3. Rewards and incentives. The District will strongly recommend alternative ways of rewarding students other than food and beverage.

Fundraising

Foods and beverages are not allowed to be sold during the school day on campus for fundraising. The DWC strongly recommends that fundraising outside school hours will sell food and beverages that meet or exceed the Smart Snack nutrition standards.

Fundraising activities that promote physical activity are encouraged.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

Brinkley School District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual schools may use are available at <http://www.foodplanner.healthiergeneration.org/>.

Nutrition Education

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

Elementary

Students will receive nutritional messages throughout school, classrooms, cafeteria and school media.

- Teachers will integrate nutrition education into core curricula
- The elementary schools will coordinate with the food service staff to provide offer vs serve for nutritional options
- Students will have opportunities to taste foods that are low in saturated and trans fats, sodium and added sugar, fruits, vegetables, whole-grain products, low-fat dairy products, and accurate portion size will be promoted
- Nutrition education will be provided to families via handouts and newsletters.
- Staff is strongly encouraged to model healthy eating habits.
- Families are encouraged to pack healthy lunches and snacks and will be provided written guidance with healthy ideas.
- Follow state mandates that parents are only allowed to bring food from outside the school to their child only.

Secondary

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as science, and elective subjects.
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches food and beverage marketing.

Essential Healthy Eating Topics in Health Education

Health education will be required in all grades (elementary) and the district will require middle and high school students to take and pass at least one health education course. The District will include in the health education curriculum the following essential topics on healthy eating:

- Relationships between healthy eating and personal health and disease
- Food guidance from MYPLATE, create a meal plan based on proper nutritional guidelines
- Reading and using FDA's nutritional fact labels to complete meal plans according to proper nutritional guidelines
- Balancing food intake and physical activity
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Importance of water consumption
- Making healthy choices when eating at restaurants
- Eating disorders
- Reducing sodium intake

- How to find valid information or services related to nutrition and dietary behavior

IV. Physical Activity

Primary and Elementary Recess

Both Primary and Elementary schools will offer at least **20 minutes of recess/100 minutes per week** on all days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located to ensure proper hygiene prior to eating. Students are required to clean hands before eating. Hand washing time will be built in to the recess transition period/time before students enter the cafeteria.

Physical activity during the day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason. The district will provide teachers and other school staff **with a list of ideas for alternative ways to discipline students other than to withhold activity.**

Outdoor Recess

Outdoor recess will be offered when weather is feasible for outdoor play. If the wind chill is **below 50 degrees F or above 95 degrees F**, recess will be held inside. The temperature of the playground equipment will be assessed before students have access to it. Every child will be provided ample hydration time after they come in from recess, **no child will be denied hydration.**

Indoor Recess

In the event that the school must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. Teachers will receive training through professional development on how to implement the **“Go Noodle”** program. Go Noodle is composed of hundreds of interactive videos making movement and mindfulness an integral part of the day.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Classroom Physical Activity (Brain Breaks)

The DWC recognizes that students of all ages are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day. The DWC recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

The DWC will provide links to resources, tools and technology with ideas for classroom physical activity breaks.

Before and After School Activities

Elementary, middle and high school will offer extracurricular physical activity programs, such as After School Program, football and basketball. The high school and middle school will offer interscholastic athletic programs to all students.

Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle. Physical Education classes will be sequential, building from year to year, and content will include motor skills, concepts and strategies, engagement in physical activity, physical fitness, responsible behavior and benefits of physical activity. At least 50% of the class time will be spent in moderate to vigorous activity. Physical Education programs will meet the needs of all students, including those who are not athletically gifted, and actively teach cooperation, fair play and responsible participation. All physical education classes in the Brinkley School District are taught by licensed teachers who are certified to teach physical education. Only medical waivers from licensed physicians will be accepted in lieu of student participation

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

Elementary Students

Grades K-6 will receive 60 minutes of physical education training and instruction each week. Physical education will be standards-based using state-developed standards

Secondary Students

The secondary physical education program will promote student physical fitness through individualized fitness and activity assessments. The school will conduct and use criterion-based reporting for each student.

Students in grades 6-8 will receive 40 minutes of physical education per week or the equivalent to

Arkansas State Standards require one half credit (one semester) of physical education for graduation, but are allowed to use another half credit of physical education as an elective. The Brinkley School District encourages students to enroll in Recreational Sports, Social Dance, Nutrition and Strength or Personal Fitness to fulfill the full physical education credit.

Essential Physical Activity Topics in Health Education

- The physical, psychological or social benefits for physical activity
- How physical activity can contribute to the academic learning process
- How inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as watching TV and video games

- Opportunities for physical activity in the community How much physical activity is enough that is, determining frequency, intensity, time and type of physical activity
- Developing and individualized physical activity and fitness plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to resist peer pressure that discourages physical activity

Teachers will serve as role models by being physically active alongside the students whenever feasible.

V. Other Activities that Promote Student Wellness

Brinkley School District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. BSD will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary and work towards the same objectives promoting healthy lifestyles.

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

Community Partnerships

Brinkley School District will continue relationships with community partners, the County Extension Service, in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Family Engagement

Brinkley School District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed through the "School Website Page", newsletters, text messages, emails, or automated call outs.

Staff Wellness and Health Promotion

The individual SWC are responsible for implementing strategies to support staff wellness. The SWC will conduct activities that focus on team building through challenges that revolve around activity and healthy lifestyle choices.

Professional Learning

When feasible, the District will provide annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school. Professional learning will help BSD staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

Brinkley School District Wellness Committee consist of the following members for the 2022-2023 school year:

Sandra Glasgow, District Social Worker, Co-Chairperson
Tina Hollowell, District Nurse, Chairperson
Tony Jones, Primary Physical Education Teacher
Christopher Williams, Secondary Physical Education/Health Teacher
Derrese Webster, OPAA Food Service Director
Elizabeth Butler, BSD Child Nutrition Director
Clennon Saulsberry, Administrator
Gerlisa Swanigan, Parent/PTA
CJ Williams, School Board Member
Regina Parker, Community Member
Anette Floyd, Community Member
Brittany Allen, Parent/Cafeteria Manager
Valerie Turner, Monroe County Extension Office
Niyoni Broadway, Student



Brinkley Public Schools

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Brinkley Public Schools

Dr. Brenda Poole, Superintendent
Phone: 870-734-5105

Mr. Clennon Saulsberry Jr., High School Principal
Phone: 870-734-5005

INVITATION FOR POTENTIAL WELLNESS COMMITTEE MEMBERS

Dear Community Member/Parent,

Brinkley School District is committed to excellence in its schools' Wellness Committee. To help us achieve this goal, we reach out to leaders in our community including various businesses, community leaders, parents, and students. The committee is asking you to work with us in an advisory capacity to improve our school's wellness committee.

You are a person of interest who will be extremely beneficial to Brinkley School District's wellness committee by being an active member. By participating on this committee, you will have an opportunity to help guide Brinkley School District in prompting healthy choices to our students.

Brinkley School District Wellness Committee meets quarterly. Prior to each meeting, you will receive an email.

Please indicate your willingness to serve on this committee by checking the appropriate line and signing where indicated below. Return this letter to our office in the enclosed envelope, or fax this letter to Sandra Glasgow at (870)734-5187 promptly. If you have any questions or concerns regarding the committee, please contact me at (870)734-5201.

Sincerely,
Sandra Glasgow
Committee Member

Enclosures

_____ I accept the committee appointment.

_____ I am unable to serve on the committee.

(Signature)

(Date)