

## Wellness Committee Requirements Checklist – Implementation and Compliance

Federal requirements are highlighted below; Arkansas rules for nutrition and physical activity are noted by “Ark 0.00.”

See Commissioner’s Memo *Wellness Policies: Meeting Requirements of the Triennial Assessment* for instructions and guidance.

	Part 1										Part 2
	A u g	S e p t	O c t	N o v	D e c	J a n	F e b	M a r	A p r	M a y	Incl u d e d i n P o l i c y?
<b>Ark 6.07.1.1</b> Include in the local Wellness Policy, goals for nutrition education, physical activity, and other school based activities that are designed to promote student wellness in a manner that the LEA determines is appropriate (may have standards in the Wellness Policy and annually updated goals in the ACSIP School Form)								X			X
<b>Ark 6.07.1.2</b> Include in the local Wellness Policy, nutrition guidelines selected by the LEA for all foods available (both sold and provided) on each school campus under the LEA during the school day with the objectives of promoting student health and reducing childhood obesity			X								
<b>Ark 6.07.1.3</b> Include in the local Wellness Policy, guidelines for reimbursable meals, which are no less restrictive than regulations and guidance issued by USDA			X								
<b>Ark 6.07.1.4</b> Include in the local Wellness Policy, a plan for measuring implementation of the local wellness policy, including designation of 1 or more persons within the LEA charged with operational responsibility for ensuring that each school fulfills the district’s local wellness policy (ACSIP District Form – chair and co-chair)		X							X	X	
LEA’s are required to inform and update the public about the content and implementation of the local wellness policy				X							X
LEA’s must measure periodically and make available to the public an assessment of the local wellness policy including (Triennial Assessment):								X			X

<ul style="list-style-type: none"> <li>Extent to which schools are in compliance with the local wellness policy (using this checklist)</li> <li>Extent to which the LEA's local wellness policy compares to model local school wellness policies (using the "Included in Policy?" checkbox on this form)</li> <li>And progress made in attaining the goals of the local wellness policy (using BMI data, SHI, and ACSIP)</li> </ul>											
Include in the Wellness Policy, a standard for food and beverage marketing that allows marketing and advertising of only those foods and beverages that meet the Smart Snacks nutrition requirements.								X		X	X
Include in the Wellness Policy, a description of public involvement, public updates, policy leadership, and evaluation plan.								X		X	X
<b>Ark 6.06.5</b> The Wellness Committee shall review and make written recommendations to the district's Child Nutrition Director regarding the district's school meal menus and other foods sold in the cafeteria. *District's Child Nutrition Program will provide the district Wellness Committee information on the requirements and standards of the National School Lunch Program (NSLP), and menus for the NSLP and other foods sold in the school cafeteria on a <b>QUARTERLY</b> basis.		X			X	X				X	X
<b>Ark 6.02 The **school nutrition and physical activity advisory committee will help raise awareness of the importance of nutrition and physical activity and assist in the development of local policies that address issues and goals, including, but not limited to the following:</b>											
<b>Ark 6.02.1</b> Assist with the implementation of nutrition and physical activity standards developed by the school nutrition and physical activity advisory committee with the approval of the Arkansas Department of Education and the State Board of Health ( <b>The Rules Governing Nutrition, Physical Activity, and BMI – updated October 2020, including Federal Smart Snack Regulations</b> )		X		X	X					X	X
<b>Ark 6.02.2</b> Integrate nutrition and physical activity into the overall curriculum	X	X	X	X	X	X	X	X	X	X	X
<b>Ark 6.02.3</b> Ensure that professional development of staff includes nutrition and physical activity issues	X			X							X
<b>Ark 6.02.4</b> Ensure that students receive nutrition education and engage in healthy levels of vigorous physical activity	X	X	X	X	X	X	X	X	X	X	X
<b>Ark 6.02.5</b> Improve the quality of physical education curricula and increase training of physical education teachers	X			X						X	X

<b>Ark 6.02.6</b> Enforce existing physical education requirements	X	X	X	X	X	X	X	X	X	X	X
<b>Ark 6.02.7</b> Pursue contracts that both encourage healthful eating by students and reduce school dependence on profits from the sale of competitive foods								X			X
<b>Ark 6.06 At a minimum, the School Nutrition and Physical Activity Advisory Committee will:</b>											
<b>Ark 6.06.1</b> Annually, assess each school campus, using the School Health Index for Physical Activity, Healthy Eating and a Tobacco-Free Lifestyle using the following 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			X					X		X	X
<b>Ark 6.06.2</b> 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 Frameworks	X			X				X		X	<b>X</b>
<b>Ark 6.06.3</b> Compile the results of the School Health Index and provide a copy to the principal of each school in the district to be included in the individual school improvement priority (ACSIP)	X									X	X
<b>Ark 6.06.6</b> Assist the schools in implementing the Arkansas Child Health Advisory Committee recommendations for all foods and beverages sold or served anywhere on the school campus, including all foods and 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											
<b>Ark 6.06.7</b> Annually maintain and update a written list of recommended locally available healthier options for food and beverages available for sale to students	X									X	
<b>Ark 6.06.8</b> Encourage the use of non-food alternatives for fundraisers	X			X		X				X	
<b>Ark 6.06.9</b> Review and make written recommendations to the local school board regarding the components to be included in food and beverage vending contracts											

<b>Ark 6.06.10</b> Include as part of the district’s annual report to parents and the community the amount of funds received and expenditures made from competitive food and beverage contracts												
<b>Arkansas Required Members:</b> School Board Administration Food Service Teacher Organization Parents Students Professional Groups – Nurses Community Members	<b>USDA Required Members:</b> School Board Administration Food Service Teachers of Physical Education Parents Students School Health Professionals Public	X	X	X	X	X	X	X	X	X	X	X
List additional policies adopted at the local level and implemented through the Local Wellness Policy:												

\*Arkansas Act 2285 of 2005 “An Act to Provide Statewide Standards for School Lunch Programs; And for Other Purposes”

\*\*Wellness Committee = School Nutrition and Physical Activity Advisory Committee

Please refer to the *Arkansas Department of Education Rules Governing Nutrition and Physical Activity Standards and Body Mass Index for Age Assessment Protocols in Arkansas Public Schools* – October 2020, the USDA Food and Nutrition Service Smart Snack Regulations, and the USDA FNS Local School Wellness Policy Implementation Final Rule.

# Greene County Tech School District

## Local School Wellness Policy Triennial Assessment Under the Healthy, Hunger-Free Kids Act of 2010

The Arkansas Department of Education requires all AR LEAs to develop, implement, and evaluate a District Wide Wellness Policy that encompasses the following components:

- Public involvement
- Public Notification
- Nutrition education
- Nutrition guidelines
- Nutrition promotion and marketing
- Physical Activity
- Physical Education
- Monitoring and evaluation

The Greene County Tech School District provides guidance and leadership to these policies and their assessment. This assessment fulfills two purposes:

- Offers Greene County Tech a means to ensure state requirements are met for the Implementation of a Wellness Policy
- Offers Greene County Tech a means to ensure our school wellness policy is in Compliance with the AR Department of Education

### **District Requirement**

Triennial Assessment, Date of completion: June 29, 2021

Point of Contact/Person Responsible for Local School Wellness Policy and Assessment:

Ryan Carpenter - District/School Level School Health Coordinator

Email: [Ryan.Carpenter@gctschools.net](mailto:Ryan.Carpenter@gctschools.net)

Phone: 870-215-4440

LeighAnn Gantt - District/School Level School Health Co-Coordinator

Email: [Leighann.Gantt@gctschools.net](mailto:Leighann.Gantt@gctschools.net)

Phone: 870-215-4430

SNPAAC Committee Members:

Name	Title/Position
April Bowen	Teacher
Kim Webb	Teacher
Brad Snyder	Board Member
Nikki Spear	Community Member
Andy Runyan	Parent
Angela Kirby	Physical Education Teacher
Patty Hyde	School Nutrition Director
Scott Gerrish	Administration
Larisa Wallace	Teacher
Gabby Finch	Student
Dale Schenk	Administration
Angie Tibbs	School Nurse

The following elements are required to be part of the Local School Wellness Policies. Use this Wellness Committee Requirements Checklist as record of our implementation and compliance as set forth by Commissioner’s Memo CNU-17-038 Wellness Policies: Meeting Requirements of the Triennial Assessment for instructions and guidance.

Part 1:	Implementation	Arkansas rules for nutrition and physical activity are noted by “Ark 0.00	Part 2: Included In Policy
Yes	No		
X		Ark 6.07.1.1 Include in the local Wellness Policy, goals for nutrition education, physical activity, and other school based activities that are designed to promote student wellness in a manner that the LEA determines is appropriate.	<p style="text-align: center;"><b>Goals</b></p> <p>In its efforts to improve the school nutrition environment, promote student health, and reduce childhood obesity, the District will adhere to the ADE Rules Governing Nutrition and Physical Activity Standards And Body Mass Index For Age Assessment Protocols. To promote nutrition, physical activity, and other school based activities that will improve student wellness, the District, working with the Wellness Committee, has established the following goals</p>
X		Ark 6.07.1.2 Include in the local Wellness Policy, nutrition guidelines selected by the LEA for all foods available (both sold and provided) on each school campus under the LEA during the school day with the objectives of promoting student health and reducing childhood obesity.	
X		Ark 6.07.1.3 Include in the local Wellness Policy, guidelines for reimbursable meals, which are no less restrictive than regulations and guidance issued by USDA.	

X		Ark 6.07.1.4 Include in the local Wellness Policy, a plan for measuring implementation of the local wellness policy, including designation of 1 or more persons within the LEA charged with operational responsibility for ensuring that each school fulfills the district's local wellness policy.	At least once every three years, with input from the Wellness Committee, the District shall assess both the District as a whole and individual schools' status in regards to the implementation and compliance of the goals of this policy, including the health and wellness goals in the District's School Improvement Plan. The assessment shall be based, at least in part, on: The extent to which District schools are in compliance with this policy; The extent to which this policy compares to other model local school wellness policies; The annual reviews of this policy based on modules 1, 2, 3, 4, and 8 of the CDC's School Health Index; and A description of the progress made in attaining the goals of this policy.
X		LEAs are required to inform and update the public about the content and implementation of the local wellness policy.	On the years, the assessment occurs, the assessment results shall be reported to the public, including parents, students, and other members of the community as part of the District's annual report to the public.
X		LEAs must measure periodically and make available to the public an assessment of the local wellness policy including: • Extent to which schools are in compliance with the local wellness policy • Extent to which the LEAs' local wellness policy compares to model local school wellness policies • And progress made in attaining the goals of the local wellness policy (using BMI data, SHI, and ACSIP).	The overarching goal of the committee shall be to promote student wellness by monitoring how well the District is doing at implementing this policy. The SNPAAC shall use modules 1, 2, 3, 4, and 8 of the Centers For Disease Control' (CDC) School Health Index as a basis for annually assessing each school's progress toward meeting the requirements of this policy. The results of the annual assessment shall be included in each school's School Improvement Plan, provided to each school's principal, and reported to the board.

X		<p>Include in the Wellness Policy, a standard for food and beverage marketing that allows marketing and advertising of only those foods and beverages that meet the Smart Snacks nutrition requirements.</p>	<p>All food and beverages sold to students on school campus during the school day by school administrators or school non-licensed or licensed staff (principals, coaches, teachers, club sponsors, etc.); students or student groups; parents or parent groups; or another person, company, or organization associated with the school shall meet the Federal Smart Snacks requirements and Arkansas Nutrition Standards at a minimum. These restrictions include, but are not limited to, food and beverages sold in vending venues (machines, ice chests, cabinets) in school stores</p>
X		<p>Include in the Wellness Policy, a description of public involvement, public updates, policy leadership, and evaluation plan.</p>	<p>The District will work with the SNPAAC to:</p> <ul style="list-style-type: none"> <li>a. Encourage participation in extracurricular programs that support physical activity, such as walk-to- school programs, biking clubs, after- school walking etc.;</li> <li>b. Encourage the implementation of developmentally appropriate physical activity in after-school childcare programs for participating children;</li> <li>c. Promote the reduction of time youth spend engaged in sedentary activities such as watching television and playing video games; and</li> </ul>

			d. Encourage the development of and participation in family-oriented community-based physical activity programs.
X		Ark 6.06.5 The Wellness Committee shall review and make written recommendations to the district's Child Nutrition Director regarding the district's school meal menus and other foods sold in the cafeteria. *District's Child Nutrition Program will provide the district Wellness Committee information on the requirements and standards of the National School Lunch Program (NSLP), and menus for the NSLP and other foods sold in the school cafeteria on a QUARTERLY basis.	The SNPAAC shall provide written recommendations to the District's Child Nutrition Director concerning menus and other foods sold in the school cafeteria. Such recommendations shall be based, at least in part, on the information the Committee receives from the District on the requirements and standards of the National School Lunch Program and from menus for the National School Lunch Program and other food sold in the school cafeteria on a quarterly basis.
		Ark 6.02 The **school nutrition and physical activity advisory committee will help raise awareness of the importance of nutrition and physical activity and assist in the development of local policies that address issues and goals, including, but not limited to the following:	<ol style="list-style-type: none"> <li>1. Implement a grade appropriate nutrition education program that will develop an awareness of and appreciation for nutrition and physical activity throughout the curriculum;</li> <li>2. Enforce existing physical education requirements and engage students in healthy levels of vigorous physical activity;</li> <li>3. Strive to improve the quality of physical education curricula and increase the training of physical education teachers;</li> </ol> <p>Follow the Arkansas Physical Education and Health Education Frameworks in grades K-12</p>

X		<p>Ark 6.02.1 Assist with the implementation of nutrition and physical activity standards developed by the school nutrition and physical activity advisory committee with the approval of the Arkansas Department of Education and the State Board of Health (The Rules Governing Nutrition, Physical Activity, and BMI – updated May 2016, including Federal Smart Snack Regulations)</p>	<p>The Rules Governing Nutrition and Physical Activity allow three options for accomplishing this requirement:</p> <ol style="list-style-type: none"> <li>1. Establish a School Nutrition and Physical Activity Advisory Committee at each school in addition to the district committee;</li> <li>2. Establish subcommittees of the district Committee, representing the appropriate age and grade configurations for your district; or</li> <li>3. Include representatives from each appropriate grade level group (elementary, middle, junior and senior high) on</li> </ol>
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			the membership of the district committee.
X		Ark 6.02.2 Integrate nutrition and physical activity into the overall curriculum.	<ol style="list-style-type: none"> <li>4. Implement a grade appropriate nutrition education program that will develop an awareness of and appreciation for nutrition and physical activity throughout the curriculum;</li> <li>5. Enforce existing physical education requirements and engage students in healthy levels of vigorous physical activity;</li> <li>6. Strive to improve the quality of physical education curricula and increase the training of physical education teachers</li> </ol>
X		Ark 6.02.3 Ensure that professional development of staff includes nutrition and physical activity issues.	Strive to improve the quality of physical education curricula and increase the training of physical education teachers. Provide professional development to all district staff on the topics of nutrition and/or physical activity.
X		Ark 6.02.4 Ensure that students receive nutrition education and engage in healthy levels of vigorous physical activity.	<ul style="list-style-type: none"> <li>● Implement a grade appropriate nutrition education program that will develop an awareness of and appreciation for nutrition and physical activity throughout the curriculum;</li> <li>● Enforce existing physical education requirements and engage students in healthy levels of vigorous physical activity;</li> <li>● Strive to improve the quality of physical education curricula and increase the training of physical education teachers</li> </ul>
X		Ark 6.02.5 Improve the quality of physical education curricula and increase training of physical education teachers.	Strive to improve the quality of physical education curricula and increase the training of physical education teachers. Provide professional development to all district staff on the topics of nutrition and/or physical activity.

X		Ark 6.02.6 Enforce existing physical education requirements.	<p>Establish a School Nutrition and Physical Activity Advisory Committee at each school in addition to the district committee</p> <p>AR Dept of ED requires students in elementary school get forty minutes of physical education instruction each week (with an additional 40 minutes of unstructured physical activity built into the daily schedule).</p> <p>Students in a middle school setting must have the annual equivalent of forty minutes of physical education each week. The Physical Education and Health Grades K-8 standards stipulate what should be covered in each grade level. While the physical education standards should be</p>
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			<p>covered in a PE class, the health-related standards may be incorporated into other subject areas as appropriate in elementary school. High school students are required to earn a half credit of health and a half credit of physical education in order to graduate. The health standards are contained in the Health and Wellness Grades 9-12 document. The physical education requirement can be met with Personal Fitness for Life (0.5 credits) or Physical Education and Leisure (1 credit). Recreational Sports and Activities (0.5 credits) can be used as a follow-up to either course, but state law only allows one full credit of physical education to count toward state graduation requirements.</p>
	X-No contracts	Ark 6.02.7 Pursue contracts that both encourage healthful eating by students and reduce school dependence on profits from the sale of competitive foods.	<p>Currently existing advertisements on school property, including but not limited to, the exterior of vending machines, posters, menu boards, coolers, trash cans, cups used for beverage dispensing , and other food service equipment; however, all future contracts and replacement items shall meet the Federal Smart Snacks standards</p>

		<p>Ark 6.06 At a minimum, the School Nutrition and Physical Activity Advisory Committee will:</p>	<p>To assist the SNPAAC in ensuring that the District fulfills the requirements of this policy, a District level School Health Coordinator (Designated District Official) shall be appointed. In addition, a school level School Health Coordinator shall be appointed who shall be responsible for assisting the District level School Health Coordinator in ensuring that each school fulfills the requirements of this policy</p>
<p>X</p>		<p>Ark 6.06.1 Annually, assess each school campus, using the School Health Index for Physical Activity, Healthy Eating and a Tobacco-Free Lifestyle using the following modules: #1 – School Health Policies and Environment #2 – Health Education #3 – Physical Education and other Physical Activity Programs #4 – Nutrition Services #8 – Family and Community Involvement Assessment</p>	<p>To enhance the district's efforts to improve the health of our students, a School Nutrition and Physical Activity Advisory Committee (SNPAAC) shall be formed. SNPAAC shall be structured in a way to ensure age-appropriate recommendations are made that correlate to the District's grade configurations.<sup>1</sup> The SNPAAC shall have the powers and responsibilities delegated to it by statute and Rule and are incorporated into this policy by reference.<sup>2</sup> The overarching goal of the committee shall be to promote student wellness by monitoring how well the District is doing at implementing this policy. The SNPAAC shall use modules 1, 2, 3, 4, and 8 of the Centers For Disease Control' (CDC) School Health Index as a basis for annually assessing each school's progress toward meeting the</p>

<p>X</p> <p>X</p>		<p>Ark 6.06.2 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 Frameworks</p> <p>Ark 6.06.3 Compile the results of the School Health Index and provide a copy to the principal of each school in the district to be included in the individual school improvement plan (ACSIP).</p>	<p>requirements of this policy. The results of the annual assessment shall be included in each school's ACSIP, provided to each school's principal, and reported to the board. Goals and objectives for nutrition and physical activity shall also be included in the School Improvement Plan.</p> <p>The SNPAAC shall use modules 1, 2, 3, 4, and 8 of the Centers For Disease Control' (CDC) School Health Index as a basis for annually assessing each school's progress toward meeting the requirements of this policy. The results of the annual assessment shall be included in each school's School Improvement Plan, provided to each school's principal, and reported to the board. Goals and objectives for nutrition and physical activity shall also be included in the School Improvement Plan.</p>
	<p>X -No committee</p>	<p>Ark 6.06.6 Assist the schools in implementing the Arkansas Child Health Advisory Committee recommendations for all foods and beverages sold or served anywhere on the school campus, including all foods and 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.</p>	

	X	Ark 6.06.7 Annually maintain and update a written list of recommended locally available healthier options for food and beverages available for sale to students.	
X		Ark 6.06.8 Encourage the use of non-food alternatives for fundraisers.	

	X-No contracts	Ark 6.06.9 Review and make written recommendations to the local school board regarding the components to be included in food and beverage vending contracts.	
	X-No contracts	Ark 6.06.10 Include as part of the district's annual report to parents and the community the amount of funds received and expenditures made from competitive food and beverage contracts.	

X		<p>Arkansas Required Members:  School Board  Administration  Food Service  Teacher Organization  Parents  Students  Professional Groups –  Nurses/  Community Members</p> <p>USDA Required Members:  School Board  Administration  Food Service  Teachers of Physical  Education  Parents  Students  School Health  Professionals  Public</p>	<p>The Greene County Tech School District local School Nutrition and Physical Activity Advisory Committee (SNPAAC) shall consist of:  Chairperson  Co-Chairperson  Parent  Student  School Food Authority (Cafeteria Director) School Board member  School Administration  Public Community  Member  Parent Involvement  Coordinator School health official (nurse)  Athletic Director (Physical Education)</p>
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		List additional policies adopted at the local level and implemented through the Local Wellness Policy:	
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\*Arkansas Act 2285 of 2005 "An Act to Provide Statewide Standards for School Lunch Programs; And for Other Purposes"

\*\*Wellness Committee = School Nutrition and Physical Activity Advisory Committee (SNPAAC)