

# **Magazine School District**

## **Wellness Policy**

### **Wellness Policy:**

The health and physical well-being of students directly affects their ability to learn. Childhood obesity increases the incidence of adult diseases occurring in children and adolescents such as heart disease, high blood pressure and diabetes. The increased risk carries forward into their adulthood. Research indicates that a healthy diet and regular physical activity can help prevent obesity and the diseases resulting from it. Magazine School District (MSD) understands that the eating habits and exercise patterns of students cannot magically change overnight, but at the same time, the Board of Directors believes it is necessary to strive to create a culture in our schools that consistently promotes good nutrition and physical activity.

The problem of obesity and inactivity is a public health issue. The MSD School Board is keenly aware that it has taken years for this problem to reach its present level and will similarly take years to correct. The responsibility for addressing the problem lies not only with the schools and the Arkansas Department of Education (DESE), but also with the community and its residents, organizations and agencies. Therefore, the District shall enlist the support of the larger community to find solutions that improve the health and physical activity of our students.

### **Wellness Committee**

To enhance the MSD efforts to improve the health of our students, a District School Nutrition and Physical Activity Advisory Committee (SNPAAC) shall be formed. It shall be structured in a way to ensure age-appropriate recommendations are made that correlate to the District's grade configurations. The SNPAAC shall have the powers and responsibilities delegated to it by statute and Rule and are incorporated into this policy by reference. 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 all eight modules of the Center 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 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 ACSIP.

The SNPAAC shall be made up of Individuals from the following groups to the extent-interested persons from each group desire to be included in the development, implementation, and periodic review of the District's wellness policy.

- Members of the District's Board of Directors
- School Administrators
- School nutrition personnel
- Teacher organizations
- Teachers of physical education
- Parents
- Students
- Professional groups( such as nurses)
- School health professionals (such as school nurses, school counselors, and social workers, and
- Community members

The SNPACC shall provide written recommendations to the MSD'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 MSD 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.

#### **School Health Coordinator**

To assist the SNPACC in ensuring that the MSD fulfills the requirements of this policy, a District level School Health Coordinator (Designated District Official) shall be appointed.

#### **Goals**

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, MSD, working with SNPACC, has established the following goals.

1. Implement a grade appropriate nutrition education program that will develop an awareness of and appreciation for nutrition and physical activity throughout the curriculum;
2. Enforce existing physical education requirements and engage students in healthy levels of vigorous physical activity;
3. Strive to improve the quality of physical education curricula and increase the training of physical education teachers;
4. Follow the Arkansas Physical Education and Health Education Frameworks in grades K-12;
5. Not use food or beverages as rewards for academic, classroom, or sports performances;
6. Establish class schedules and bus routes that do not directly or indirectly restrict meal access;

7. Provide students with ample time to eat their meals in pleasant cafeteria and dining areas;
8. Abide by the current allowable food and beverage portion standards;
9. Meet or exceed the more stringent of Arkansas' or the U.S. Department of Agriculture's (USDA) Nutrition standards for reimbursable meal and a la' carte foods served in the cafeteria;
10. Restrict access to competitive foods as required by law and Rule;
11. Conform new and /or renewed vending contracts to the content restrictions contained in the Rules and reduce district dependence on profits from the sale of competitive foods;
12. Provide professional development to all district staff on the topics of nutrition and/or physical activity.
13. Utilize the School Health Index available from the CDC to assess how well the district is doing at implementing this wellness policy and at promoting a healthy environment for its students.

#### **Food and Beverages Outside the MSD Food Service Programs**

The MSD will insure that drinking water is available without charge to all students throughout the school including, but not limited to, in the District's food service areas. MSD is a water only School District and will only provide water during the school day other than milk and juice during the meal times. Students will be allowed to bring and carry approved water bottles filled with only water with them throughout the day.

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, and 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 or as part of school fundraisers.

All food and beverages provided, but not sold, to students on the school campus during the school day by school administrators or school no-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 provided in vending venues (machines, ice chests, cabinets) in school stores or as part of school fundraisers.

Up to a maximum of nine times per school year , school administration may schedule school wide events where food and beverages provided to students are not required to meet the Federal Smart Snacks standards during the scheduled time. The schedule of events shall be by school, approved by the principal, and shall be part of the annual calendar. These days shall be referred to as sugar/and or nutrition waiver days.

Food and beverages outside of the MSD's food service programs may not be sold, served, or provided to students in the District's food service areas during meal times. Any food delivered to students during the school day will have to be pre-paid. Students may not purchase foods from outside vendors if money is exchanged on campus.

Elementary students shall not have in-school access to vending machines.

MSD does not place nutrition restrictions on food or beverages brought from home that are intended for personal consumption only, with the exception of energy drinks. Energy drinks are not allowed for students and staff during the school day or at school functions.

#### **Celebrations and Rewards:**

1. **Celebrations and parties.** MSD will provide a list of healthy party ideas to parents and 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.** MSD will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
3. **Rewards and incentives.**  
MSD will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward or withheld as punishment for any reason, such as for performance or behavior.

#### **Advertising**

In accordance with the USDA regulations, oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product that are made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product that are made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product shall only be permitted on school campus during the school day if they meet or exceed the Federal smart Snacks standards. This restriction does not apply to:

1. Materials used for educational purposes in the classroom, including, but not limited to:
  - A. The use of advertisements as a media education tool: or
  - B. Designing and implementing the health or nutrition curriculum:
2. Clothing, apparel, or other personal items used by students and staff;
3. The packaging of products brought from home for personal consumption: and
4. Currently existing advertisements on school property, including but not limited to, the exterior of vending machines, posters, menu board, 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.

### **Community Engagement**

MSD will work with the SNPACC to:

- a. Encourage participation in extracurricular programs that support physical activity, such as our Little League football, basketball, or baseball/softball programs. Support biking to school by providing spots for parking bikes, and encourage participation in our after-school program, which includes a physical activity piece.
- b. Encourage the implementation of developmentally appropriate physical activity in after-school childcare programs for all students. After school programs should include a physical activity piece to encourage daily movement.
- c. Promote the reduction of time youth spend engaged in sedentary activities such as watching television and playing video games by sending home monthly Nutrition Nuggets newsletters and activity calendars to encourage students to move with their family.
- d. Encourage the development of and participation in family-oriented community – based physical activity programs such as Red Ribbon Rally events, athletic events, and Little League programs. We have joint use agreements that encourage families to use our track, cross country track, baseball/softball fields, and football fields.

The MSD will annually inform the public:

- a. Of the web address where the policy is located;
- b. Of any changes made to this policy since the previous year;
- c. Of the health and wellness priority goals in the District's ASCIP
- d. That a printed copy of the policy may be picked up at the District's central office; and
- e. The amounts and specific sources of funds received and expenditures made from competitive food and beverage contracts.

### **Assessment of MSD Wellness Policy**

At least once every three years, with input from the SNPACC, MSD 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 MSD's ACSIP. The assessment shall be based, at least in part on:

- The extent to which MSD schools are in compliance with this policy;
- The extent to which this policy compares to other model local school wellness policies;
- The annual review of this policy based on all eight modules of the CDC's School Health Index; and
- A description of the progress made in attaining the goals of this 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.

MSD will update the wellness policy based on the results from the three-year assessment.

### **District Website**

MSD will place on its website:

- The name, MSD phone number, and MSD email address for the MSD School Health District Coordinator
- The names of the members of the SNPACC;
- Meeting dates for the SNPACC;
- Information on how community members may get involved with the SNPACC;
- A copy of this policy;
- A copy of the annual review of this policy based on all eight modules of the CDC's School Health Index; and
- A copy of the most recent three-year assessment of this policy.

### **Physical Education, Physical Activity, and Recess (Elementary)**

- **Recess (Elementary)**

All elementary students will have a scheduled, 30 minute, recess (Physical Activity) on all days during the school year. Outdoor recess will be offered to all students when the weather is feasible for outdoor play.

In the event that the school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines of using GO Noodle activities or any movement activity that keeps the students moving for the required amount of recess time.

- **Physical Activity**

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education), Will Not be withheld as punishment for any reason. Modifications may need to occur due to bad weather situations.

To the extent practicable, the MSD will ensure that its grounds and facilities are safe and that equipment is available to students to be active. MSD will conduct necessary inspections and repairs.

- **Classroom Physical Activity Breaks (Elementary and Secondary)**

MSD recognizes that students 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 on all or most days during a typical school week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Resources and ideas are available through USDA and the Alliance for Healthier Generation.

**Legal References:**

Richard B. Russell National School Lunch Act 42 U.S.C. 1751 et seq. as amended by  
PL 111-296(Section 204) of 2010, (Section 204 is codified at 42 U.S.C. 1758(b)  
Child Nutrition Act of 1966 42 U.S.C. 1771 et seq.  
7 C.F.R. 210.18  
7 C.F.R. 210.31  
A.C.A. 6-20-709  
A.C.A. 20-7-133, 134, and 135  
ADE Rules Governing Nutrition and Physical Activity Standards and Body Mass  
Index For Age Assessment Protocols  
Allowable Competitive Foods/Beverages-Maximum Portion Size List for Middle,  
Junior High and High School  
Commissioner's Memo CNU-17-010  
Commissioner's Memo CNU-17-013  
Commissioner's Memo CNU-17-016  
Nutrition Standards for Arkansas Public Schools

**Date Adopted: April, 2017**

**Last Revised: June 10, 2021**