

## **Heber Springs School System Health and Wellness**

The Heber Springs School District is committed to providing a school environment that promotes the health, safety and well-being of the students and staff. The ability for a student to learn is directly related to healthy eating and physical activity. Heber Springs will make every effort to offer each student the opportunity to learn to their full potential.

The Heber Springs School District will ensure that all students K-12 will have the opportunity and encouragement to be physically active on a regular basis.

Food and beverages served at school meals will meet the nutritional requirements and portion size of Arkansas and USDA regulations. We will provide students with access to a variety of nutritious and appealing foods that meet their health and nutrition needs in a clean, safe environment.

Schools will provide grade appropriate health and nutrition information to students. Food and beverages as rewards will not be used in the classroom or for sports performances.

To achieve these goals:

### **I. District/School Wellness Committees**

A District Wellness Committee will consist of persons from each of the three School Wellness Committees along with other professionals from the community. The committee will develop, promote and oversee a plan to provide an opportunity for student and staff health and wellness. If you would like to be a part of the committee please call (501) 362-6712.

- The committees will be composed of school administration, child nutrition, counselors, physical education instructors, community leaders, students, school nurses, and representative from the local school board.
- The Wellness committee will meet at regular intervals as required by law and at times when deemed necessary to accomplish and plan a particular activity to promote wellness with students and staff.

## **II. Nutritional Quality of Food and Beverages Served/Sold on Campus**

School meals served through the National School Lunch and Breakfast Program will meet the nutritional standards set by the State of Arkansas, Child Nutrition Program and USDA. Foods that are low in sodium, fat and sugar, with 0 trans-fat, will be provided during breakfast and lunch. Meals will be appealing to students and served in a clean, safe environment. Food Service Staff will be trained on the safety of food preparation and service. Heber Springs School District will make every effort to follow the Civil Rights of each and every person making sure there is no discrimination in any aspect of the food and nutrition program.

- **Breakfast:** To ensure that every student has the opportunity to eat breakfast, the elementary will extend the first 30 minutes of the school day to let children who are dropped off by car have the opportunity to go to the cafeteria and eat. Middle and High School will provide a second opportunity for students to eat breakfast by offering a breakfast after the first period. Athletes who get here before school starts and continue in the class for first period will have the opportunity to eat.
- **Meals:** To make the meals more appealing to the middle school and high school students, an option of at least three main dishes will be offered each day on the reimbursable food lines. The student will choose one entrée from the options in case they do not like what is on the main menu.
- **Qualification of the Food Service Director, Managers and Employees** will meet the required training each year and be certified by the Department of Education, Child Nutrition.
- **Fundraising:** The school employees will be informed about the rules and regulations regarding fundraising on school campus. Heber School District will follow guidelines set by the State of Arkansas and USDA when the event involves food or beverage.

- Rewards: Heber Springs Schools will not use food or beverage as a reward for any student academic performance or activity. No food, including school meals, will be withheld as a punishment.
- Smart Snacks will follow USDA guidelines when timing of school meals, student age or student nutrition needs are met. Snacks will be limited to one per student per day. Each Administrator, the Child Nutrition Director and Managers, as well as the entire Wellness Committee will have access to the Alliance Product Calculator. Snacks for testing will meet Smart Snack qualifications and be limited to one per student.
- Celebrations: Schools will limit celebrations to 9 per school year that involve food of minimal nutritional value. These dates will be decided on in advance and posted on the school calendar. These events will not take the place of the National School Breakfast and Lunch.

### **III. Nutrition and Physical Activity Promotion**

- Nutrition Education and Promotion: The Heber Springs School System strives to promote, teach and encourage healthy eating. The Food Service Department promotes healthy eating by introducing students to new choices in a positive manner. The cafeterias have handouts and posters available in elementary to encourage healthy eating. Along with these, high school and middle school offers nutrient counts for the students so that they can make their own healthy choices.
- Physical Activity in the classroom setting: Health Education and Family and Consumer Science, Food and Nutrition cover all aspects of a healthy lifestyle with food and physical activity. Students are involved in Physical Education classes from K through 12. The students in elementary have a supervised student recess to encourage physical activity.
- Tobacco Policy: Heber Springs School District is tobacco free. The school bans the use of any tobacco product on school property. Smoking or using a tobacco product is prohibited at school functions as well.

#### **IV. Monitoring, Review and Public Notice**

The Heber Springs School Administration will ensure compliance with established district wide nutrition and physical activity wellness policies. The Principal of each school will serve as a designee to ensure compliance is met with the employees they supervise.

The Food Service Director along with managers in each cafeteria will ensure compliance is met within the Food Service area. They will inform the proper administrator of any aspect of the USDA and State of Arkansas rules and regulations that are being broken.

The Superintendent will oversee the progress made by the individual schools as well as the district to comply with each regulation. The Superintendent will encourage a positive nutrition and physical lifestyle for every student and staff member of the school district.

The meeting of the Wellness Committee will be posted on the website.