

WELLNESS POLICY  
DIERKS SCHOOL DISTRICT

NUTRITION EDUCATION

The Dierks School District 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 Science, such as Nutrition and Wellness and/or Foods and Nutrition.

HEALTHY SCHOOL ENVIRONMENT

No food or beverages shall be used as rewards for academic, classroom or sport performances and/or activities.

All school cafeterias and dining areas should reflect healthy nutrition environments.

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.

Drinking water via water fountains or other service receptacle should be available without charge to all students on campus according to Arkansas Health Department Standards.

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY STANDARDS

Public schools must establish strategies to achieve thirty (30) minutes of physical activity each day in grades K-12.

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.

The school district will work with the local School Nutrition and Physical Activity Advisory Committee to:

1. Encourage participation in extracurricular programs that support physical activity,
2. Incorporate into the school ACSIP the strategies to be employed to achieve the activities required.

GENERAL REQUIREMENTS FOR FOOD AND BEVERAGES

Elementary students will not have access to vended foods and beverages anytime, anywhere on school premises during the declared school day.

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 foods. This includes FMNV and competitive foods given, sold, or provided by school administrators or staff (principals, coaches, teachers, club sponsors, etc.) students or student groups, parents or parent groups, or any other person, company, or organization associated with the school site.

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 services of desserts, french fries, and/or ice cream.

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 groups, parents or parent groups, or any other person, company, or organization associated with the school site.

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.

#### EXCEPTIONS TO LIMITING ACCESS TO FOODS AND BEVERAGES

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.

School Nurses – This policy does not apply to school nurses using FMNVs or candy during the course of providing health care to individual students.

Special Needs Students – This policy does not apply to special needs students whose Individualized Educational Program (IEP) plan indicates the use of an FMNV or candy for behavior modification (or other suitable need).

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.

Snacks During the Declared School Day – Snacks may be provided or districted 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.

Food 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.

#### NUTRITION STANDARDS FOR FOODS AND BEVERAGES

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, 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

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.

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.

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.

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.

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.

At middle school and high school levels, local leaders are encouraged to implement vending policies that encourage healthy eating by students.

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 selections of the Rules Governing Nutrition and Physical Activity Standards in Arkansas Public Schools as approved by the State Board of Education.

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.

ARKANSAS NUTRITION STANDARDS REGULATIONS – Arkansas Department of Education, Commissioner’s Memo #FIN-06-016

The Arkansas Nutrition Standards for reimbursable meals and a la’ carte foods served in the cafeteria are more restrictive than the United States Department of Agriculture (USDA) nutrition standards.

In an effort to reduce the fat content of foods offered to students, and increase the consumption of fruits and vegetables, USDA reimbursable meals and all a la’ carte food items will meet the following requirements \*\*:

1. All food items sold or offered to students can contain no more than twenty-three (23) grams of fat per serving.
2. Schools must offer 1% or fat-free milk within the variety of milk offered at all points of service. flavored milks may contain no more than thirty (30) grams total sugar per eight (8) ounce serving.
3. Fruits and/or vegetables should be offered daily at all points of service. Fruits and vegetables should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water or light syrup.
4. When possible, school food service should procure flash fried foods that can be oven baked instead of deep fat fried or pan fried.
5. Portion restrictions for French fries.

ELEMENTARY \*\*\*- French fries/fried potato products will be offered to elementary students NO MORE THAN ONCE PER WEEK. French fry (deep fat fried) serving size can be no more than three-fourths (3/4) cup by volume per serving.

MIDDLE AND JUNIOR HIGH\*\*\*- French fries/fried potato products (deep fat fried) will be offered to middle and junior high school students in a service size NO LARGER THAN one (1) cup by volume.

HIGH SCHOOL\*\*\*- French fries/fried potato products (deep fat fried) will be offered to senior high students in a service size NO LARGER THAN one and one-half (1 1/2) cups by volume.

6. Middle, junior high and high schools shall limit the number of fried foods at each meal service to only one item out of every six (6) food items offered. Each food item cannot exceed the maximum portion size or exceed 23 grams of fat per serving. Food items will include any combination of foods served as a single food item.

\*\*A LA' CARTE Food Items are only available at Middle, Junior High and High Schools.

\*\*\*DEFINITIONS: ELEMENTARY – A campus with a designated Local Education Agency (LEA) number containing any combination of grades pre-kindergarten (pre-K) through sixth (6<sup>th</sup>) grades. MIDDLE SCHOOL – Public school(s) having some combination of grades 5-8. JUNIOR HIGH SCHOOL – Public school(s) having some combination of grades 7-9. HIGH SCHOOL – Public school(s) having some combination of grades 9-12.

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

The School Nutrition and Physical Activity Advisory Committee will:

1. Annually, assess each school campus, using the School Health Index for Physical Activity, Healthy Eating and 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, and  
#5 – Family and Community Involvement Assessment;
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 Framework;
3. Compile the results of the School Health Index and provide a copy to the school principal to be included in the individual school improvement plan (ACSIP);
4. Provide the annual completed School Health Index assessment results and the physical activity standards comparison to the school principal to be included in the school improvement plan (ACSIP) and to the local school board;
5. The district Nutrition and Physical Activity/Wellness Committee has the following members as required by state and federal law: Parent, School Food Authority, School Administration, Professional Group (Nurse), Student, School Board, and Community Member.

#### SCHOOL NUTRITION AND PHYSICAL ACTIVITY ADVISORY COMMITTEE

Committee Responsibilities:

1. The committee will assist in the development of local policies that address issues and goals, including, but not limited to the following:
  - a. Assist with the implementation of nutrition and physical activity standards developed by the committee with the approval of the Arkansas Department of Education and the State Board of Health;
  - b. Integrate nutrition and physical activity in the overall curriculum;
  - c. Ensure that professional development for staff includes nutrition and physical activity issues;
  - d. Ensure that students receive nutrition education and engage in healthy levels of vigorous physical activity;
  - e. Improve the quality of physical education curricula and increasing training of physical education teachers;
  - f. Enforce existing physical education requirements; and
  - g. Pursue vending contracts that both encourage healthy eating by students and reduce school dependence on profits from the sale of foods of minimal nutritional value.

2. The School Nutrition and Physical Activity Advisory Committee shall be structured in a way as to ensure age-appropriate recommendations that are correlated to the current grade configuration of the school district utilizing one of the following options:
  - a. Establish a School Nutrition and Physical Activity Advisory Committee at each school in addition to the district committee;
  - b. Establish subcommittees of the District Committee, representing the appropriate age and grade configuration for that school district; and
  - c. Include representatives from each appropriate grade level group (elementary, middle, junior, and senior high) on the membership of the district committee.
3. 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, fund raisers, school stores, class parties, and other venues that compete with healthy school meals;
4. Maintain and update annually a written list of recommended locally available, healthier options for food and beverages available for sale to students;
5. Encourage the use of non-food alternatives for fund-raisers;
6. Review and make written recommendations to the local school board regarding the components to be included in food and beverage vending contracts; and
7. Report as part of the annual report to parents and the community the amount of funds received and expenditures made from competitive foods and beverage contracts.

ACT 2285.2005 – AN ACT TO PROVIDE STATEWIDE STANDARDS FOR SCHOOL LUNCH PROGRAMS; AND FOR OTHER PURPOSES

6-20-709 School lunch menus

- (a) In addition to following the dietary guidelines of the National School Lunch Program, each school district shall provide to the school district's school nutrition and physical activity advisory committee:
  - (1) Information on the requirements and standards of the National School Lunch Program, and
  - (2) Menus for the National School Lunch Program and other food sold in the school cafeteria on a quarterly basis
- (b) The school nutrition and physical activity advisory committee shall provide recommendations to the school district concerning menus and other foods sold in the school cafeteria.
- (c) The Child Health Advisory Committee, the Child Nutrition Unit of the Department of Education, and the Department of Health shall provide technical assistance as necessary.