**Booneville School District**

**Wellness Policy**



**The physical and mental health is one of utmost importance as it has bearing on a student’s ability to learn. With Childhood obesity on the rise and its implications on the healthy future of our students, we are committed to teaching students and offering opportunities that promote lifelong wellness practices, protect children’s health, good nutrition choices, ample physical activity and healthy habits. The school is aware that this problem of childhood obesity and all of its implications did not occur and will not alleviate itself overnight. The school also acknowledges that it will take the commitment of the school, the community and the resident’s organizations and agencies. With that in mind, the district will have stakeholders within the community help the school find solutions for improving the overall health and physical activities of our students.**

**Wellness Committee**

**A School Nutrition and Physical Activity Advisory Committee (SNPAAC) has been formed to ensure that age appropriate recommendations are made that correlate to the District’s grade configurations. The SNPAAC will have the powers and responsibilities delegated to it by stature and rule and are incorporated into this policy by reference. The overarching goal of the committee shall be to promoted student wellness by monitoring how well the district is doing at implementing this policy. The SNPAAC shall uses modules 1, 2, 3, 4, and 8 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 SNPACC committee 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:**

* **School Board Members**
* **School Administrators**
* **School Nutrition Personnel**
* **Teacher organizations**
* **Teachers of physical education**
* **Parents**
* **Students**
* **Professional Groups**
* **School Health Professionals**
* **Community Members**

**The SNPAAC will provide written recommendations to the District’s Child Nutrition Director concerning menus and other food 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.**

**The SNPAAC will meet at least quarterly.**

**Goals:**

**In an effort to improve the school nutrition environment, promote student health, and reduce childhood obesity, the district will adhere to the Arkansas Rules Governing Nutrition and Physical Activity Standards in Arkansas Public Schools. Adhering to these rules will include, but is not limited to district efforts so:**

1. **Appoint a district school health coordinator who shall be responsible for ensuring that each school fulfills the requirements of this policy;**
2. **Implement a grade appropriate nutrition education program that will develop an awareness of and appreciation for nutrition and physical activity throughout the curriculum;**
3. **Enforcing existing physical education requirements and engage students in healthy levels of vigorous physical activity;**
4. **Strive to improve the quality of physical education curricula and increase the training of physical education teachers;**
5. **Follow the Arkansas Physical Education and Health Education Frameworks in grades K-12;**
6. **Not use food or beverages as rewards for academic, classroom or sports performances;**
7. **Ensure that drinking water is available without charge to all students;**
8. **Establish class schedules, and bus routes that don’t directly or indirectly restrict meal access;**
9. **Provide students with ample time to eat their meals in pleasant cafeteria and dining areas;**
10. **Establish no more than nine (9) school wide events which permit exceptions to the food and beverage limitations established 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.**
14. **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 FMNV.**
15. **Provide professional development to all district staff on the topics of nutrition and/or physical activity;**
16. **Utilize the School Health Index available from the Center for Disease Control (CDC) to assess how well the district is doing at implementing this wellness policy and at promoting a healthy environment for its students;**

**ADVISORY COMMITTEE:**

**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. It shall be structured in a way that ensures age-appropriate recommendations are made which correlate to our district’s grade configurations. The SNPAAC shall have the powers and responsibilities delegated to it by statute and Rule. 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 CDC’s School Health Index as basis for 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.**