

POLICY NAME: SPRINGDALE PUBLIC SCHOOLS LOCAL WELLNESS POLICY

I. PHILOSOPHY

- A. The Springdale School District is committed to providing a school environment that enhances learning and the development of lifelong wellness practices. It is the philosophy of this district to encourage and promote wellness through implementing the model of Coordinated School Health including: health education, nutrition environment and services, employee wellness, social and emotional school climate, physical environment, health services, counseling, psychological and social services, community involvement, family engagement, physical education and physical activity.

II. GOALS

- A. In keeping with the philosophy of this local wellness policy, the following goals have been adopted.
1. Each LEA will provide coordination and support to create a healthy nutrition environment for students
  2. Each LEA will provide coordination and support to create an environment that promotes physical activity and provides quality physical education for students
  3. Each LEA will provide professional development for school staff on nutrition and physical activity

III. COORDINATED SCHOOL HEALTH COMMITTEE

- A. This local committee shall help raise the awareness of the importance of health education, nutrition environment and services, employee wellness, social and emotional school climate, physical environment, health services, counseling, psychological and social services, community involvement, family engagement, physical education and physical activity. The committee shall include members from the

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district school board, school administrators, food service personnel, physical education teachers, school health professionals, special education, alternative education, teachers, parents, professional groups such as members of the community, school nurses, and student representatives.

- B. The committee will assist in the development of local policies, procedures, guidelines, etc. that address issues and goals that are designed to promote wellness in a manner the school district determines is appropriate.
- C. The committee's assistance will be based on the requirements set forth by the rules, regulations, and directives of the following documents which are herein incorporated as guidelines to support this policy.
  - 1. The Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et seq.) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.) and as amended through PL-108-269, July 2, 2004).
  - 2. The Arkansas Department of Education Rules Governing Nutrition, Physical Activity Standards, and Body Mass Index in Arkansas Public Schools – (August 8, 2005). (May 2016)
  - 3. Arkansas Child Health Advisory Committee – (Act 1220 of 2003).
  - 4. Commissioner's Memo FIN-12-076 Required Changes to the Local School Wellness Policy and Commissioner's Memo CNU 17-016 Wellness Policy Requirements: Updates from USDA Final Rule.
  - 5. Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (HHFKA) (PL 11-296).

IV. ASSURANCES

- A. The district will also provide and assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issues by the Secretary of Agriculture pursuant to subsection (a) and (b) of Section 10 of the Child Nutrition Act (42 U.S. C. 1779) and Sections 9 (f) (1) and 17 (a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758 (f) (1), 1776 (a), as those regulations apply to public schools.

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- B. The Springdale School District will designate the school principal at each school to ensure that their school complies with the Local Wellness Policy (LWP) and is meeting all state and federal regulatory standards.
- C. The Springdale School District will measure implementation of the wellness policy through each school's annual participation in the Coordinated School Health Evaluation BMI screening and the School Health Index (SHI). Assessment on the implementation of the LWP and progress made in attaining goals of the policy will be posted on the school website. As required by the HHFKA of 2010, Springdale School District will inform the public of the content of the LWP in the student handbook as well as on the school district website.
- D. The Springdale School District will implement nutrition education, physical education and tobacco use prevention education within the pre-kindergarten–12th grade health and physical education programs.
- E. All foods and beverages sold or provided to students on any school campus during the school day shall be consistent with federal and state regulations regarding the provision of food and beverages for students including but not limited to nutrition guidelines, types of foods and beverages offered, and times foods and beverages may be provided.
- F. Any food or beverage advertised on school property shall comply with the Smart Snacks in Schools nutrition standards.
- G. Because water is a necessary nutrient to maintain and improve health, Springdale School District allows students and staff to carry a water-bottle while on campus. In deference to environmental factors reusable containers are encouraged