

# Cossatot River School District Wellness Policy

2020-2021

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# Cossatot River Wellness Policy

Note: This “Basic” district level wellness policy meets the minimum Federal standards for local school wellness policy implementation under the final rule of the Healthy, Hunger-Free Kids Act of 2010. The Alliance for A Healthier Generation Model Wellness Policy was updated 9/2016 to reflect the USDA Final Rule.

## ***Preamble***

Cossatot River School District (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create a positive, safe and health-promoting learning environment at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture’s (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruit, vegetables and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically. Finally, there is evidence that adequate hydration is associated with better cognitive performance.

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. It is understood that the eating habits and exercise patterns of students cannot be magically changed 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 Board of Directors 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 (ADE), but 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 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 to ensure age-appropriate recommendations are made that correlate to the District's campuses. 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 modules 1, 2, 3, 4, and 8 of the Centers 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 SNPAAC shall provide written recommendations to the District'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 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. Meeting dates for the SNPAAC will be placed on the District's calendar.

### **Leadership**

The Superintendent or designee will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with this policy.

**Designated Official** is the **Curriculum Coordinator** which can be contacted at 870-385-7101 ext. 1105.

Name	Title/Relationship to the School or District	Email Address
Mike Fortner	Board Member	
Jim Tankersley	Superintendent	jtankersley@cosstatot.us
Amy Montgomery	Curriculum Coordinator/District Wellness/Health Coordinator	amontgomery@cosstatot.us
Carla Harwood	Child Nutrition Coordinator	charwood@cosstatot.us
Judy Oliver	Van Cove Elementary Nurse	joliver@cosstatot.us
Brenda Brown	Wickes Elementary Nurse	bbrown@cosstatot.us
Barbara Hunter	Umpire School Nurse	bhunter@cosstatot.us
Tina Jewell	VES/WES Elementary P.E. Teacher	tjewell@cosstatot.us
Bryan Richardson	CRHS Health and P.E. Teacher/Coach	brichardson@cosstatot.us
Adam Matthews	CRHS Assistant Principal	amatthews@cosstatot.us
Sandra Trinidad	Community Member	
LeAnnMcKenzie	Parent	
Kayla Richardson	CRHS Student	
Clayton Thompson	CRHS Student	

Each school will designate a campus designee, who will ensure compliance with the policy. Refer to Appendix A for a list of school-level wellness policy designee.

### **District Level School Health Coordinator**

To assist the SNPAAC in ensuring that the District fulfills the requirements of this policy, a District level School Health Coordinator (Designated District Official) shall be appointed. In addition, a school level School Health Coordinator shall be appointed who shall be responsible for assisting the District Level School Health Coordinator in ensuring that each school fulfills the requirements of this policy.

## **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, the District, working with the SNPAAC, 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 meals 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 of the District's Food Service Programs***

The District 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.

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, 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 non-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. Food cannot be served or sold until 30 minutes after the last lunch of the day.

Up to a maximum of nine (9) 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 the events shall be by school, approved by the principal, and shall be part of the annual school calendar.

Food and beverages outside of the District's food service programs may not be sold, served, or provided to students in the District's food service areas during meal times. (If a student brings their lunch it cannot be shared with anyone.)

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

The District does not place nutrition restrictions on food or beverages brought from home that are intended for personal consumption only.

### ***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 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:

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

The District will work with the SNPAAC to:

- a. Encourage participation in extracurricular programs that support physical activity, such as walk-to-school programs, biking clubs, after-school walking etc.;
- b. Encourage the implementation of developmentally appropriate physical activity in after-school childcare programs for participating children;
- c. Promote the reduction of time youth spend engaged in sedentary activities such as watching television and playing video games; and

- d. Encourage the development of and participation in family-oriented community-based physical activity programs.

The District will annually inform the public:

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

#### ***Assessment of District's Wellness Policy***

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

- The extent to which District schools are in compliance with this policy;
- The extent to which this policy compares to other model local school wellness policies;
- The annual reviews of this policy based on modules 1, 2, 3, 4, and 8 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.

The District will update the wellness policy based on the results from the three (3) year assessment.

#### ***District Website***

The District will place on its website:

- The name, District phone number, and District email address for the District Level School Health Coordinator;
- The names, district phone numbers, and district email addresses for the School Level School Health Coordinators;
- The names of the members of the SNPAAC;
- Meeting dates for the SNPAAC;
- Information on how community members may get involved with the SNPAAC;
- A copy of this policy;
- A copy of the annual review of this policy based on modules 1, 2, 3, 4, and 8 of the CDC's School Health Index; and
- A copy of the most recent three (3) year assessment of this policy.

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



## Appendix A

### School Wellness Policy Coordinators

Name	School	Email address
Bryan Richardson	Cossatot River High School Health/P.E. Teacher	<a href="mailto:brichardson@cossatot.us">brichardson@cossatot.us</a>
Adam Matthews	Assistant Principal	<a href="mailto:amatthews@cossatot.us">amatthews@cossatot.us</a>
Barbara Hunter	Umpire School Nurse	<a href="mailto:bhunter@cossatot.us">bhunter@cossatot.us</a>
Brenda Brown	Wickes Elementary Nurse	<a href="mailto:bbrown@cossatot.us">bbrown@cossatot.us</a>
Tina Jewell	VES/WES P.E. Teacher	<a href="mailto:tjewell@cossatot.us">tjewell@cossatot.us</a>
Judy Oliver	Nurse	<a href="mailto:joliver@cossatot.us">joliver@cossatot.us</a>

# Calendar Day Type Report

Name: COSSATOT RIVER HIGH SCHOOL

Day Type & Description	Cal Date
9DY - Act 1220 Exempt Event Days	Sep 8, 2020
	Oct 30, 2020
	Nov 20, 2020
	Dec 18, 2020
	Jan 22, 2021
	Feb 12, 2021
	Mar 19, 2021
	Apr 23, 2021
	May 14, 2021
9DY - Act 1220 Exempt Event Days 9	

Name: UMPIRE ELEM

Day Type & Description	Cal Date
9DY - Act 1220 Exempt Event Days	Sep 8, 2020
	Oct 30, 2020
	Nov 20, 2020
	Dec 18, 2020
	Jan 22, 2021
	Feb 12, 2021
	Mar 19, 2021
	Apr 23, 2021
	May 14, 2021
9DY - Act 1220 Exempt Event Days 9	

Name: UMPIRE SCHOOLS

Day Type & Description	Cal Date
9DY - Act 1220 Exempt Event Days	Sep 8, 2020
	Oct 30, 2020
	Nov 20, 2020
	Dec 18, 2020
	Jan 22, 2021
	Feb 12, 2021
	Mar 19, 2021

# Calendar Day Type Report

Name: UMPIRE SCHOOLS

Day Type & Description	Cal Date
9DY - Act 1220 Exempt Event Days	Apr 23, 2021
	May 14, 2021
9DY - Act 1220 Exempt Event Days	9

Name: VAN COVE ELEMENTARY

Day Type & Description	Cal Date
9DY - Act 1220 Exempt Event Days	Sep 8, 2020
	Oct 30, 2020
	Nov 20, 2020
	Dec 18, 2020
	Jan 22, 2021
	Feb 12, 2021
	Mar 19, 2021
	Apr 23, 2021
	May 14, 2021
9DY - Act 1220 Exempt Event Days	9

Name: WICKES ELEMENTARY

Day Type & Description	Cal Date
9DY - Act 1220 Exempt Event Days	Sep 8, 2020
	Oct 30, 2020
	Nov 20, 2020
	Dec 18, 2020
	Jan 22, 2021
	Feb 12, 2021
	Mar 19, 2021
	Apr 23, 2021
	May 14, 2021
9DY - Act 1220 Exempt Event Days	9

## Procedures

### Providing Snacks

- Not reimbursable through Child Nutrition
- During any part of the school day including 30 minutes after school ends
- But not more than one snack per day per student
- Must meet Smart Snacks guidelines by entering into online Alliance for a Healthier Generation Calculator for the appropriate school level
- Must keep documentation including nutrient fact label and calculator printout
- Carbonated and sweetened non-carbonated beverages are limited to 12 oz or less per container and 55 mg of caffeine per serving
- May not be served in food service areas during meal service

### Exceptions for Snacks in Schools

Parents' Rights, School Nurses, Special Needs Students, School Events (9 Special Event Days determined, recorded on Eschool calendar, and approved by school officials), Food for Instructional Purposes, USDA Fresh Fruit and Vegetable Program, Self-Sustaining Fresh Fruit and Vegetable Program, School Testing Days

### Selling Snacks

- May be sold prior to the start of the 1<sup>st</sup> classes of the school day and/or 30 minutes after the last lunch has ended in any school
- Applies until 30 minutes after school ends
- No vending machines in Elementary Schools
- Must meet Smart Snacks guidelines by entering into online Alliance for a Healthier Generation Calculator for the appropriate school level (elementary, middle, high school)
- Must keep documentation including nutrient fact label and calculator printout
- May not be sold or served in food service areas during meal service
- Carbonated and sweetened non-carbonated beverages are limited to 12 oz or less per container and 55 mg of caffeine per serving
- These rules apply to a la carte, entrees, side dishes, second trays and all competitive foods in the cafeteria, as well
- Fundraisers must be approved by district administration (documentation required)

### Physical Activity

- Grades K-6 - at least 40 minutes of physical education training and instruction each week AND 90 minutes of physical activity each week
- Grades 5-8 - At least 40 minutes of physical education training and instruction each week or an equivalent amount of time in each school year, with no additional requirement for physical activity
- Grades 9-12 – one-half (1/2) unit of physical education, with no additional requirement for physical activity

### General

- A list of maximum portion size restrictions and nutrition standards will be made available to school districts.
- Two fruits and/or 100% fruit juices must be offered for sale at the same time and place as competitive foods.
- At least 50% of beverages for sale shall be 100% fruit juice, low-fat/fat-free milk, and unflavored unsweetened water.
- No food or beverages shall be used as rewards.
- All school cafeterias and dining areas should reflect healthy nutrition environments.
- Schools should ensure all students have access to school meals.
- Water must be available to all students on campus at no cost.

## Plan

### Planning for the School Health Index

- The School Health Index (SHI) is a needs assessment that should be completed annually at each school by the wellness committee. Module 1, 2, 3, 4, and 8 questions are required to be completed.
- The Plan for Improvement section of the School Health Index should then be used to discuss the results of the SHI and to develop goals that will be included in the school improvement plan.

### Developing a School Improvement Plan

- The district-level requirement for school improvement is to identify members of the district wellness committee members as required by both federal and state mandate.
- The school-level requirement includes the needs assessment (SHI and body mass index), as well as goal setting in the areas of physical activity and nutrition.



# Arkansas Department of Education

## Child Nutrition Unit and School Health Services

### Healthy Schools Compliance Model

Arkansas public schools and the Arkansas Department of Education are committed to the health and wellbeing of our youth. Arkansas was one of the first states in the country to develop state specific standards for nutrition and physical activity and to assess student BMI. Arkansas laws put healthier foods and increased activity into schools ten years before federal requirements became effective. This state has a lot to be proud of, and we do not want to lose our momentum. Therefore, to move forward, the Child Nutrition Unit and School Health Services at the Arkansas Department of Education have outlined the basic requirements for Healthy Schools Compliance based on the latest Arkansas Nutrition and Physical Activity Standards and the Healthy Hunger-free Kids Act.

## Policies

### Effective Dates

May 31, 2016

### Policy Requirements

Arkansas Department of Education Rules Governing Nutrition and Physical Activity Standards and Body Mass Index for Age Assessment Protocols in Arkansas Public Schools – *Updated*

July 1, 2014

Federal Smart Snacks Regulations under the Healthy Hunger-free Kids Act of 2010

June 30, 2006

Child Nutrition Program Reauthorization Public Law 108-265 requires schools to establish local wellness policies

SY 2004-2005

Arkansas Act 1220 of 2003 requires schools to create Wellness Committees

### Local Wellness Policies

Districts should:

- Include goals for nutrition education, physical activity, nutrition promotion, and other school-based activities to promote student wellness.
- Include nutrition guidelines for all foods available on the school campus.
- Describe and follow a plan for measuring implementation.
- Permit a variety of stakeholders to review and update the local wellness policy.
- Designate one or more officials to be in charge of school compliance oversight.
- Inform and update the public about the content and implementation of local wellness policies.

Failure to comply with the Wellness Policy requirements may result in withholding of Federal Child Nutrition program payments, in whole or in part, to any SFA for repeated or egregious violations that are not corrected.

### Wellness Committees

- Help raise awareness of the importance of nutrition and physical activity.
- Assist in the development of local policies that address issues and goals.
- Complete required duties listed on the Wellness Committee Checklist.
- Include all of the required members.
- May be school-based, district-based, or both.

Failure to comply with the Wellness Committee Requirements may result in an Administrative Review finding. These reviews are conducted by the Arkansas Child Nutrition Unit every 3 years.

### ADE Rules Governing Standards for Accreditation of Arkansas Public Schools and School Districts, July 2009, 21.0 Standard XVI Auxiliary Services

Auxiliary services, such as transportation and food services, shall be provided in accordance with applicable laws, regulations, and guidelines developed by the Department.

# Wellness Committee Requirements Checklist – Implementation and Compliance

Federal requirements are highlighted below; Arkansas rules for nutrition and physical activity are noted by "Ark 0.00."

See Commissioner's Memo *Wellness Policies: Meeting Requirements of the Triennial Assessment* for instructions and guidance.

	Part 1										Part 2
	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Included in Policy?
Ark 6.07.1.1 Include in the local Wellness Policy, goals for nutrition education, physical activity, and other school based activities that are designed to promote student wellness in a manner that the LEA determines is appropriate (may have standards in the Wellness Policy and annually updated goals in the ACSIP School Form)											✓
Ark 6.07.1.2 Include in the local Wellness Policy, nutrition guidelines selected by the LEA for all foods available (both sold and provided) on each school campus under the LEA during the school day with the objectives of promoting student health and reducing childhood obesity											✓
Ark 6.07.1.3 Include in the local Wellness Policy, guidelines for reimbursable meals, which are no less restrictive than regulations and guidance issued by USDA											✓
Ark 6.07.1.4 Include in the local Wellness Policy, a plan for measuring implementation of the local wellness policy, including designation of 1 or more persons within the LEA charged with operational responsibility for ensuring that each school fulfills the district's local wellness policy (ACSIP District Form – chair and co-chair)											✓
LEA's are required to inform and update the public about the content and implementation of the local wellness policy											✓



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## Nutrition and Physical Activity Education/Promotion Resources for Schools

### Nutrition Education/Promotion

#### HealthTeacher.com

Provides nutrition education lessons for grades K-12 that are aligned to state health education standards. Available free for Arkansas schools through funding provided by Arkansas Children's Hospital.

#### Nutrition Detectives

<http://www.davidkatzmd.com/nutritiondetectives.aspx>

90 minute educational program that teaches elementary school children how to read food labels and detect marketing deceptions while learning to identify and choose healthful foods. Ideal for second through fourth grades. Can be taught in 4-5 short lessons.

#### *We Can!*

Available through Baptist Health Community Outreach, Arkansas Children's Hospital and schools served by ADH Community Health Promotion Specialists. *We Can!* is a national education program for elementary students that provides tools, fun activities, and more to encourage healthy eating, increased physical activity, and reduced time sitting in front of the screen (TV or computer) for the entire family. Contact your Community Health Promotion Specialist through your educational cooperative.

#### CATCH

<http://www.archildrens.org/live-healthy/community-outreach/community-outreach> Available through Arkansas Children's Hospital Community Outreach. CATCH creates behavioral change by enabling children to identify healthy foods and by increasing the amount of moderate physical activity children engage in each day. Targets 6-8 grades. Curriculum involves 7-8 lessons. An ACH educator trains school staff in one-time meeting and then introduces program to students with the first lesson. Remaining lessons provided throughout the school year by classroom teacher.

#### OrganWise Guys

<http://www.archildrens.org/live-healthy/community-outreach/community-outreach> Available through Arkansas Children's Hospital Community Outreach. A comprehensive, science based elementary school nutrition and physical activity program that shows significant improvements in children's weight, blood pressure, and standardized test scores. Targets K-2<sup>nd</sup> grade children. Curriculum includes 8-12 lessons. An ACH educator trains school staff in one-time meeting and then introduces program to students with the first lesson. Remaining lessons provided throughout the school year by classroom teacher.

**Cooking Matters for Kids**

<http://www.arhungeralliance.org>

Available through AR Hunger Relief Alliance. Teaches children in 3rd through 5th grades how to prepare healthy meals and snacks and to make smart choices whether they are at school or at home, at the store or out to eat.

**Cooking Matters for Teens**

<http://www.arhungeralliance.org>

Available through AR Hunger Relief Alliance. Teaches kids in the 6th grade and up how to make healthy food choices and prepare healthy meals and snacks.

**USDA Team Nutrition**

<https://www.fns.usda.gov/tn/team-nutrition>

Website provides a variety of free activities, lessons, and other resources related to nutrition and school wellness programs.

**MyPlate**

<http://www.choosemyplate.gov>

Website provides a variety of free nutrition and physical activity resources for students, adults, and professionals

**Fuel Up to Play 60**

<http://www.fueluptoplay60.com>

In-school nutrition and physical activity program launched by the National Dairy Council and NFL, in collaboration with the USDA, to help encourage today's youth to lead healthier lives. The program assists schools with creating healthier eating and physical activity environments. Participating schools do have an opportunity to apply for funding to support projects.

\*County Extension Agents provide a variety of nutrition and physical activity education programs, such as for various audiences. Contact your county agent to see what's available for your school. To find your local office, visit: <http://uaex.edu/counties/default.aspx>

\*The Arkansas Department of Education Child Nutrition Unit has information on a variety of nutrition programs, such as Farm to School and Fresh Fruit and Vegetable programs, available to schools. Contact your area specialist or call them at (501) 324-9502.

### **President's Council on Fitness, Sports, and Nutrition**

<https://www.fitness.gov/participate-in-programs> The President's Council has a number of programs and initiatives to help inspire you to be active, eat well, and get healthy. Visit the website to learn more about each program and how you can get involved and be on your way to a healthier you. K-12.

### **Let's Move! Active Schools**

<http://www.letsmoveschools.org>

Through a national collaboration of leading health and education organizations, Let's Move! Active Schools helps K-12 schools adopt active learning environments by providing streamlined physical activity and physical education resources, programs, professional development and funding opportunities.

### **SPARK PE**

<http://www.sparkpe.org>

SPARK strives to improve the health of children, adolescents, and adults by disseminating evidence-based Physical Education, After School, Early Childhood, and Safe & Healthy Students programs to teachers and recreation leaders serving Pre-K through 12th grade students. Each SPARK program fosters environmental and behavioral change by providing a coordinated package of highly active curriculum, on-site teacher training, extensive follow-up support, and content-matched equipment. Information on SPARK training opportunities in state will be released periodically through the Arkansas Department of Education Commissioner's Memos.

### **Joint Use Agreements**

Joint use agreements (JUA) are formed to meet shared goals and community needs while focusing on maximizing resources and increasing opportunity for physical activity. A JUA allows schools and communities unique opportunities for children and adults to be healthier individuals. A JUA refers to a school forming an ongoing partnership with one or more entities, organizations, or cities to share indoor or outdoor space/s to meet shared goals and community needs. Through the shared use of space, schools and communities save money while providing more amenities and services to both students and community members. Joint use grant opportunities are offered annually in the spring. Information on grant fund availability for schools will be released through the Arkansas Department of Education Commissioner's Memos.

### **Young Athletes**

<http://www.specialolympicsarkansas.org>

A unique sport and play program for children with intellectual disabilities. The focus is on fun activities that are important to mental and physical growth. Children ages 2 to 7 enjoy games and activities that develop motor skills and hand-eye coordination. Young Athletes is an early introduction to sports and to the world of Special Olympics. The children learn new things, play and have lots of fun. Special Olympics Arkansas offers a variety of programs and professional development opportunities for schools. Visit the website for more information.

## **Physical Education/Physical Activity Promotion**

### **Go Noodle**

<http://www.gonoodle.com>

Provides opportunities to turn student movement into games. Custom created videos get kids jumping, dancing, and stretching in the classroom. A selection of activities can be used for content review in the classroom. The program is a free resource. Ideal for elementary grades, but middles and high school classrooms use it as well.

### **Fuel Up to Play 60**

<http://www.fueluptoplay60.com>

In-school nutrition and physical activity program launched by the National Dairy Council and NFL, in collaboration with the USDA, to help encourage today's youth to lead healthier lives. The program assists schools with creating healthier eating and physical activity environments. Participating schools do have an opportunity to apply for funding to support projects. K-12.

### **ABC for Fitness**

<http://www.davidkatzmd.com/docs/ABCManual.pdf>

Activity Bursts in the Classroom (ABCs) is designed to convert wasted time in school into productive, health-promoting activity bursts. ABC for Fitness™ is offered to schools at no cost in dollars. It comes at no real cost in time. And it can be in addition to any other physical education program a school may provide. The program is intended to promote health and fitness; enhance concentration and the behavioral environment in the classroom; and help optimize academic performance. Ideal for elementary grades, but the activities could be adapted for older students.

### **Arkansas Archery in the Schools Program**

<http://www.agfc.com/education/Pages/EducationPrograms.aspx> Part of the National Archery in the Schools Program, this program targets students as young as fourth grade and as old as high school seniors. They learn archery skills, as well as an outdoor hobby they may enjoy for the rest of their lives. The Arkansas Game and Fish Commission offers a variety of other outdoor activity programs and opportunities for schools. More information is available on the website.

### **Fitnessgram**

<http://www.fitnessgram.net>

FitnessGram uses scientifically determined standards that are based on how fit children should be for good health. Most children can achieve the health-related fitness standards if they perform sufficient amounts of physical activity on a regular basis. The standards are set specifically for boys and girls and take into account changes with age. The FitnessGram assessment is based not on athletic ability, but levels of fitness needed for good overall health.

## USTA School Tennis

[http://www.arktennis.com/school\\_tennis](http://www.arktennis.com/school_tennis)

USTA School Tennis provides in-school and extracurricular programming for students in grades K-12. The primary goals of the program are a positive first-time experience, perceived competence, fun and fitness. Another important element is to help schools meet their health and wellness requirements. The program offers training, curriculum materials, access to major discounts on kid-friendly equipment and staff support.

\*County Extension Agents provide a variety of nutrition and physical activity education programs, such as for various audiences. Contact your county agent to see what's available for your school. To find your local office, visit: <http://uaex.edu/counties/default.aspx>

## Wellness Policy

### Content of the Wellness Policy

- Specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness
- Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day (meal pattern, Smart Snacks, Arkansas Nutrition Standards)
- Standards for all foods and beverages provided to students during the school day
- Policies for food and beverage marketing
- Description of public involvement, public updates, policy leadership, and evaluation plan.

Attestation in  
Child Nutrition  
Agreement and  
monitored  
during  
Administrative  
Review

## Triennial Assessment

Compliance  
with the  
wellness  
policy

Complete Wellness  
Committee  
Checklist Part 1  
to assess  
implementation  
and compliance

Compares to  
model  
wellness  
policies

Complete Wellness  
Committee  
Checklist Part 2  
and update policy  
as needed

Progress  
made in  
attaining the  
goals of the  
wellness  
policy

ACSIP Plans in  
Indistar, including  
BMI Data and  
required modules  
of the School  
Health Index

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## **Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010: Summary of the Final Rule**

### **What is a local school wellness policy?**

A local school wellness policy ("wellness policy") is a written document that guides a local educational agency's (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn.

The wellness policy requirement was established by the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Reauthorization Act of 2004 and further strengthened by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). It requires each LEA participating in the National School Lunch Program and/or School Breakfast Program to develop a wellness policy. The final rule expands the requirements to strengthen policies and increase transparency. The responsibility for developing, implementing, and evaluating a wellness policy is placed at the local level, so the unique needs of each school under the LEA's jurisdiction can be addressed.

### **Provisions of the Final Rule**

On July 29, 2016, the USDA Food and Nutrition Service (FNS) finalized regulations to create a framework and guidelines for written wellness policies established by LEAs. The final rule requires LEAs to begin developing a revised local school wellness policy during School Year 2016-2017. LEAs must fully comply with the requirements of the final rule by June 30, 2017.

#### **Content of the Wellness Policy**

At a minimum, policies are required to include:

- **Specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.** LEAs are required to review and consider evidence-based strategies in determining these goals.
- **Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with Federal regulations for:**
  - School meal nutrition standards, and the
  - Smart Snacks in School nutrition standards.
- **Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).**
- **Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.**
- **Description of public involvement, public updates, policy leadership, and evaluation plan.**

#### **Wellness Leadership**

LEAs must establish **wellness policy leadership** of one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy.

#### **Public Involvement**

At a minimum, LEAs must:

- **Permit participation by the general public and the school community (including parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators) in the wellness policy process.**





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### Triennial Assessments

The final rule requires State agencies to assess compliance with the wellness policy requirements as a part of the general areas of the administrative review every 3 years.

LEAs must conduct an assessment of the wellness policy every 3 years, at a minimum. This assessment will determine:

- Compliance with the wellness policy,
- How the wellness policy compares to model wellness policies, and
- Progress made in attaining the goals of the wellness policy.



### Documentation

The State agency will examine records during the Administrative Review, including:

- Copy of the current wellness policy,
- Documentation on how the policy and assessments are made available to the public,
- The most recent assessment of implementation of the policy, and
- Documentation of efforts to review and update the policy, including who was involved in the process and how stakeholders were made aware of their ability to participate.

### Updates to the Wellness Policy

The final rule requires that LEAs update or modify the wellness policy as appropriate.

### Public Updates

The rule requires that LEAs must make available to the public:

- The wellness policy, including any updates to and about the wellness policy, on an annual basis, at a minimum, and
- The Triennial Assessment, including progress toward meeting the goals of the policy.

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### Regulation

The proposed rule was published in the Federal Register, and the 60-day public comment period closed on April 28, 2014. FNS received 57,838 public comments that were considered in developing the final rule.

The final rule was published on July 29, 2016 and can be found online at: <http://www.fns.usda.gov/tn/local-school-wellness-policy>.

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### Resources

USDA Food and Nutrition Service's "School Nutrition Environment and Wellness Resources" Web site has information and resources on:

- Local school wellness policy process,
- Wellness policy elements,
- Success stories,
- Grants/funding opportunities, and
- Trainings.

Check it out! <http://healthymeals.nal.usda.gov/school-wellness-resources>

**Model Wellness Policy** – Thoroughly reviewed by USDA FNS, the Alliance for a Healthier Generation's model policy template is in compliance with the requirements set forth in the proposed rule and will be updated per the final rule.

**Putting Local School Wellness Policies Into Action: Stories From School Districts and Schools** – The Centers for Disease Control and Prevention and USDA developed a compilation of 11 stories to help LEAs and schools implement wellness policies.

**National Wellness Study Briefs** – Bridging the Gap's research briefs highlight areas of opportunity for State agencies, LEAs, and schools to strengthen wellness policy components.

