

## **BRINKLEY SCHOOL DISTRICT WELLNESS POLICY (Adopted 05/02/2011)**

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for premature mortality and development of many chronic diseases as adults. Schools have a responsibility to help students develop and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits.

All students should possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff members are encouraged to model healthy eating and physical activity as a valuable part of life. The Brinkley School District will take positive steps to encourage such healthy eating habits and physical activities.

### **I. Goals for nutrition, physical activity, and other school based activities that are designed to promote student wellness:**

#### *A. Nutrition Education*

*i. Brinkley School District will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.*

*ii. **Brinkley School District** will promote a comprehensive approach to nutrition in Grades K-Grades 12*

#### *B. Nutrition Promotion*

*i. Brinkley School District will work to improve the health and well-being of its students by developing and promoting nutrition guidance and education that links scientific research to the nutritional needs of students.*

#### *C. Physical Activity*

*i. A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program from grades K through 12. Physical activity should include regular instructional physical education, co-curricular activities, recess as applicable, and sports involvement as appropriate.*

*ii. Brinkley School District will meet or exceed all physical activity requirements as described in the Arkansas Department of Education Rules Governing Nutrition and Physical Activity Standards in Arkansas Schools.*

**0. Other School Based Activities**

**i. School Dining Areas**

1. School dining areas will have sufficient space for students to sit and consume meals.
2. School dining areas will be clean, safe and pleasant.
3. Adequate time will be given for students to enjoy eating healthy.

**ii. Fundraising**

1. All fundraising projects for sale and consumption of food items within the school day will follow the district's nutrition standards when determining the items being sold.
2. Groups doing fundraisers outside the school day will be encouraged to consider non-food sales and/or items supportive of healthy eating when possible.

**iii. Professional development**

1. Nutritional and physical activity education opportunities will be a part of the school's regular professional development program.

**II. Nutrition guidelines for all foods available on school campuses during the school day:**

*Brinkley School District will support and promote proper dietary habits contributing to student's health status and academic performance. All foods available on school grounds and at school sponsored activities during the school day should meet or exceed the state nutrition standards. Emphasis should be placed on foods that are nutrient dense per calorie. To ensure high quality, nutritious meals, foods should be served with consideration toward variety, appeal, taste, safety, and packaging.*

**III. Assurance that guidelines for reimbursable meals shall not be less restrictive than regulation and guidance as defined in the federal Child Nutrition Act and the Richard B Russell National School Lunch Act:**

*A. Brinkley School District will offer breakfast, To-Go Lunch at the high school and will adhere to guidelines for reimbursable meals not to be less restrictive than the most current regulations and guidance issued by the Secretary of Agriculture.*

*B. The full meal school breakfast and lunch programs will continue to follow the USDA Requirements for Federal School Meal Programs.*

**IV. Plan for measuring the implementation of the local wellness policy:**

*Brinkley School District will comply with all state regulations pertaining to nutrition and physical activity including annual assessment and modification of the wellness plan.*

**V. Involvement of parents, students, and representatives of the school food authority, the school board, school administrators, and the public in development and maintenance of the school wellness policy:**

*Brinkley School District will include all the necessary shareholders in the creation and maintenance of the wellness policy.*

The Brinkley School District Wellness Committee will meet at the minimum quarterly and will consist of the following members *for* the 2017-2018 school year:

Billinda Freeman, District Nurse; Chair  
Sandra Glasgow, Social Worker; Co-Chair  
Berthella Jefferson, Child Nutrition Director  
Dr. Debbie Goodwin, Superintendent  
Valerie Turner, Monroe County Extension Office; Member  
Brian Glass, Elementary PE Teacher/Coach; Member  
Nathan Porttroff, High School PE Teacher/Coach; Member  
Deanna Swindle, Parent-PTA; Member  
Eric Harrell, Board of Director; Member  
Aubrey Holloway, Student Council Member; Student Representative  
Elizabeth Washington, Student Council Member; Student Representative  
Marquita Williams, High School Staff; Member  
Regina Parker, High School Staff; Community Member