

5.29 —WELLNESS POLICY

The health and physical well-being of our 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 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, in accordance with Act 1220, the district shall enlist the support of the larger community to find solutions which improve the health and physical activity of our students. The District will employ a District School Health Coordinator, who will work with the North Little Rock School District Wellness Committee to ensure each school fulfills the requirements of this policy.

The District Wellness Committee will:

- A. Consist of representatives from teachers of physical and health education and school health professionals as well as students, parents, and representatives from the school food authority, the school board, school administrators, and the public to develop, implement, monitor, and review district-wide nutrition and physical activity policies. The District School Health Coordinator shall be responsible for ensuring diverse representation among this committee.
- B. Adhere to the ADE Rules Governing Nutrition and Physical Activity Standards and Body Mass Index for Age Assessment Protocols (Commissioner's Memo COM 16-088, CNU-16-045, and CNU-17-013).
- C. Provide technical assistance to each school with the completion of Centers for Disease Control (CDC) School Health Index (SHI) and School Health Improvement Plan in addition to the wellness portion of the Arkansas Indistar Compliance Report.
- D. Review the district school meal menus and other foods sold in the school cafeteria and provide recommendations to the school district. Such recommendations shall be based, at least in part, on the information the committee receives from the District's Child Nutrition Department on the USDA requirements and standards of the National School Lunch Program and information from menus for the National School Lunch Program and other food sold in the school cafeteria on a quarterly basis.
- E. Review and update annually a list of the recommended healthier options for food and beverage sales.
- F. Review and make recommendations to the school board regarding the components to be included in food and beverage vending contracts. Point of sale signage will only show the healthier food and beverage options that are SMART Snack Compliant and/or promote physical activity.

- G. 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.
- H. Triennially, conduct an assessment of the wellness policy, review results, and make recommendations to strengthen the District Wellness Policy in a report to the public.

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.

Therefore, this committee shall utilize tools such as The Smarter Lunchroom Evaluation Scorecard and WellSAT policy assessment tool to aid in this triennial review.

- I. Maintain a list of non-food and healthy food alternatives for fund-raisers.
- J. The committee will use the SHI as a basis for assessing each school's progress toward meeting the requirements of this policy. The results of the annual assessment will be included in each school's Indistar Health/Wellness Compliance Report, provided to each school's principal, and presented periodically to the board and public (which includes parents, students, and other members of the community) along with the content of this policy.
- K. Meet on a regular basis.
- L. Review agricultural projects and provide technical assistance and policy recommendations to school/community based agricultural initiatives.

To improve the health of our students, the school district and/or individual schools within the district will follow the standards and guidelines listed herein:

Nutrition Education and Promotion

- Implement grade and age appropriate nutrition education that is part of not only health education classes, but also classroom instruction in all subjects;
- Include enjoyable, developmentally-appropriate, culturally-relevant nutrition activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- Promote healthy food preparation methods and health enhancing nutrition practices by emphasizing caloric balance between food intake and physical activity;
- Inform and educate parents, students, and staff of school meal programs, parent café, and nutrition related community services, such as local food pantries, community gardens, and summer feeding programs;
- Promote and link students and families to food resources available within the community as needed;
- Inform parents and students of nutrient analysis of school menus. Information is available in school office and on NLRSD website.
- Include training for teachers and staff.
- Involve students, staff, and parents in the marketing materials to promote menu items and the branding of the lunchroom to ensure it is attractive and inviting; decorated in a way that reflects the student body with items such as student artwork and healthful food posters to make the lunchroom a place where students want to be.
- Promote water as an essential nutrient and as a substitute for sugar-sweetened beverages.

Nutrition Standards

- Ensure that reimbursable school meals and a la carte foods served in the cafeteria meet or exceed the program requirements and nutrition standards in federal and state regulations (A.C.A. 20-7-133, 134, and 135);
- Apply the Arkansas Nutrition standards to all food and beverages served, provided, or sold to students on elementary, middle, and high school campuses (except the reimbursable school meals). All schools will be required to meet federal Smart Snacks regulations and document compliance using the Alliance for a Healthier Generation Smart Snacks Calculator.
- Provide students with the recommended 20 minutes of actual seat time to eat their meals in a pleasant cafeteria/dining area;
- Ensure that class schedules and bus routes do not directly or indirectly restrict meal access;
- Access to Competitive Foods as Required by Act 1220 for Elementary Schools:
Elementary students will not have access to vending machines offering food and beverages anytime, anywhere on school premises from midnight prior to the start of the day to thirty (30) minutes after the end of the day's classes. In addition, any items sold or provided from midnight until the start of the school day and between the end of the day and 30 minutes after the bell must meet USDA and ADE nutrition and portion size criteria and be compliant with the Smart Snack regulations. This includes competitive foods provided by school administrators or non-licensed or licensed 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.
 - This includes food related coupons or gift cards.
 - The school district shall maintain documentation that all food(s) and/or beverages comply utilizing the Alliance for a Healthier Generation Smart Snacks Calculator, including a copy of the Smart Snack Calculator product compliance screen and a copy of the nutrition fact label of the product.
- Access to Competitive Foods as Required by Act 1220 for Middle/High Schools: During the school day all schools are prohibited from selling competitive food or beverages to students anywhere on school premises except:
 - 30 minutes after the last lunch period has ended.This prohibition includes competitive foods and beverages sold 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 any other person, company, or organization associated with the school site. This includes food related coupons or gift cards. In addition, any items sold or provided from midnight until the start of the school day and between the end of the day and 30 minutes after the bell must meet USDA and ADE nutrition and portion size criteria and be compliant with the Smart Snack regulations.
Food and beverage sold outside of the non-profit food service shall not be available in the food service area during meal service. This does not apply to a la carte items sold in the food service area.
- Align food and beverage vending contracts to the content requirements contained in the Rules as well as those developed by the District Wellness Committee. At the point of choice in all District facilities serving faculty, staff, and the athletic department, the product mix will be 50% healthier choices. Point of sale signage will show the healthier food and beverage options.

- Establish no more than nine (9) school wide events that permit exceptions to the food and beverage limitations, i.e. field days, holiday parties, seasonal festivals. The schedule of events shall be approved by the principal, and shall be part of the annual school calendar placed into eSchool. The school events are required to be school-wide and not by individual classrooms. Usage of Smart Snacks approved foods and beverages are encouraged.
- Ensure drinking water is available to all students without charge at every district facility, in cafeterias, hallways, gymnasiums, and athletic fields.
- Prohibit the use of food or beverages as rewards for academic, classroom, and/or sports performances and activities except as required for special needs students, School Nurse health care, and foods for instructional purposes.
- Maintain a list of alternative rewards for academic, classroom, and/or school performances and activities.
- Snacks served during the school day or in after-school care or enrichment programs must meet federal requirements for reimbursable snacks.
- The District Wellness Committee will disseminate a list of healthful snack items to administrators, teachers, after-school program personnel, and parents.
- If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.
- School Testing Days – Students may be given any food and/or beverage items that meet the Alliance for a Healthier Generation Smart Snacks Calculator requirements during the school day on scheduled testing days each school year to be determined and approved by school officials.
- Due to the increase in students and staff with food allergies, any food or beverage containing high allergens (such as peanuts, dairy, fish, shellfish, soy, wheat, corn, eggs, or tree nuts) shall be labeled.

Marketing/Advertising

In Accordance with USDA regulations, food and beverage advertising (oral, written, or graphic statements made for promotion of the sale of the product 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) on school-owned property is limited to those items that meet or exceed the Federal SMART Snacks nutrition criteria noted within this policy. This restriction does not apply to:

1. Materials used for educational purposes in the classroom, including but not limited to:
 - a. The use of advertisements as a media education tool; or
 - b. Designing and implementing the health or nutrition curriculum;
2. Clothing, apparel, or other personal items used by students and staff;
3. The packaging of products brought from home for personal consumption; and
4. Currently existing advertisements in school property, including but not limited to score boards, school name signs and other life-long items; however, all future contracts and replacement items shall meet the Federal SMART Snacks nutrition criteria and district policy standards.

Hydration Standards

Because water is essential to maintain, optimize, and improve health; the North Little Rock School District ensures drinking water is available to all students without charge. Additionally, the District will allow

students and staff to carry a clear, plastic water-bottle while on campus. In an effort to limit confusion, the following rules apply to students and staff:

1. To prevent spills, the bottle must be capped with either a push-button, sip-lid, or an automatic seal spout.
2. A screw on lid or push top lid is not sufficient.
3. The container must contain plain water.
4. There can be no juice, soda, addable, or energy drink.
5. The water may be consumed during class but not in close proximity of technology equipment, during science labs, or in the library.
6. Classroom rules regarding the use of the restroom will be in effect. Students and staff need to take care of restroom needs before class starts and one must be responsible for the amount of water that is taken in during classroom time.
7. Students and staff will be responsible to fill the bottle between classes. A student may not leave class to fill a bottle.
8. Water bottles are not to be played with on school grounds. This includes throwing the bottle or pouring the contents to the bottle onto a student, staff or equipment.

Any failure to follow the policy will result in at a minimum of the student losing the opportunity of having a water bottle for a set period of time and additional repercussions if needed.

Furthermore, the North Little Rock District Superintendent shall not approve the plans and specifications for a new public school building contemplated by a board of education or any major building renovation, unless the plans and specifications provide for:

1. A minimum of two (2) water bottle filling stations in each school.
2. A minimum of one (1) drinking fountain or water bottle filling station on each floor and wing of each new school building.
3. A floor plan is strongly encouraged to have one (1) drinking fountain or water bottle filling station located in or near gymnasiums, cafeterias and other high traffic areas.
4. A minimum of one (1) drinking fountain or water bottle filling station for every 100 students projected to attend the school upon completion of the proposed construction.

Any water bottle filling station installed in a public school building shall:

1. Dispense filtered, cooled, clean drinking water.
2. Be regularly cleaned and maintained.

Any drinking fountain installed in a public school building shall:

1. Be equipped with a protective cowl.
2. Be equipped with a waterspout at least one (1) inch above the overflow rim of the drinking fountain.
3. Dispense filtered, cooled, clean drinking water.
4. Be regularly cleaned and maintained.

Fundraising

- Adhere to the North Little Rock School District Fundraising Policy 6.6
- Ensure that vendors are informed of the District's policies related to fundraisers
- Encourage the use of non-food alternatives for fundraising
- Encourage fundraising that promotes physical activity
- Ensure all sales of food and beverage offerings outside the USDA school meals program are consistent with the nutrient content and portion sizes outlined in the Rules (Allowable Competitive Foods/Beverages – Maximum Portion Size List). Additionally,

documentation of compliance must be maintained by utilizing the Alliance for a Healthier Generation's Smart Snack calculator and including a copy of the Smart Snack calculator product compliance screen and a copy of the nutrition fact label of the product(s).

- Ensure that fundraisers involving food and beverage advertising of any kind adhere to the rules outlined within this policy as it pertains to marketing and advertising.
- Maintain documentation that all fundraisers, to which Section 8.01.3 of the Arkansas Department of Education's Rules Governing Nutrition and Physical Activity Standards and Body Mass Index for Age Assessment Protocols in Arkansas Public Schools applies, are approved by District Administration.

Physical Education and Physical Activity

- Promote the reduction of time youth spend engaged in sedentary activities such as watching television and playing video games.
- Encourage the development of and participation in family-oriented community-based physical activity programs.
- Enhance the quality of physical education curricula utilized Pre-K through 12th grade and increase the availability of training for Physical Education teachers in order to improve the quality of physical education classes district-wide.
- Enforce existing physical education requirements and appropriately engage all students, including students with disabilities, special health-care needs, specific religious and/or cultural traditions or beliefs, and those in alternative education settings. Students will engage in healthy levels of vigorous physical activity, which include but are not limited to the following:
 - Ensure students in grades K-5 receive at a minimum a total of 240 minutes per week of physical activity. The 240 minutes will include a minimum of 40 minutes of scheduled physical education. In the case of inclement weather, indoor recess should engage students in some type of physical activity such as organized games in the gymnasium, Yoga in Classroom, or Go Noodle.
 - Ensure students in grades 6-8 receive a minimum of 40 minutes of physical education weekly.
 - Ensure students in grades 9-12 comply with the requirement to take one semester of physical education to meet current Standards of Accreditation and are encouraged to participate in a minimum of 60 minutes of physical activity each day.
 - Ensure that elective enrollment or voluntary participation of a student in a physical education or a school sponsored physical activity program is not discouraged.
 - Ensure that suitable, modified courses are provided for students physically or mentally unable or unfit to take the course or courses prescribed for other pupils.
 - Elementary school students will have at least 40 minutes per day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.
 - Teachers and other school personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g. recess, physical education) as punishment.
 - Elementary, middle, and high schools will offer extracurricular activity programs, such as physical activity clubs or intramural programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including students with disabilities and special health-care needs.

- After school and enrichment programs will provide and encourage a physical activity component.
- Encourage active academics in the classroom. When activities, such as school wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks which they are encouraged to stand and be moderately active.

Health Education

- Implement grade and age appropriate health education Pre-K through 12th Grade;
- Include enjoyable, developmentally-appropriate, culturally-relevant health activities, such as health fairs and health promotions events for students, families, and staff;
- Adhere to the Arkansas Physical Education and Health Education Frameworks and district curricula maps district-wide;
- Provide relevant professional development opportunities for Health Educators to aid in improving the quality of health education provided district-wide;
- And adhere to the National Sexuality Education Standards Core Content and Skills for Grades K-12 utilizing curricula provided by and through the district.

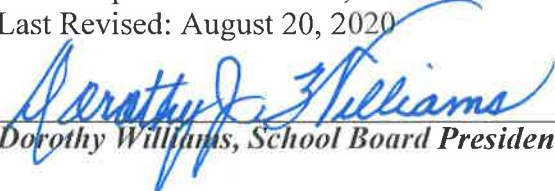
Use of School Facilities Outside of School Hours

- Adhere to the North Little Rock School District Public Use of School Buildings Policy 7.10
- Encourage the use of outdoor school facilities by students, staff, and community members when such use does not interfere with regular school operations.
- Encourage the use of indoor facilities for the sole purpose of increasing physical activity and providing nutrition education when feasible.
- The North Little Rock School District will partner with local, county, and city agencies to open the outdoor school facilities during non-school hours. Additionally, the District will post signage of playgrounds and other outdoor recreational areas available to community after school hours.

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.
 A.C.A. § 20-17-133, 134, and 135
 A.C.A. §6-20-709
 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
 Nutrition Standards for Arkansas Public Schools
 Child Nutrition Monitoring of Vending Machines (CNU-17-19)

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 Dorothy Williams, School Board President


 Dr. Keith McGee, Interim Superintendent