

Lawrence County School District

Local Wellness Policy (Approved 2012)

Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (HHFKA) (PL 111-296) updated the previous wellness policy requirement. The HHFKA federal legislation strengthens school wellness policies by emphasizing ongoing implementation and assessment and expands the team of wellness policy collaborators. HHFKA retains the requirement that each LEA operating the National School Lunch Program (NSLP) and/or the School Breakfast Program (SBP) to develop and implement for all schools under its jurisdiction a local wellness policy.

The following are minimum requirements under the local wellness policy that must be included:

1. Goals for nutrition education, physical activity and other school-based activities that are designed to promote student wellness in a manner that the local educational agency determines are appropriate.
2. Nutrition guidelines selected by the local educational agency for all foods available on each school campus under the local educational agency during the school day with the objectives of promoting student health and reducing childhood obesity.
3. Guidelines for reimbursable school meals, which are no less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to Subsections (a) and (b) of Section 10 of the Child Nutrition Act (42 U.S.C. 1779) and Section 9 (f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U. S.C. 1758 (f)(1), 1766 (a), as those regulations and guidance apply to schools
4. A plan for measuring implementation of the local wellness policy, including designation of 1 or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that each school fulfills the district's local wellness policy.
5. Community Involvement, including parents, students, and representatives of the school food authority, the school board, school administrators, school health professionals, physical education teachers, and the public in the development of the school wellness policy. HHFKA expands the purpose of the team of collaborators beyond the development of the policy to also include the implementation of the local wellness policy with periodic review and updates.
6. Nutrition promotion

HHFKA requires LEAs to:

1. Inform and update the public (including parents, students, and others in the community) about the content and implementation of the local wellness policy.
2. Measure periodically and make available to the public an assessment of the local wellness policy including: extent to which schools are in compliance with the local wellness policy; extent to which the LEAs local wellness policy compare to model local school wellness policies; and progress made in attaining the goals of the local wellness policy.

3. Designate one or more LEA official to ensure that each school complies with the local school wellness policy.

The Lawrence County School District local wellness policy committee shall consist of:

Chairperson

Parent

Student

School Food Authority (Cafeteria Director)

School Board member

School Administration

Public Community Member

Parent Involvement Coordinator

School health official (nurse)

Athletic Director (Physical Education)

The Lawrence County School district shall follow the objectives listed below to meet the required goals.

Arkansas Nutrition Standards Regulations- Ark. Code Ann. 20-7-133, 20-7-134, 20-7-135, Final Rule Nutrition /Physical Activity Standards

Goal #1: goals for nutrition education, physical activity and other school-based activities that are designed to promote student wellness in a manner that the local educational agency determines is appropriate.

7.0 NUTRITION EDUCATION

7.01 The Arkansas Department of Education shall promote grade- appropriate nutrition education as part of a broad based integrated health education program that is aligned with the Arkansas Physical Education and Health Education Framework. The Child Nutrition Unit of the Department of Education shall review nutrition standards prior to implementation. Examples of integration into the curriculum include comprehensive health education courses and Workforce Education courses which are taught within Family and Consumer Sciences, such as Nutrition and Wellness and/or Foods and Nutrition.

- 7.02 The Arkansas Department of Education and the Department of Workforce Education will provide technical assistance in helping schools integrate health education curricula that will include the nutrition components.
- 7.03 Implementation of grade-appropriate nutrition education through a comprehensive education program will be included in the school improvement process.

8.0 HEALTHY SCHOOL ENVIRONMENT

- 8.01 No food or beverage shall be used as rewards for academic, classroom or sport performances and/or activities. For exceptions to this requirement, see section 5.02 of this rule.
- 8.02 All school cafeterias and dining areas should reflect healthy nutrition environments.
- 8.03 Schools should ensure that all students have access to school meals. Schools should not establish policies, class schedules, bus schedules or other barriers that directly or indirectly restrict meal access.
- 8.04 Drinking water via water fountains or other service receptacle should be available without charge to all students on campus according to Arkansas Health Department standards.

9.0 PHYSICAL EDUCATION AND PHYSICAL ACTIVITY STANDARDS

- 9.01 Public schools must establish strategies to achieve thirty (30) minutes of physical activity each day in grades K-12 and must have begun implementation of those strategies before the end of the 2005-2006 school year.
- 9.02 Beginning in the school year 2006-2007, physical education classes in grades kindergarten through six (K-6) will have a maximum student to adult ratio of 30:1. At least one of the adults supervising as referenced in this section must be a certified or qualified physical education teacher with the responsibility for instruction. Classified personnel may assist in fulfilling this requirement
- 9.03 Beginning in the school year 2005-06, at a minimum, school districts will work with the local School Nutrition and Physical Activity Advisory Committee to
- 9.03.1 Encourage participation in extracurricular programs that support physical activity, e.g., as walk-to-school programs, biking clubs, after-school walking etc.;
- 9.03.2 Encourage the implementation of developmentally-appropriate Physical activity in after-school child care programs for participating children;
- 9.03.3 Promote the reduction of time youth spend engaged in sedentary activities such as watching television and playing video games; and
- 9.03.4 Encourage the development of and participation in family-oriented community-based physical activity programs.
- 9.03.5 Incorporate into the school ACSIP the strategies to be employed to achieve the activities required in Section 9.01.
- 9.04 Beginning in the 2008-2009 school year, for grades K-6, the district will employ at least one certified and/or qualified physical education full-time equivalent (FTE) teacher for every 500 students. This certified and/or qualified physical education teacher will directly supervise physical education instruction

9.05 Beginning in the 2007-2008 school year, the Arkansas Department of Education will devise and implement standards regarding the amount of instructional time to be devoted to various curriculum components, to ensure that

9.05.1 Elementary students in grades K-6 will receive at a minimum a total of 150 minutes per week of physical activity. The 150 minutes shall include 60 minutes of scheduled physical education. The additional physical activities may include additional scheduled physical education classes, physical activity during the regular school day through activities such as daily recess periods, walking programs, intramurals, and the integration of physical activity into the academic curriculum.

9.05.2 Students in grades 7-8 shall receive a minimum of 150 minutes of physical activity weekly. This requirement may be met through scheduled physical education classes, physical activity during the regular school day through activities such as walking programs, intramurals, activity periods, and the integration of physical activity into the academic curriculum.

9.05.3 Students in grades 9-12 shall be required to take one semester of physical education to comply with current Standards of Accreditation. In addition, students in grades 9-12 shall receive a minimum of 150 minutes of physical activity weekly. This requirement may be met through scheduled physical education classes, physical activity during the regular school day through activities such as walking programs, intramurals, activity periods, the integration of physical activity into the academic curriculum, lifestyle wellness education from the Department of Workforce Education, and organized physical activity courses.

9.06 Beginning with the 2012 school year, all personnel teaching physical education in grades K-12 will hold a physical education certification appropriate for grade level being taught.

Goal # 2: Nutrition guidelines selected by the local educational agency for all foods available on each school campus under the local educational agency during the school day with the objectives of promoting student health and reducing childhood obesity.

5.0 GENERAL REQUIREMENTS FOR FOOD AND BEVERAGES IN PUBLIC SCHOOLS

5.01 Access to Foods and Beverages in Public Schools

5.01.1 Elementary students will not have access to vended food and beverages anytime, anywhere on school premises during the declared school day.

5.01.2 Effective July 1, 2005, during the declared school day, an elementary school site may not serve, provide access to, through direct or indirect sales, or use as a reward, any FMNV or competitive food. This includes FMNV and competitive foods given, sold, or provided by school administrators, or 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. Exceptions to this requirement are listed in 5.02.

- 5.01.3 In elementary schools, the Child Nutrition Program may only sell food items in the cafeteria, during meal periods that are already offered as a component of a reimbursable meal during the school year, including extra milk, fresh fruits, vegetables, and/or an extra meal meeting the same requirements of the reimbursable meal. School food service departments shall not sell or give extra servings of desserts, french fries and/or ice cream.
- 5.01.4 Effective July 1, 2005, during the declared school day, at middle, junior high and high school sites, schools shall not serve, provide access to, through direct or indirect sales, or use as a reward, any FMNV or competitive food to students anywhere on school premises until 30 minutes after the last lunch period has ended. This includes FMNV and competitive foods given, sold or provided by school administrators, or 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.
- 5.01.5 In middle, junior high, and high schools, the Child Nutrition Program may only sell food items in the cafeteria, during meal periods that are already offered as a component of a reimbursable meal during the school year, including extra milk, fresh fruits, vegetables, unsweetened unflavored water, other food/beverage items that meet standards of maximum portion size and/or an extra meal meeting the same requirements of the reimbursable meal.

5.02 Exceptions to Limiting Access to Foods and Beverages in All Schools

- 5.02.1 Parents Rights - This policy does not restrict what parents may provide for their own child's lunch or snacks. Parents may provide FMNV or candy items for their own child's consumption, but they may not provide restricted items to other children at school.
- 5.02.2 School Nurses - This policy does not apply to school nurses using FMNVs or candy during the course of providing health care to individual students.
- 5.02.3 Special Needs Students – This policy does not apply to special needs students whose Individualized Education Program (IEP) plan indicates the use of an FMNV or candy for behavior modification (or other suitable need).
- 5.02.4 School Events - Students may be given any food and/or beverage items during the school day for up to nine different events each school year to be determined and approved by school officials. These items may not be given during meal times in the areas where school meals are being served or consumed.
- 5.02.5 Snacks During the Declared School Day – Snacks may be provided or distributed by the school as part of the planned instructional program, for example, afternoon snack for kindergarten students who eat early lunch. Snacks shall meet the United States Department of Agriculture Child and Adult Care Snack Patterns.
- 5.02.6 Foods for Instructional Purposes – Foods integrated as a vital part of the instructional program are allowed at any time. Examples include edible manipulatives such as a square of cheese to teach fractions, a nutrition food experience, food production in family and consumer science units, and food science units.

5.03 New or renewed vending contracts for carbonated and sweetened non-carbonated beverages will be restricted to no more than 12 ounces per vended container. This requirement does not apply to contracts with an effective date on or before August 8, 2005.

6.0 NUTRITION STANDARDS FOR FOODS AND BEVERAGES

6.01 As of July 1, 2005, the Arkansas Child Health Advisory Committee nutrition standards will apply to all foods and beverages served, sold, or made available to students on elementary, middle, junior high and high school campuses (except the reimbursable school meals, which are governed by United States Department of Agriculture (USDA) federal regulations).

6.02 A list of the maximum portion size restrictions and nutrition standards will be provided to school districts. This list, effective July 1, 2005, will apply to all foods and beverages served, sold, or made available to students during the declared school day at any school site with the exception of reimbursable school meals which have nutrition standards governed by the United States Department of Agriculture (USDA) federal law and regulations.

6.02.1 Prior to each school year, on or before April 1, the updated list of maximum portion sizes and nutrition standards for foods and beverages will be developed by the Arkansas Child Health Advisory Committee and distributed by the Arkansas Department of Education (ADE) via ADE Director's Memo Communication.

6.02.2 Compliance will be monitored by the Arkansas Department of Education in addition to the self-monitoring by the Local School Nutrition and Physical Activity Advisory Committee.

6.02.3 All FMNV or competitive food beverages sold to students will be restricted to no more than 12 ounces per vended container. The only exception for a larger portion size will be unsweetened unflavored water.

6.02.4 A choice of two (2) fruits and/or 100% fruit juices must be offered for sale at the same time and place whenever competitive foods are sold. Fruits should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water, or light syrup.

6.02.5 At the point of choice, at least 50% of beverages-selections in vending machines, school stores and other sales venues shall be 100% fruit juice, low-fat or fat-free milk, and unflavored unsweetened water.

6.02.6 At middle school and high school levels, local leaders are encouraged to implement vending policies that encourage healthy eating by students.

6.02.7 Beginning August 8, 2005 any modification or revisions of vending contracts in existence prior to August 8, 2005, must be in full compliance with all sections of the Rules Governing Nutrition and Physical Activity Standards in Arkansas Public Schools as approved by the State Board of Education.

6.02.8 Nothing in these rules shall be construed to prohibit or limit the sale or distribution of any food or beverage item through fund raisers by students, teachers, or other groups when the items are sold off the school campus.

Goal # 3: Guidelines for reimbursable school meals, which are no less restrictive and guidance lessons issued by the Secretary of Agriculture pursuant to Subsections (a) and (b) of Section 10 of the Child Nutrition Act (42 U.S.C. 1779) and Section 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(F)(1), 1766(a), as those regulations and guidance apply to schools.

In an effort to reduce the fat content of foods offered to students, and increase the consumption of fruits and vegetables, USDA reimbursable meals and all a la' carte food items will meet the following requirements**:

1. All food items sold or offered to students can contain no more than twenty (23) grams of fat per serving.
2. Schools must offer 1% or fat-free milk within the variety of milk offered at all points of service. Flavored milks may contain no more than thirty (30) grams total sugar per eight (8) ounce serving.
3. Fruits and/or vegetables should be offered daily at all points of service. Fruits and vegetables should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water or light syrup.
4. When possible, school food service should procure flash fried foods that can be oven baked instead of deep fat fried or pan-fried.

5. Portion restrictions for French fries:

· ELEMENTARY*** – French fries/fried potato products will be offered to elementary students NO MORE THAN ONCE PER WEEK. French fry (deep fat fried) serving size can be no more than three-fourths (3/4) cup by volume per serving.

· MIDDLE AND JUNIOR HIGH***– French fries/fried potato products (deep fat fried) will be offered to middle and junior high school students in a serving size NO LARGER THAN one (1) cup by volume.

· HIGH SCHOOL***– French fries/fried potato products (deep fat fried) will be offered to senior high students in a serving size NO LARGER THAN one and one-half (1 ½) cups by volume.

6. Middle, junior high and high schools shall limit the number of fried foods at each meal service to only one item out of every six (6) food items offered. Each food item cannot exceed the maximum portion size or exceed 23 grams of fat per serving. Food items will include any combination of foods served as a single food item.

· EXAMPLE # 1: If only ten food items are offered on the reimbursable menu and A La' Carte lines, then only one food item can be a fried food.

· EXAMPLE # 2: If twelve food items are offered on the reimbursable menu and A La' Carte lines, then two can be fried food items.

* NUTRITION STANDARDS apply during the declared school day to all food served to students, regardless of venue. Food items will include any combination of foods sold as a single item.

**A LA' CARTE Food Items are only available at Middle, Junior High and High Schools

*** DEFINITIONS: ELEMENTARY – A campus with a designated Local Education Agency (LEA) number containing any combination of grades pre-kindergarten (pre-K) through sixth (6th) grades. MIDDLE SCHOOL – Public school(s) having some combination of grades 5-8. JUNIOR HIGH SCHOOL – Public school(s) having some combination of grades 7-9. HIGH SCHOOL – Public school(s) having some combination of grades 9-12.

Goal # 4: A plan for measuring implementation of the local wellness policy, including the designation of one or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that each school fulfills the district's local wellness policy.

4.03 Beginning with the 2005 school year, at a minimum, the School Nutrition and Physical Activity Advisory Committee will:

4.03.1 Annually, assess each school campus, using the School Health Index for Physical Activity, Healthy Eating and a Tobacco-Free Lifestyle using the following modules:

- #1 - School Health Policies and Environment,
- #2 - Health Education,
- #3 - Physical Education and other Physical Activity Programs,
- #4 - Nutrition Services, and
- #8 - Family and Community Involvement Assessment;

Wellness Policy Measurement and Evaluation-
Excerpt from Act 1220:

Require that goals and objectives for nutrition and physical activity be incorporated into the annual school planning and reporting process.

The Department of Education and the Department of Health shall report annually on progress in implementing nutrition and physical education standards in the co-chairs of the House and Senate Interim Committees on Public Health, Welfare, and Labor.

The Arkansas Consolidated School Improvement Planning (ACSIP) Wellness Priority will fulfill the federal requirement for measurement and evaluation.

4.03.3 Compile the results of the School Health Index and provide a copy to the principal of each school in the district to be included in the individual school improvement plan (ACSIP);

4.03.4 Provide the annual completed *School Health Index* assessment results and the physical activity standards comparison to the principal of each school in the district to be included in the district's Arkansas Consolidated School Improvement Plan (ACSIP) and to the local school board;

Goal # 5: Community Involvement, including parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy.

Member required by Act 1220

Parent

Student

School Food Authority

School Board

School Administration

Community Member

Teacher Organization

Professional groups (nurse)

Public

4.0 SCHOOL NUTRITION AND PHYSICAL ACTIVITY ADVISORY COMMITTEE

4.01 The committee will assist in the development of local policies that address issues and goals, including, but not limited to the following

4.01.1 Assist with the implementation of nutrition and physical activity standards developed by the committee with the approval of the Arkansas Department of Education and the State Board of Health;

4.01.2 Integrate nutrition and physical activity in the overall curriculum;

4.01.3 Ensure that professional development for staff includes nutrition and physical activity issues;

4.01.4 Ensure that students receive nutrition education and engage in healthy levels of vigorous physical activity;

4.01.5 Improve the quality of physical education curricula and increasing training of physical education teachers;

4.01.6 Enforce existing physical education requirements; and

4.01.7 Pursue vending contracts that both encourage healthy eating by students and reduce school dependence on profits from the sale of foods of minimal nutritional value.

4.02 The School Nutrition and Physical Activity Advisory Committee shall be structured in a way as to ensure age-appropriate recommendations that are correlated to the current grade configuration of the school district utilizing one of the following options:

- 4.02.1 Establish a School Nutrition and Physical Activity Advisory Committee at each school in addition to the district committee;
- 4.02.2 Establish subcommittees of the District Committee, representing the appropriate age and grade configuration for that school district; and
- 4.02.3 Include representatives from each appropriate grade level group (elementary, middle, junior and senior high) on the membership of the district committee;

Committee Responsibilities:

- 4.03.5 Assist the schools in implementing the Arkansas Child Health Advisory Committee recommendations for all foods and beverages sold or served anywhere on the school campus, including all foods and beverages other than those offered as part of reimbursable meals, including a la carte, vending machines, snack bars, fund raisers, school stores, class parties, and other venues that compete with healthy school meals;
- 4.03.6 Maintain and update annually a written list of recommended locally available, healthier options for food and beverages available for sale to students;
- 4.03.7 Encourage the use of non-food alternatives for fund-raisers;
- 4.03.8 Review and make written recommendations to the local school board regarding the components to be included in food and beverage vending contracts; and
- 4.03.9 Include as part of the district's annual report to parents and the community the amount of funds received and expenditures made from competitive food and beverage contracts.

ACT 2285 2005- AN ACT TO PROVIDE STATEWIDE STANDARDS FOR SCHOOL LUNCH PROGRAMS; AND FOR OTHER PURPOSES.

6-20-709. School Lunch Menus

- (a) In addition to following the dietary guidelines of the National School Lunch program, each school district shall provide to the district's school nutrition and physical activity advisor committee:
 - a. Information on the requirements and standards of the National School Lunch Program; and
 - b. Menus for the National School Lunch Program and other food sold in the school cafeteria on a quarterly basis.
- (b) The school nutrition and physical activity advisory committee shall provide recommendations to the school district concerning menus and other foods sold in the school cafeteria.

- (c) The Child Health Advisory Committee, the Child Nutrition Unit of the Department of Education, and the Department of Health shall provide technical assistance as necessary.

Goal # 6: To provide Nutrition Promotion in the Lawrence County School District

1. Utilize the Parent Center in providing information to parents/guardians
 - a. A variety of books on Health and Nutrition is available
 - b. Pamphlets on tobacco use (including, but not limited to second hand smoke)
 - c. Pamphlets on a large array of drugs and signs to look for in usage
 - d. A large variety of handouts provided by the Arkansas Extension Service program containing information on nutrition including cookbook with health recipes for kids
 - e. Physical activity guidelines/handouts for children and adolescents
 - f. Working with Project Reach (Rural Education and Advancement of Children's Health) to promote Well Child Exams for children ages birth through 18. Pamphlets available in Parent Center and Project Reach representatives set up booth in middle and high school during parent/teacher conferences as long as funding is available.
2. Providing healthy tips on the school menu
3. Work with the Parent Teacher Organization on providing playground equipment.