

Descriptor Term: WELLNESS	Descriptor Code: JLCG
------------------------------	--------------------------

The Rogers School District supports providing physical activities, nutrition education and a healthy school environment that promotes student wellness. The schools will follow all state and federal laws regarding student health, nutrition and wellness and the Arkansas Rules Governing Nutrition and Physical Activity Standards in Arkansas Public Schools.

Goals

In its efforts to improve the school nutrition environment, promote student health, and reduce childhood obesity, the Rogers School District has established the following goals:

1. Appoint a district school health coordinator (designated district officials) who shall be responsible for ensuring that each school fulfills the requirements of this policy by submitting all applicable documentation;
2. Implement a grade appropriate nutrition education program that will develop an awareness of and appreciation for nutrition and physical activity throughout the curriculum;
3. Enforce existing physical education requirements and engage students in healthy levels of vigorous physical activity;
4. Strive to improve the quality of physical education curricula and increase the training of physical education teachers;
5. Follow the Arkansas Physical Education and Health Education Frameworks in grades K-12;
6. Not use food or beverages as rewards for academic, classroom, or sports performances;
7. Ensure that drinking water is available without charge to all students;
8. Establish class schedules and bus routes that do not directly or indirectly restrict meal access;
9. Provide students with ample time to eat their meals in pleasant cafeteria and dining areas;
10. Establish no more than nine (9) school-wide events which permit exceptions to the food and beverage limitations rule. The schedule of the events shall be by school, approved by the principal, and shall be part of the annual school calendar;
11. Abide by the current allowable food and beverage portion standards;
12. Meet or exceed the more stringent of Arkansas' or the U.S. Department of Agriculture's Nutrition Standards for reimbursable meals and a la carte foods served in the cafeteria;
13. Restrict access to vended foods, competitive foods, and foods of minimal nutritional value (FMNV) as required by law and rules;
14. Ensure that the items available through vending machines meet the Arkansas Nutrition Standards and Federal Smart Snack requirements;
15. Restrict on-campus marketing of food and beverages to only items that meet Arkansas Nutrition Standards and Federal Smart Snacks requirements that may be sold during the school day;
16. Conform new and/or renewed vending contracts to the content restrictions contained in the state rules and reduce district dependence on profits from the sale of FMNV;
17. Provide professional development to all district staff on the topics of nutrition and/or physical activity;
18. Utilize the School Health Index available from the Center for Disease Control (CDC) to assess how well the district is doing at implementing this wellness policy and at promoting a healthy environment for its students.

Advisory Committee

To enhance the district's efforts to improve the health of our students, a School Nutrition and Physical Activity Advisory Committee (SNPAAC) of district stakeholders shall be formed. The committee will help promote student wellness by monitoring how well the district is doing at implementing this policy and by making recommendations concerning menus and other foods sold. The results of an annual assessment shall be included in each school's Arkansas Comprehensive School Improvement Plan (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 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 local school wellness policies; and
- a description of the progress made in attaining the goals of this policy.

The assessment results along with the content of the policy shall be periodically reported to the public.

Legal Reference: 42 USC 1751

Approved 4/18/06

Revised 4/17/12, 5/19/15, 4/18/17

Rogers School District No. 30