

## School District Wellness Policy Update SY2015-2016

<b>School District</b>	
<b>County</b>	
<b>LEA #</b>	
<b>Superintendent</b>	
<b>Phone</b>	
<b>Address, City, Zip Code</b>	

<b>Contact</b>	<b>Name</b>	<b>Phone</b>
Person Preparing Wellness Policy Form		
Person Responsible for Implementing / Assessing the District's Wellness Policy		
Secondary Person Responsible for Implementing / Assessing the District's Wellness Policy (if applicable)		

**Instructions:**

School districts must have an updated Wellness Policy that meets all five of the federal requirements and addresses the implementation of the federal Smart Snacks Regulations and the Arkansas Nutrition and Physical Activity Standards.

District wellness policies developed by the district Wellness Committee will require approval by the district school board. The local district procedures for policy approval must be followed with all appropriate legal timelines and procedures. State law and regulations do not require approval by the local school board. For questions related to local district policy approval procedures, committees will contact the district superintendent.

- Complete District and Contact Information on page 1.
- Complete Wellness Committee Members Contact Information on page 2.
- Complete Wellness Policy "Quick-Check" Worksheet on page 3. By marking each requirement, you are attesting that the district's wellness policy includes language that addresses that requirement.
- Complete Signature Page on page 4.

### District Nutrition and Physical Activity (NPAC) Wellness Committee Members

Category of Representation	Name of Member	Address, City, Zip Code	Phone	Fax	Email
Chairperson					
Parent					
Student					
School Food Authority (CN Director)					
Physical Education Teacher					
School Health Professional					
School Board					
School Administration					
Public Community Member					
Other:					
Other:					

## Wellness Policy “Quick Check”

Please complete the section below by marking with a “√” that the District’s Wellness Policy meets the requirement described on the left.

**For the District’s Wellness Policy to be in compliance, it must at least:**

REQUIREMENT	√
<p><b>FEDERAL WELLNESS POLICY REQUIREMENT #1</b>                      Include goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.</p>	
<p><b>FEDERAL WELLNESS POLICY REQUIREMENT #2</b>                      Include nutrition guidelines to promote student health and reduce childhood obesity for all foods available in each school district. The district will adhere to <b>Federal Smart Snacks Regulations</b>.</p>	
<p><b>FEDERAL WELLNESS POLICY REQUIREMENT #3</b>                      Address the need for parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and review and update of the local wellness policy.</p>	
<p><b>FEDERAL WELLNESS POLICY REQUIREMENT #4</b>                      Address procedures for informing and updating the public (including parents, students, and others in the community) about the content and implementation of local wellness policies.</p>	
<p><b>FEDERAL WELLNESS POLICY REQUIREMENT #5</b>                      Address the need of the policy to be measured periodically on the extent to which schools are in compliance with the local wellness policy, the extent to which the local education agency’s local wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of the local wellness policy, and make this assessment available to the public.</p>	
<p><b>ARKANSAS WELLNESS POLICY REQUIRMENT</b>                      Include language that the district will adhere to the <b>Arkansas Rules Governing Nutrition and Physical Activity Standards in Arkansas Public Schools, including the Maximum Portion Size List requirements</b>.</p>	

**Regulations:**

Congress passed the Child Nutrition Reauthorization Act of 2004. As part of this Act, a local education agency participating in the federal child nutrition programs will be required to develop a wellness policy with objectives for improving the school nutrition environment, promoting student health and reducing childhood obesity (Public Law 108-265, Section 204).

In addition, the Arkansas legislature passed Act 1220 of 2003 for the purposes of reducing childhood obesity and to improve the health of future Arkansans. The Nutrition and Physical Activity Standards regulations addressing the recommendations made by the Arkansas Child Health Advisory Committee were passed by the Arkansas State Board of Education August 8, 2005.

In 2010, Congress passed the Healthy, Hunger-Free Kids Act of 2010 (Sec. 204 of Public Law 111-296), and added new provisions for local school wellness policies related to implementation, evaluation, and publicly reporting on progress of local school wellness policies.

In 2012 the Arkansas Nutrition and Physical Activity Standards were updated to reflect changes related to physical activity standards.

In 2014 the federal Smart Snacks Regulations were implemented (Sec. 208 of the Healthy Hunger-Free Kids Act).

Each local educational agency that participates in the National School Lunch Program or other federal Child Nutrition programs is required by federal law to establish a local school wellness policy for all schools under its jurisdiction.

**By signing below, you are agreeing that the district has in place a wellness policy that addresses all federal and state wellness policy requirements. The district agrees that all federal Smart Snacks Regulations, the Arkansas Nutrition and Physical Activity Standards, and the Arkansas Maximum Portion Size List requirements will be implemented and adhered to at all applicable times and locations. These requirements affect second meals, a la carte items, competitive foods, vending machines, school parties, fundraisers, and all other foods on campus. The two contacts on page 1 of this Wellness Policy Update, listed as a “person responsible for implementing/assessing the District’s Wellness Policy”, are tasked with ensuring school compliance in these areas. Compliance will be assessed during Administrative Reviews.**

The attached Wellness Policy of the \_\_\_\_\_ School District is updated to reflect federal and state wellness policy requirements and nutrition standards. This Wellness Policy will be effective for SY 2015-16.

Wellness Committee Chair

Date

District Child Nutrition Director

Date

District Superintendent

Date