

School Year: _____

District: _____

Wellness Committee Requirements – Annual Documentation of Completion

This form is to be used to document the Wellness Committee’s completion of yearly activities. Put a check under the month during which each responsibility is completed. Keep the form on file with the Wellness Committee Meeting Minutes.

| | Aug. | Sept. | Oct. | Nov. | Dec. | Jan. | Feb. | Mar. | Apr. | May |
|--|------|-------|------|------|------|------|------|------|------|-----|
| Goals for nutrition education, physical activity, and other school based activities that are designed to promote student wellness in a manner that the LEA determines is appropriate; | | | | | | | | | | |
| Nutrition guidelines selected by the LEA for all foods available on each school campus under the LEA during the school day with the objectives of promoting student health and reducing childhood obesity; | | | | | | | | | | |
| Guidelines for reimbursable schools meals, which are no less restrictive than regulations and guidance issued by USDA; | | | | | | | | | | |
| A plan for measuring implementation of the local wellness policy, including designation of 1 or more persons within the LEA charged with operational responsibility for ensuring that each school fulfills the district’s local wellness policy; | | | | | | | | | | |
| LEA’s are required to inform and UPDATE the public about the content and implementation of the local wellness policy; | | | | | | | | | | |
| LEA’s must 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 LEA’s local wellness policy compare to model local school wellness policies; and Progress made in attaining the goals of the local wellness policy | | | | | | | | | | |
| LEA’s must designate one or more LEA official to ensure that each school complies with the local school wellness policy. | | | | | | | | | | |
| District’s Child Nutrition Program will provide the district Wellness Committee information on the requirements and standards of the National School Lunch Program (NSLP), and menus for the NSLP and other foods sold in the school cafeteria on a QUARTERLY BASIS. The Wellness Committee shall provide recommendations to the district’s Child Nutrition Programs concerning menus and other foods sold in the school cafeteria. | | | | | | | | | | |
| 6.02 The school nutrition and physical activity advisory committee will help raise awareness of the importance of nutrition and physical activity and assist in the development of local policies that address issues and goals, including, but not limited to the following: | | | | | | | | | | |
| 6.02.1 Assist with the implementation of nutrition and physical activity standards | | | | | | | | | | |

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| developed by the school nutrition and physical advisory committee with the approval of the Arkansas Department of Education and the State Board of Health; | | | | | | | | | | |
| 6.02.2 Integrate nutrition and physical activity into the overall curriculum; | | | | | | | | | | |
| 6.02.3 Ensure that professional development for staff includes nutrition and physical activity issues; | | | | | | | | | | |
| 6.02.4 Ensure that students receive nutrition education and engage in healthy levels of vigorous physical activity; | | | | | | | | | | |
| 6.02.5 Improve the quality of physical education curricula and increasing training of physical education teachers; | | | | | | | | | | |
| 6.02.6 Enforce existing physical education requirements; and | | | | | | | | | | |
| 6.02.7 Pursue contracts that both encourage healthful eating by students and reduce school dependence on profits from the sale of foods of minimal nutritional value. | | | | | | | | | | |
| 6.06 At a minimum, the School Nutrition and Physical Activity Advisory Committee will: | | | | | | | | | | |
| 6.06.1 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. | | | | | | | | | | |
| 6.06.2 Compare the physical education and health education assessment from the School Health Index to the standards defined by the Arkansas Department of Education Physical Education and Health Curriculum Framework; | | | | | | | | | | |
| 6.06.3 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); | | | | | | | | | | |
| 6.06.4 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; | | | | | | | | | | |
| 6.06.5 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; | | | | | | | | | | |
| 6.06.6 Maintain and update annually a written list of recommended locally available, | | | | | | | | | | |

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| healthier options for food and beverages available for sale to students; | | | | | | | | | | |
| 6.06.7 Encourage the use of non-food alternatives for fund-raisers | | | | | | | | | | |
| 6.06.8 Review and make written recommendations to the local school board regarding the components to be included in food and beverage vending contracts; and | | | | | | | | | | |
| 6.06.9 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 | | | | | | | | | | |
| Arkansas Required Members: School Board Administration Food Service Teacher Organization Parents Students Professional Groups – Nurses Community Members | USDA Required Members: School Board Administration Food Service Parents Students Public | | | | | | | | | |