

## Calico Rock School District Wellness Policy

Calico Rock School District is committed to the complete development of every student. The district believes that for students to have the opportunity to achieve success, we need to create a positive, safe and health-promoting environment throughout the school year. We recognize the strong connection between a student's mental and physical health and their ability to learn effectively. We acknowledge that schools play a vital role in childhood nutrition and fitness and that we have a responsibility to provide a strong foundation for our children's future health and well-being.

### I. School Wellness Committee

The District will establish a School Wellness Committee (SWC) that meets 2 times per year to review and make recommendations of this wellness policy. The SWC will consist of a group of individuals representing the school and community and should include parents, students, school nutrition director, physical education teachers, health education teachers, school nurse, and school administrator.

### II. Nutrition

- Breakfast and lunch will be offered to all students daily.
- Meals offered in the cafeteria will meet state and federal guidelines for nutrition.
- Meals will be appealing and attractive to children and served in a clean and pleasant setting.
- The District will accommodate students with special dietary needs.

- Water will be available where school meals are served.

### III. Physical Activity and Physical Education

- All students will be provided equal opportunity to participate in physical education classes.
- The District will provide Physical Education/Activity in accordance with the Physical Education/Activity Rules and Regulations as approved by the Arkansas State Board of Education.
- All Physical Education will be taught by a certified Physical Education teacher.
- At least 50% of P.E. class time should be spent in moderate to vigorous physical activity.
- All elementary students will have at least 30 minutes a day of supervised recess.
- Extracurricular physical activity programs will be available to students.