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 that we have a responsibility to provide a strong foundation for our children's future health and well-being.

Goals

I. School Wellness Committee

The District will establish a School Wellness Committee (SWC) that meets 4 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, community members and school administrator to the extent interested persons desire to be included.

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.
- Second chance breakfast will be offered to high school students between the first two periods to give students an opportunity to eat a healthy meal.
- Additional fresh fruits and vegetables will be given to elementary students twice a week outside of their scheduled meal services to promote healthy eating habits.

- Meals served in the cafeteria will adhere to guidelines for reimbursable meals not to be less restrictive than regulations and guidance issued by the USDA.
- Meals will be appealing and attractive to children and served in a clean, 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 classes 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.

IV. Nutrition Education

- The goal of nutrition education is to teach, encourage, and support healthy eating by students.
- The District will implement a grade appropriate nutrition education program that will develop awareness of nutrition.

- Nutrition education lessons and activities will be age appropriate.
- The District shall cooperate with agencies and community organizations to provide opportunities for appropriate projects relate to nutrition.

V. Other School Based Activities

- The District will encourage fundraising activities that promote physical activity.
- Foods integrated as a part of the instructional program will be allowed at any time.
- School events – Students may be provided any food/and or beverage items during the school day for up to nine (9) special events each school year.
- Snacks – The District will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages and other considerations.
- Snacks will be encouraged to meet the USDA Smart Snack in School Nutrition Standards.
- The District will make a list of healthy snack items available to parents.
- Students shall have access to handwashing and sanitizing before meals and snacks.

VI. Food and Beverage Marketing in Schools

The District strives to teach students how to make informed choices about nutrition, health and physical activity while minimizing commercial distractions. Any foods and beverages marketed or promoted to students during the school day will meet or exceed the Arkansas Nutrition Standards and Federal Smart Snack requirements.

VII. Public Involvement, Public Update, Policy Leadership, and Evaluation Plan

- The superintendent or designee will ensure compliance with the school wellness policy.
- The District will notify the public about the content of or any updates to the wellness policy annually.
- The District will make available to the public the amount of funds received and expenditures made from competitive food and beverage contracts annually.
- Annually the District will complete the Wellness Committee Checklist, complete the Health and Wellness Priority in LEA Insights and assess each school by using the school health index.
- The District will assess their wellness policy at least once every three (3) years. The assessment shall be based on:
    - The extent to which the district is in compliance with this policy.
    - The extent in which the policy compares to other model local school wellness policies.
    - The progress made in attaining the goals of the wellness policy.