5.33—Student Wellness Policy

The health and physical well-being of our students directly affects their ability to learn. With the increase of childhood obesity, research indicates that a healthy diet and regular physical activity can help prevent obesity and the diseases resulting from it. The problems of obesity and inactivity are a public health issue. The responsibility for addressing the problem lies not only with schools and the Department of Education, but with the community and its residents, organizations and agencies. Therefore, the Fayetteville Public Schools shall enlist the support of the larger community to find solutions which improve the health and physical activity of our students and consistently promote and protect children’s health, well-being, and ability to learn by supporting:

- health and physical education
- health and nutrition services
- counseling, psychological, and social services
- healthy school atmosphere
- health promotion for staff
- family and community involvement
- improved academic achievement for all students

Goals

In its efforts to improve the school nutrition environment, promote student health, and reduce childhood obesity, the district will adhere to the Arkansas Rules Governing Nutrition and Physical Activity Standards in Arkansas Public Schools. Adhering to these rules will include, but is not limited to district efforts to:

1. Appoint a district school health coordinator who shall be responsible for ensuring that each school fulfills the requirements of this policy
2. Strive to ensure that professional development for staff includes nutrition and physical activity issues and to 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. 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 don’t 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 established by rule. The schedule of the events shall be by school, approved by the principal.

11. Abide by the current allowable food and beverage portion standards.

12. Meet the more stringent of Arkansas’ or the U.S. Department of Agriculture’s Nutrition Standards for distributed snacks during the school day, reimbursable meals and a la’ carte foods served in the cafeteria.

13. Restrict access to vended foods and beverages, competitive foods and foods of minimal nutritional value (FMNV) as required by law and rule.

14. Conform new and/or renewed vending contracts to the content restrictions contained in the Rules and reduce district dependence on profits from the sale of FMNV.

15. Abide by the testing requirements of the Body Mass Index (BMI), starting with K and continued with even numbered grades with exemption of students in grades eleven through twelve (11-12), permitting any parent to refuse BMI testing of their child with written proof of refusal.

16. 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 local advisory committee shall be formed and structured in a way that ensures age-appropriate recommendations are made which correlate to our district’s grade configurations. The local advisory committee shall have the powers and responsibilities delegated to it by statute and rule. The overarching goal of the committee shall be to raise awareness of the importance of nutrition and physical activity and promote student wellness by monitoring how well the district is doing at implementing this policy. The district shall use the Center for Disease Control’s (CDC’s) School Health Index as a basis for assessing each school’s progress toward meeting the requirements of this policy. The results of the annual assessment shall be included in each school’s ACSIP plan, provided to each school’s principal, and reported to the board. The committee shall include members from the district school board, school administrators, food service personnel, physical education and health teachers, parents, nurses, community members, and a student representative. The district will inform and update the public about the implementation of the wellness policy. The district will follow the state and federal guidelines regarding nutrition and physical activity.

Arkansas Department of Education Rules Governing Nutrition and Physical Activity Standards in Arkansas Public Schools A.C.A. §§20-7-133, 134 and 135
Allowable Competitive Foods/Beverages-Maximum Portion Size List for Middle, Junior High, and High School
Nutrition Standards for Arkansas Public Schools (Commissioner’s Memo FIN-06-106)

Adopted: 4/26/12