

BENTON PUBLIC SCHOOLS LOCAL WELLNESS PLAN

If interested in participating on the Wellness Committee,
please contact Kristi Chumley, District School Health
Coordinator.

501-778-4861 ext 1038 kchumley@bentonschools.org



Wellness Plan

The health and physical well-being of students directly affects their ability to learn. Childhood obesity increases the incidence of adult diseases occurring in children and adolescents such as heart disease, high blood pressure and diabetes. The increased risk carries forward into their adulthood. Research indicated that a healthy diet and regular physical activity could help prevent obesity and the diseases resulting from it. It is understood that the eating habits and exercise patterns of students cannot be magically changed overnight, but at the same time, the Board of Directors believes it is necessary to strive to create a culture in our schools that consistently promotes good nutrition and physical activity.

The problem of obesity and inactivity is a public health issue. The Board of Directors is keenly aware that it has taken years for this problem to reach its present level and will similarly take years to correct. The responsibility for addressing the problem lies not only with the schools and the Arkansas Department of Education (ADE), but also with the community and its residents, organizations and agencies. Therefore, the District shall enlist the support of the larger community to find solutions that improve the health and physical activity of our students.

Benton School Wellness Committee 2023-2024

To enhance the district's efforts to improve the health of our students, a Wellness Committee was created. It is a way to ensure age-appropriate recommendations are made that correlate to the District's grade configurations. The Benton School District's Wellness Committee includes representatives from each appropriate grade level group (elementary, middle, junior and senior high) on the membership of the district committee. This committee is responsible by statute and rule to fulfill certain tasks. The overarching goal of the committee shall be to promote student wellness by monitoring how well the District is doing at implementing this plan. The Wellness Committee shall use modules of the Centers for Disease Control (CDC) School Health Index as a basis for annually assessing each school's progress toward meeting the requirements of the statute and rules. The results of the annual assessment shall be included in each school's ASCIP, provided to each school's Principal, and reported to the board. Goals and objectives for nutrition and physical activity shall also be included in the reports.

The 2023-24 Wellness Committee includes the following personnel that participate in the development, implementation, and periodic review of the District's wellness policy:

Mr. Stacy DeFoor - Assistant Superintendent
Kristi Chumley - Wellness Coordinator
Scott Neathery - Athletic Director

Kelea Duke – High School Nurse
Ashton Wilson - Caldwell Elementary PE
Corey Rickett – Grant Elementary PE

Deirdre Fouche - School Health Professional	Kim Russell – Perrin Elementary PE
Mark Rash – Grant Assistant Principal	Jennifer Kelly – Ringgold Elementary PE
Rusty Davis - Junior High Assistant Principal	Brooke White - Junior High Coach
Tosha Rook – Middle School Teacher	Rachel Dodson - Middle School Counselor
Luke Fulcher - School Board Member	Jennifer Wood – Parent
Shameka Christon - Bright Futures Coordinator	Stacy Adams – Child Nutrition Director
Heather Kruegen - High School Teacher	Janet Dixon - Community Member
Bronson Melton - Mountain View Elem. PE	Shara Rickett - ESOL/Homeless Liaison
Amanda Welch - Paren/4H	Detrich Smith - DESE

District Level School Health Coordinator

Kristi Chumley

501-778-4861 X 1038

kchumley@bentonschools.org

If you would like to get involved with the Wellness Committee,
please contact Kristi Chumley.

The Wellness Committee shall provide written recommendations to the District's Child Nutrition Director concerning menus and other foods sold in the school cafeteria. Such recommendations shall be based, at least in part, on the information the Committee receives from the District on the requirements and standards of the National School Lunch Program and from menus for the National School Lunch Program and other food sold in the school cafeteria on a quarterly basis.

The Wellness Committee will meet at least quarterly. The meeting dates are placed on the District's calendar.

Meeting Dates for the Wellness Committee 2023-2024

September 14, 2023

November 16, 2023

February 8, 2023

May 2, 2023

School Health Coordinators

To assist the Wellness Committee in ensuring that the District fulfills the requirements of this policy, a District level School Health Coordinator (Designated District Official) shall be appointed. In addition, a school level School Health Coordinator shall be appointed who

shall be responsible for assisting the District level School Health Coordinator in ensuring that each school fulfills the requirements of this policy. The School Health Coordinators are:

Angie Grant	Corey Rickett	501-778-3300
Caldwell	Ashton Wilson	501-778-7444
Howard Perrin	Kim Russell	501-778-7411
Mountain View	Bronson Melton	501-507-0791
Ringgold	Jennifer Kelly	501-778-3500
BMS	Tosha Rook	501-776-5740
BJH	Brooke White	501-778-7698
BHS	Kelea Duke	501-778-3288

In efforts to improve the school nutrition environment, promote student health and reduce childhood obesity, the District will adhere to the ADE Rules Governing Nutrition and Physical Activity Standards and Body Mass Index for Age Assessment Protocols. To promote nutrition, physical activity, and other school-based activities that will improve student wellness, the District, working with the Wellness Committee, has established the following goals:

1. Implement a grade appropriate nutrition education program that will develop an awareness of and appreciation for nutrition and physical activity throughout the curriculum;
2. Enforce existing physical education requirements and engage students in healthy levels of vigorous physical activity;
3. Strive to improve the quality of physical education curricula and increase the training of physical education teachers;
4. Follow the Arkansas Physical Education and Health Education Frameworks in grades K-12;
5. Not use food or beverages as rewards for academic, classroom or sports performances;
6. Establish class schedules and bus routes that do not directly or indirectly restrict meal access;
7. Provide students with ample time to eat their meals in pleasant cafeteria and dining areas;
8. Abide by the current allowable food and beverage portion standards;
9. Meet or exceed the more stringent of Arkansas' or the U.S. Department of

Agriculture's (USDA) Nutrition Standards for reimbursable meals and a la carte foods served in the cafeteria;

10. Restrict access to competitive foods as required by law and Rule;

11. 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 competitive foods.

12. Provide professional development to all District staff on the topics of nutrition and/or physical activity;

13. Utilize the School Health Index available from the CDC to assess how well the District is doing at implementing this wellness policy and at promoting a healthy environment for its students.

Food and Beverages Outside of the District's Food Service Program

The District will insure that drinking water is available without charge to all students throughout the school including, but not limited to, in the District's food service areas.

All food and beverages sold to students on school campus during the school day by school administrators or school non-licensed or licensed staff (principals, coaches, teachers, club sponsors, etc.); student or student groups; parents or parent groups; or another person, company or organization associated with the school shall meet the Federal Smart Snacks requirements and Arkansas Nutrition Standards at a minimum. These restrictions include, but are not limited to, food and beverages sold in vending venues (machines, ice chests, cabinets) in school stores or a part of school fundraiser.

All food and beverages provided, but not sold, to students on the school campus during the school day by school administrators or school non-licensed or licensed staff (principals, coaches, teachers, club sponsors, etc.); student or student groups; parents or parent groups; or another person, company or organization associated with the school shall meet the Federal Smart Snacks requirements and Arkansas Nutrition Standards at a minimum. These restrictions include, but are not limited to, food and beverages sold in vending venues (machines, ice chests, cabinets) in school stores or a part of school fundraiser.

Up to a maximum of nine (9) times per school year, school administration may schedule school wide events where food and beverages provided to students are not required to meet the Federal Smart Snacks standards during the scheduled time. The schedule of events shall be by school, approved by the principal, and shall be part of the annual school calendar.

Food and beverages outside of the District's food service program may not be sold, served, or provided to students in the District's food service areas during meal times.

Elementary students shall not have in-school access to vending machines.

The District does not place nutrition restrictions on food or beverages brought from home that are intended for personal consumption only.

Advertising

In accordance with the USDA regulations. oral, written or graphic statements made for the purpose of promoting the sale of a food or beverage product that are made by the producer, manufacturer, seller or any other entity with a commercial interest in the product shall only be permitted on school campus during the school day if they meet or exceed the Federal Smart Snacks standards. This restriction does not apply to the following:

- Materials used for educational purposes in the classroom, including, but not limited to:
 1. The use of advertisements as a media education tool; or
 2. Designing and implementing the health or nutrition curriculum;
- Clothing, apparel or other personal items used by students and staff;
- The packaging of products brought from home for personal consumptions; and
- Currently existing advertisements on school property, including but not limited to, the exterior of vending machines, posters, menu boards, coolers, trash cans, cups used for beverage dispensing, and other food service equipment,; however, all future contracts and replacement items shall meet the Federal Smart Snacks standards.

Community Engagement

The District will work with the Wellness Committee to:

- Encourage participation in extracurricular programs that support physical activity, such as walk-to-school programs, biking clubs, after-school walking etc.;
- Encourage the implementation of developmentally appropriate activity physical activity in after-school childcare programs for participating children;
- Promote the reduction of time youth spend engaged in sedentary activities such as watching television and playing video games; and
- Encourage the development of and participation in family-oriented community-based physical activity programs.

The District will annually inform the public:

- Of the web address where the plan and policy are;
- Of any changes made to the plan or policy;

- Of the health and wellness priority goals in the Wellness Priority
- The amounts and specific sources of funds received and expenditures made from competitive food and beverage contracts.

Assessment of District's Wellness Policy

At least once every three years, with input from the Wellness Committee, the District shall assess both the District as a whole and individual schools' status in regards to the implementation and compliance of the goals of this policy, including the health and wellness goals in the Wellness Priority. The assessment shall be based, at least in part on:

- The extent to which District schools are in compliance with this policy;
- The extent to which this policy compares to other model local school wellness policies;
- The annual reviews of this policy based on the CDC's School Health Index;
- A description of the progress made in attaining the goals of this policy.

On the years the assessment occurs, the assessment results shall be reported to the public, including parents, students and other members of the community as part of the District's annual report to the public.

The District will update the wellness plan and policy based on the results from the three (3) assessment.

District Website

The District will place on its website:

- The name, District phone number, and District email address for the District level School Health Coordinator;
- The names, District phone numbers, and District email addresses for the School level School Health Coordinators;
- The names of the members of the Wellness Committee;
- Meeting dates for the Wellness Committee;
- Information on how community members may get involved with the Wellness Committee;
- A copy of this policy;
- A copy of the annual review of the Plan and Policy based on the CDC's School Health Index; and
- A copy of the most recent three (3) year's assessment of this policy.

Updated: Nov. 2023

