## Wellness Committee Requirements Checklist – Implementation and Compliance

Federal requirements are highlighted below; Arkansas rules for nutrition and physical activity are noted by "Ark 0.00."

See Commissioner's Memo Wellness Policies: Meeting Requirements of the Triennial Assessment for instructions and guidance.

LEAs are required to inform and update the public about the content and implementation of the local wellness policy.	Ark 6.07.1.4 (no)ude in the local Wellness Policy, 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 (ACSIP District Form—Chair and Co-chair)	Ark 6.07.1.3 include in the local Wellness Policy; guidelines for reimbursable meals, which are no less restrictive than regulations and guidance issued by USDA	Ark 6.07.1.2 include in the local Wellness Policy, nutrition guidelines selected by the LEA for all foods available (both sold and provided) on each school campus under the LEA during the school day with the objectives of promoting student health and reducing childhood obesity.	Ark 6 07.1.1 Include physical activity an physical activity an promote student with a promote standard (may have standard ACSIP School Form)	
s are	eme eme ons v each	6.07	Ark 6.07.1.2 include in the local Wellness Policy, by the LEA for all foods available (both sold and p campus under the LEA during the school day with student health and reducing childhood obesity	Ark 6.07.1.1 Include in the local Wellness Policy, 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 (may have standards in the Wellness Policy and annually updated goals in the ACSIP School Form).	
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Ark 6.02.4 Ensure that students receive nutrition education and engage in healthy levels of vigorous physical activity	Ark 6.02.3 Ensure that professional development of staff includes nutrition and physical activity issues	Ark 6.02.2 Integrate nutrition and physical activity into the overall curriculum	the State Board of Health (The Rules Governing Nutrition, Physical Activity, and BMI – updated May 2016, including Federal Smart Snack Regulations)	Ark 6.02.1 Assist with the implementation of nutrition and physical activity standards developed by the school nutrition and physical activity advisory committee with the approval of the Arkansas Department of Education and	Ark 6.02 The **school nutrition and physical activity advisory committee will help raise awareness of the importance of nutritic activity and assist in the development of local policies that address issues and goals, including, but not limited to the following:	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.	recommendations to the district's Child Nutrition Director regarding the district's school meal menus and other foods sold in the cafeteria.	Include in the Wellness Policy, a description of public involvement, public with updates, policy leadership, and evaluation plan.	Include in the Wellness Policy, a standard for food and beverage marketing that allows marketing and advertising of only those foods and beverages that meet the Smart Snacks nutrition requirements.	• And progress made in attaining the goals of the local wellness policy • (using BM) data, SHI, and ACSIP)	<ul> <li>Extent to which the LEA's local wellness policy compares to model.</li></ul>	LEA's must measure periodically and make available to the public an assessment of the local wellness policy including (Triennial Assessment):  • Extent to which schools are in compliance with the local wellness policy (using this cherklist)
11/1 pm	11/1	11//	<b>*</b> *:		elp raise awareness of the importance of nutrition and physical coals, including, but not limited to the following:	36	- W	1900 - I - I - I - I - I - I - I - I - I -			bino.	8/36
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ميها	d alternatives for fundraisers	Ark 6.06.8 Encourage the use of non-food alternatives for fundraisers	
W.	beverages available for sale to $\frac{y}{3}$	Ark 6.06.7 Annually maintain and update a written list of recommended locally available healthier options for food and beverages available for sale to students	יו מי אוי
	rs, school stores, class parties, and school meals	other venues that compete with healthy school meals	ilo e
<u>.</u>	bursable meals, including a la carte,	other than those offered as part of reimbursable meals, including a la carte,	
		Advisory Committee recommendations for all foods and beverages sold or served anywhere on the school campus, including all foods and beverages sold or served anywhere on the school campus.	Ø ~ •
C. C.	trict to be included in the individual	to the principal of each school in the district to be included in the individual school improvement plan (ACSIP)	- in
>	ation and Health Curriculum	Department of Education Physical Education and Health Curriculum Frameworks	.l.—
<	sment	Ark 6.06.2 Compare the physical education and health education assessment from the School Health Index to the standards defined by the Arkansas	
0	it Assessment	#8 – Family and Community Involvement Assessment	1
- W	cal Activity Programs	#3 – Physical Education and other Physical Activity Programs #4 – Nutrition Services	
		#1 – School Health Policies and Environment #2 – Health Education	
	a lobacco-Free Lifestyle using the	following modules:	
-	Ark 6.06.1 Annually, assess each school campus, using the School Health Index	Ark 6.06.1 Annually, assess each school	
	Ark 6.06 At a minimum, the School Nutrition and Physical Activity Advisory Committee will:	Ark 6.06 At a minimum, the School No	
w.	encourage healthful eating by students Its from the sale of competitive foods	Ark 6.02.7 Pursue contracts that both encourage healthful eating by students and reduce school dependence on profits from the sale of competitive foods	т —
Ē	ucation requirements	Ark 6.02.6 Enforce existing physical education requirements	
Usb)	ical education curricula and increase	Ark 6.02.5 Improve the quality of physical education curricula and increase training of physical education teachers	
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		_		<u> </u>	<u> </u>		-		Local Wellness Policy:
				-				List additional policies adopted at the local level and implemented through the	List additional policies adopt
			_	_				Public	Community Members
·-								es School Health Professionals	Professional Groups – Nurses
								Students	Students
<u>^</u>								Parents	Parents
								Teachers of Physical Education	Teacher Organization
	_		<del></del>				_	Food Service	Food Service
// <u>u</u> /		. <u> </u>						Administration	Administration
<u>-</u>	_							School Board	School Board
		_						ers: USDA Required Members:	Arkansas Required Members:
<u> </u>							_	rage contracts	competitive food and beverage contracts
								community the amount of funds received and expenditures made from	community the amount of f
								Ark 6.06.10 Include as part of the district's annual report to parents and the	Ark 6.06.10 Include as part
	_					_			contracts
_	~ ~						_	board regarding the components to be included in food and beverage vending	board regarding the compo
,			_					Ark 6.06.9 Review and make written recommendations to the local school	Ark 6.06.9 Review and make

Implementation Final Rule. Protocols in Arkansas Public Schools - May 2016, the USDA Food and Nutrition Service Smart Snack Regulations, and the USDA FNS Local School Wellness Policy Please refer to the Arkansas Department of Education Rules Governing Nutrition and Physical Activity Standards and Body Mass Index for Age Assessment

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<sup>\*\*</sup>Wellness Committee = School Nutrition and Physical Activity Advisory Committee