

# MARKED TREE SCHOOL DISTRICT WELLNESS POLICY

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, fully physical and mental growth, and lifelong health and well-being. Healthy eating and regular physical activity are demonstrably linked to reduced risk for premature mortality and development of many chronic diseases as adults. Schools have a responsibility to help students develop and maintain lifelong, healthy eating and exercise patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits.

All students should possess the knowledge and skills necessary to make nutritious and enjoyable food choices and exercise routines for a lifetime. In addition, staff members are encouraged to model healthy eating and physical activity as a valuable part of life. The Marked Tree School District will take positive steps to encourage such healthy eating habits and physical activities.

## 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:

- Follow the Arkansas Physical Education and Health Education Frameworks in grades K-12;
- Implement a grade appropriate nutrition education program that will develop an awareness of and appreciation for nutrition and physical activity throughout the curriculum;
- Provide professional development to all district staff on the topics of nutrition and/or physical activity;
- Enforce existing physical education requirements
- Engage students in healthy levels of vigorous physical activity and nutritional education;
- Strive to improve the quality of physical education curricula and increase the training of physical education teachers;

## Nutrition Guidelines:

- Restrict access to vended foods, competitive foods, and foods of minimal nutritional value (FMNV) as required by law and Rule;
- The full meal school breakfast and lunch programs will continue to follow the USDA Requirements for Federal School Meal Programs.

- Meet or exceed the more stringent of Arkansas' or the U.S. Department of Agriculture's Nutrition Standards for reimbursable meals and a la' carte foods served in the cafeteria;
- Abide by the current allowable food and beverage portion standards;
- 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, and shall be part of the annual school calendar;
- 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.

#### Guidelines for Reimbursable Meals:

- 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;
- The results of the annual completed School Health Index assessment shall be included in each school's ACSIP, provided to each school's principal, and reported to the board;
- Guidelines shall not be less restrictive than regulation and guidance as defined in the federal Child Nutrition Act and the National School Lunch Act.

#### Fundraising:

- All fundraising projects for sale and consumption of food items within the school day will follow the district's nutritional standards when determining the items being sold.
- Groups conducting fundraisers outside the school day will be encouraged to consider non-food sales and/or items supportive of healthy eating when possible.

#### School Nutrition and Physical Activity Advisory Committee

To enhance the district's efforts to improve the health of our students, a School Nutrition and Physical Activity Advisory Committee (SNPAAC) shall be formed. It shall be structured in a way that ensures age-appropriate recommendations are made which correlate to our district's grade configurations. The SNPAAC shall have the powers and responsibilities delegated to it by statute and Rule. The overarching goal of the committee shall be to promote student wellness by monitoring how well the district is doing at implementing this policy. The SNPAAC shall use modules 1, 2, 3, 4, and 8 of the 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, provided to each school's principal, and reported to the board.

If anyone would like to participate in the development and implementation of the school's wellness policy, or just want to know the results of our assessment, give us a call at 870-358-2891. Leave your name and phone number with the secretary and we will get in touch with you. We have meetings four times a year to assess our policy. We appreciate your support!

School Health & Wellness Committee  
Membership 2023-2024

<b>Nam e</b>	<b>Positio n</b>	<b>Represent</b>
Brandi Manuel	Cafeteria Supervisor	Child Nutrition
Charlene Kincade	School Nurse	Nurse
Michael Wages	PE Department	Elementary
Jessica Fernandez	School Board Member	School Board
Rachael Pitts	Parent	Parents
Matt Wright	District Superintendent	School Admin.
Lillian Simpson	9 <sup>th</sup> Grade	Student Body
Heather Craig	Community Member	Community