

Centerpoint School District Wellness Policy

Centerpoint School District (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success we must create positive, safe and health-promoting learning environments at every level, in every setting throughout the school year. Research shows that two key components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

School Meals

The District is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams of *trans* fat per serving (nutritional label or manufacturers specification); and to meet the nutrition needs of the school children within their caloric requirements. All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). All schools within the District are committed to offering school meals through the NSLP and SBP programs.

- All school meals are accessible to all students.
- The District offers reimbursable school meals that meet USDA nutrition standards.
- Drinking water will be available to all students throughout the school day and throughout every school campus, including during mealtimes.
- Schedules, bus routes and recess/activity periods will be scheduled to better support learning and healthy eating.
- Provide students with ample time to eat their meals in a pleasant cafeteria/dining area.
- All school nutrition program staff will meet or exceed hiring and annual continuing education requirements in the USDA professional standards for child nutrition professionals.

Other food available at school

- The foods and beverages sold outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum.
- All new and/or renewed vending contracts within the district must meet or exceed all of the ADE Rules governing nutritional guidelines.
- All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards. Exemptions may be allowed at the discretion of the School

Principal but are limited to 9 times per school year. The event must be scheduled and placed on the school calendar following Administrative approval. These events may be school wide events where food and beverage provided to students are not required to meet the Federal Smart Snack standards during the scheduled time.

- The District will provide upon request a list of healthy party ideas and snacks for parents and teachers, including non-food celebration ideas (Healthy Party Ideas).
- The District will provide to parents a list of foods and beverages the meet Smart Snacks nutrition standards and
- The District will provide to teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.
 - Only food or beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on school campus during the school day.

Nutrition Promotion

Students and staff will receive consistent nutritional messages throughout schools, classrooms, gymnasiums and cafeterias. The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

- Promote healthy food and beverage choices using Smarter Lunchroom techniques.
- Each school will strive to incorporate local or regional produce into the school meal program when available and affordable.
- Any foods and beverages marketed or promoted to students on the campus during the school day must meet or exceed the USDA Smart Snacks in the School nutrition standards. Food advertising and marketing includes but not limited to the following:
 - Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
 - Displays such as on vending machine exteriors.
 - Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards.
 - Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment.

Nutritional Education

The District aims to teach, model, encourage and support healthy eating by students. Nutrition education is designed to provide students with knowledge and skills necessary to promote and protect their health.

- Nutritional education will include enjoyable, developmentally-appropriate, culturally relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens.
- Nutrition education will be included in the Health curriculum so that instruction is sequential and follows the Arkansas frameworks for Nutrition. Nutrition education will also be integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects.
- The District teaches students nutrition education using scientifically-based, up-to-date nutrition information consistent with the Dietary Guidelines for Americans. The District will include in the health education curriculum the following essential topics on healthy eating:
 - Food guidelines from MyPlate
 - Reading, using and understanding USDA's food labels
 - Balancing food intake and physical activity
 - Food safety
 - Social influences on healthy eating, including media, family, peers and culture
 - How to find valid information or services to nutrition and dietary behavior
 - Resist peer pressure related to unhealthy dietary behavior
 - Influencing, supporting or advocating for others healthy dietary behavior

Physical Education

The District will provide students with physical education, using age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. All students will be provided equal opportunity to participate in physical education classes.

- All district students will participate in physical education that meets or exceeds state standards.
 - All District **elementary students** in each grade will receive physical education for at least 60 minutes per week throughout the school year.
 - All District **middle school students** are required to take physical education in one grade level.

- All District **high school students** are required to take an equivalent of one semester of physical education.
- Students will be moderately to vigorously active for at least 50% of class time during most or all of the physical education class sessions.
- All physical education classes in the District are taught by licensed teachers who are certified or endorsed to teach physical education.
- Waiver, exemptions or substitutions for physical education classes are not granted.

Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. Schools will offer students a variety of physical activity opportunities that are in addition to, and not a substitution for, physical education.

- Physical activity during the school day (including but not limited to recess, physical activity breaks or physical education) **will not be required or withheld** as punishment for *any* reason.
- All elementary schools will offer at least 20 minutes of recess on all or most days of the school year.
 - Outdoor recess will be offered when weather is feasible for outside play
 - Active recess programming will be utilized to create universal participation by offering multiple activities at recess; designated different areas of play throughout the playground; provide equipment to decrease congestion on play structures; and may provide group games, led by staff.
 - In the event that the school or district must conduct indoor recess, teachers and staff will promote physical activity for students, to the extent practicable.
- The District recommends elementary teachers provide short (3-5 minute) physical activity breaks to students during and between classroom times. Activity break ideas are available through Go Noodle.
- The District offers opportunities (e.g., including activity clubs, open gym, intramurals, varsity sports and summer physical activity nights) for students to participate in physical activity before and after the school day and during summer break.

Other Activities that Promote Student Wellness

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage vending areas and physical activity facilities. The district will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

- The District will continue relationships with its community partners including the Pike and Clark County Extension agency and our local healthcare providers, in support of this wellness policy's implementation.
- The District will promote to parents/caregivers, families, and the community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be invited to participate in school-sponsored events and will receive information about health promotion.
- The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management.
- When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

Policy Monitoring/Implementation

- The District will convene a district wellness committee that meets four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of wellness.
- The wellness committee membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents, and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff, and mental health and social services staff); school administrators (e.g., superintendent, principal, dean of students), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. The District will compile and publish an annual report (using the School Health Index results) to report basic information about the progress of the schools within the district in meeting wellness goals.
- The District will make the yearly report available on the school website (www.goknights.us).
- The wellness committee will update or modify the wellness policy based on the results of the annual progress reports, and/or as District priorities change; community need change; wellness goals are met; new health science, information and technology emerges; and new Federal or state guidance or standards are issued. ***The wellness policy will be assessed and updated as indicated at least every three years.***

Legal References:

School Health Index, Center for Disease Control and Prevention,

<http://apps.nccd.cdc.gov/shi/>

Local Wellness Policy website, U.S. Department of Agriculture,

<http://fns.usda.gov/ar/Healthy/wellnesspolicy.html>

Guidelines for School Health Programs to Promote Lifelong Healthy Eating, Centers for Disease Control and Prevention,

www.cdc.gov/mmwr/pdf/rr/rr4509.pdf

School Nutrition Standards, Act 1220 of 2003 Arkansas General Assembly

www.arkleg.state.ar.us/assembly/2003/R/Acts/Act1220.pdf