

HACKETT SCHOOL DISTRICT WELLNESS POLICY

The health and physical well-being of your 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 link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth and lifelong health and well-being. Schools have a responsibility to help students develop and maintain lifelong, healthy eating patterns. It is necessary to strive to create a culture in our schools that consistently promotes good nutrition and physical activity.

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

1. Hackett School District will meet or exceed all physical activity requirements as described in the Arkansas Department of Education Rules governing Nutrition and Physical Activity Standards in Arkansas Schools in grades K-12. Engage students in healthy levels of vigorous physical activity daily;
2. Strive to improve the quality of physical education and curricula and increase training of physical education teachers.
3. Establish class schedules, and bus routes that don't directly or indirectly restrict meal status;
4. School dining area will be clean, safe and pleasant;
5. Students will be given ample time to enjoy eating.
6. All foods available on school grounds and at school sponsored activities during the day must be approved by the Wellness Committee and meet or exceed the state nutrition standards;
7. Fundraising projects must be approved by the Wellness Committee and pass the Smart Snack guidelines;
8. Non-food sales will be encouraged for fundraising.
9. Establish no more than nine (9) school wide event days which permit exceptions to the food and beverage limitations as established. These events shall be established by the building principal and food is to be commercially made.
10. Hackett School District will provide a learning environment for developing and practicing lifelong wellness behavior.

11. Hackett School District will improve the health and physical well-being of its students by promoting nutrition and physical guidance.
12. Utilize the School Health Index 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.
13. Breakfast and lunch programs will continue to follow the USDA Requirements Meal Programs.
14. Involvement of parents, students, representatives of the school food authority, the school board administrator and the public in development and maintenance of the wellness policy.
15. Hackett School District will comply with all state regulations pertaining to nutrition and physical activity including annual assessment and modification of the wellness policy.