

Marmaduke School District

Wellness Policy

2017-2018

Preamble

Marmaduke School District recognized that there are links among nutrition education, the food served in schools, and the amount of physical activity. We also recognize that good physical and mental health fosters improved student attendance, education, and learning. When students' wellness needs are met they learn more effectively and achieve higher standards in school. To enable the development of life-long healthy habits, Marmaduke School District will adhere to the Arkansas Rules Governing Nutrition and Physical Activity Standards in Arkansas Public Schools, including the Maximum Portion Size List requirements, and shall adopt and model the following Wellness Guidelines.

Nutrition and Health Education

We will provide a planned, sequential and comprehensive nutrition education program through our state adopted curriculum and by collaborating with the Northeast Arkansas Educational Cooperative. The programs will be designed to provide students with the knowledge and skills necessary to promote and protect their health.

Physical Activity

In order to insure students are afforded the opportunity to engage in physical activity in the school setting, the following guidelines apply: Physical education will be taught by a certified physical education teacher. Students in Kindergarten through 8th grade will receive 60 minutes per week, or its equivalent, of Physical Education each week. Students in 9-12th grade will be required to receive ½ unit in Physical Education before graduation. Students in Kindergarten through 6th grade receive 30 minutes daily of supervised physical activity on the playground.

School Meals

Marmaduke School District offers breakfast and lunch under the national guidelines of the USDA's National School Lunch and Breakfast Program and encourages all students to participate in breakfast and lunch opportunities. In particular, the district will make efforts to ensure that families are aware of need-based programs for free or reduced price meals and that eligible families apply.

Our schools will provide a lunchroom environment where students have adequate space to eat; adequate time for meals in a pleasant, supervised surrounding; and convenient access to hand-washing facilities before meals and access to water during meals.

Nutrition Standards

Federal Smart Snacks Regulations

The district will adhere to the Federal Smart Snacks Regulations. These regulations are designed to improve the nutritional quality of foods accessible to students during the school day. The regulations not only improve the nutritional value of foods served during the lunch period but also improve the value of foods available throughout the day.

Food as Reward/Punishment

Schools will not use foods or beverages as rewards for academic performance or good behavior unless it meets the standards of food or beverages sold individually or unless it meets the standards of food or beverages sold individually or unless this practice is allowed by a student's Individual Education Plan (IEP) and will not withhold food or beverage as punishment. Rewards and incentives will be used that do not undermine the health of students or reinforce unhealthy eating habits.

Fundraising, concessions, school stores and other opportunities to promote healthy eating

Whenever possible, fundraising activities should demonstrate the district's commitment to promoting healthy behaviors and improving personal wellness. Selling nutritious foods reinforces nutrition messages taught in classrooms and lunchrooms.

Celebrations

At any school function (parties, celebrations, festivals, sporting events, etc.) healthy food choice options will be available to students. Snacks served during the school day for class parties, birthdays, award incentives, etc. will promote a positive nutrition message. Emphasis will be on serving fruits, vegetables, and other nutrient dense foods as the primary snacks. Teachers will disseminate a list of healthy food item suggestions to parents.

Other School-Based Activities

Staff Wellness

School staff serve as role models for students and are the key to successful implementation of student wellness programs. Therefore, the school will offer staff wellness programs. This may include workshops and presentations on health promotion, education and resources that will enhance morale, encourage healthy lifestyles, prevent injury, reduce chronic diseases and foster exceptional role

modeling. This may also include fitness opportunities such as walking clubs, or fitness challenges for staff and patrons.

Access to facilities for physical activity after school hours

Marmaduke School District will work with recreation agencies and other community organizations to coordinate and enhance opportunities available to students and staff for physical activity during their out-of-school time.

Schools will examine if biking and walking to school is safe and encourage students to bike and walk to school where appropriate.

After-school programs

The schools will work with recreation agencies and other community organizations to provide an avenue for reaching all students before and after school through organized physical activities (e.g. intramurals, interscholastic sports, community-based programs, and other activities).

Coordinated School Health and Wellness approach

The district will establish a coordinated wellness committee in order to ensure an array of opportunities for health and wellness promotion to each school, as well as district staff.

It is the goal of Marmaduke School District to promote the student's physical, emotion, and social wellbeing through a coordinated and comprehensive school health and wellness program. This includes providing a healthy physical and psychological environment, school nurse services, nutritious meals, health education, and opportunities for physical education and activity.

Community/family involvement

Marmaduke School District recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.

Marmaduke School District will support parent's efforts to provide a healthy diet and daily physical activity for their children. We will provide information about ways to promote healthy lifestyles.

Marmaduke School District will provide an opportunity to include parents and community in nutrition and fitness-awareness programs.

Marmaduke School District encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.

Parents, students, and community members will be informed about the content and implementation of the wellness policy through public meetings, school website, and student handbooks.

Marketing of food and/or beverages

School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Development, Implementation, and Review of Policy

The Wellness Committee will develop and implement administrative rules consistent with this policy. Input from teachers, parents/guardians, students, school food service program, the school board, school administrators, and the public will participate in the development, implementation, review and update of the wellness policy.

An assessment of the school's existing nutrition and physical activity environment and policy will be completed annually to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the wellness committee will review nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements.