

Arkansas Department of Education Child Nutrition Unit and School Health Services Healthy Schools Compliance Model

Arkansas public schools and the Arkansas Department of Education are committed to the health and wellbeing of our youth. Arkansas was one of the first states in the country to develop state specific standards for nutrition and physical activity and to assess student BMI. Arkansas laws put healthier foods and increased activity into schools ten years before federal requirements became effective. This state has a lot to be proud of, and we do not want to lose our momentum. Therefore, to move forward, the Child Nutrition Unit and School Health Services at the Arkansas Department of Education have outlined the basic requirements for Healthy Schools Compliance based on the latest Arkansas Nutrition and Physical Activity Standards and the Healthy Hunger-free Kids Act.

Policies

Effective Dates

May 31, 2016

Policy Requirements

Arkansas Department of Education Rules Governing Nutrition and Physical Activity Standards and Body Mass Index for Age Assessment Protocols in Arkansas Public Schools – *Updated*

July 1, 2014

Federal Smart Snacks Regulations under the Healthy Hunger-free Kids Act of 2010

June 30, 2006

Child Nutrition Program Reauthorization Public Law 108-265 requires schools to establish local wellness policies

SY 2004-2005

Arkansas Act 1220 of 2003 requires schools to create Wellness Committees

Local Wellness Policies

Districts should:

- Include goals for nutrition education, physical activity, nutrition promotion, and other school-based activities to promote student wellness.
- Include nutrition guidelines for all foods available on the school campus.
- Describe and follow a plan for measuring implementation.
- Permit a variety of stakeholders to review and update the local wellness policy.
- Designate one or more officials to be in charge of school compliance oversight.
- Inform and update the public about the content and implementation of local wellness policies.

Failure to comply with the Wellness Policy requirements may result in withholding of Federal Child Nutrition program payments, in whole or in part, to any SFA for repeated or egregious violations that are not corrected.

Wellness Committees

- Help raise awareness of the importance of nutrition and physical activity.
- Assist in the development of local policies that address issues and goals.
- Complete required duties listed on the Wellness Committee Checklist.
- Include all of the required members.
- May be school-based, district-based, or both.

Failure to comply with the Wellness Committee Requirements may result in an Administrative Review finding. These reviews are conducted by the Arkansas Child Nutrition Unit every 3 years.

ADE Rules Governing Standards for Accreditation of Arkansas Public Schools and School Districts, July 2009, 21.0 Standard XVI Auxiliary Services

Auxiliary services, such as transportation and food services, shall be provided in accordance with applicable laws, regulations, and guidelines developed by the Department.

Procedures

Providing Snacks

- Not reimbursable through Child Nutrition
- During any part of the school day including 30 minutes after school ends
- But not more than one snack per day per student
- Must meet Smart Snacks guidelines by entering into online Alliance for a Healthier Generation Calculator for the appropriate school level
- Must keep documentation including nutrient fact label and calculator printout
- Carbonated and sweetened non-carbonated beverages are limited to 12 oz or less per container and 55 mg of caffeine per serving
- May not be served in food service areas during meal service

Exceptions for Snacks in Schools

Parents' Rights, School Nurses, Special Needs Students, School Events (9 Special Event Days determined, recorded on Eschool calendar, and approved by school officials), Food for Instructional Purposes, USDA Fresh Fruit and Vegetable Program, Self-Sustaining Fresh Fruit and Vegetable Program, School Testing Days

Selling Snacks

- May be sold prior to the start of the 1st classes of the school day and/or 30 minutes after the last lunch has ended in any school
- Applies until 30 minutes after school ends
- No vending machines in Elementary Schools
- Must meet Smart Snacks guidelines by entering into online Alliance for a Healthier Generation Calculator for the appropriate school level (elementary, middle, high school)
- Must keep documentation including nutrient fact label and calculator printout
- May not be sold or served in food service areas during meal service
- Carbonated and sweetened non-carbonated beverages are limited to 12 oz or less per container and 55 mg of caffeine per serving
- These rules apply to a la carte, entrees, side dishes, second trays and all competitive foods in the cafeteria, as well
- Fundraisers must be approved by district administration (documentation required)

Physical Activity

- Grades K-6 - at least 40 minutes of physical education training and instruction each week AND 90 minutes of physical activity each week
- Grades 5-8 - At least 40 minutes of physical education training and instruction each week or an equivalent amount of time in each school year, with no additional requirement for physical activity
- Grades 9-12 – one-half (1/2) unit of physical education, with no additional requirement for physical activity

General

- A list of maximum portion size restrictions and nutrition standards will be made available to school districts.
- Two fruits and/or 100% fruit juices must be offered for sale at the same time and place as competitive foods.
- At least 50% of beverages for sale shall be 100% fruit juice, low-fat/fat-free milk, and unflavored unsweetened water.
- No food or beverages shall be used as rewards.
- All school cafeterias and dining areas should reflect healthy nutrition environments.
- Schools should ensure all students have access to school meals.
- Water must be available to all students on campus at no cost.

Plan

Planning for the School Health Index

- The School Health Index (SHI) is a needs assessment that should be completed annually at each school by the wellness committee. Module 1, 2, 3, 4, and 8 questions are required to be completed.
- The Plan for Improvement section of the School Health Index should then be used to discuss the results of the SHI and to develop goals that will be included in the school improvement plan.

Developing a School Improvement Plan

- The district-level requirement for school improvement is to identify members of the district wellness committee members as required by both federal and state mandate.
- The school-level requirement includes the needs assessment (SHI and body mass index), as well as goal setting in the areas of physical activity and nutrition.