

Local School Wellness Policy 2017-2018

The health and physical well-being of our students directly affects their ability to learn. Studies have shown that students who exercise regularly and eat healthy do better on standardized tests and generally are better students. Childhood obesity increases the incidence of adult diseases occurring in children and adolescents such as heart disease, high blood pressure and diabetes. The increased risk carries forward into their adult lives. Research indicates that a healthy diet and regular physical activity can help prevent obesity and the diseases that result from it. It is understood that the eating habits and exercise patterns of students cannot be changed overnight, but at the same time, the Lake Hamilton School District, school board and community believe it is necessary to strive to create a culture in our schools that consistently promotes nutrition through attainable goals and physical activity.

The problem of obesity, inactivity and poor nutrition is a public health issue. The district and school board are keenly aware that it has taken years for this problem to reach its present level and it will take a similar time to correct. The responsibility for addressing the problem lies not only with the schools and the Department of Education, but with the community and its patrons, organizations and agencies. Therefore, the district shall enlist the support of all resources to find solutions which improve the health and physical activity of our students.

Goals

In our efforts to improve the school nutrition environment, promote student health, and reduce childhood obesity, the Lake Hamilton 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. Adhering to these Rules will include, but is not limited to district efforts as we:

1. Appoint a district school health coordinator who shall be responsible for ensuring that each school fulfills the requirements of this policy. The district wellness chairman will schedule quarterly meetings that will include parental involvement, teachers of physical education, and school health professionals and child nutrition workers will participate.

2. Implement a grade appropriate nutrition education program that will develop an awareness and appreciation for nutrition while setting healthy goals for a good nutritional lifestyle. The district will adhere to the Federal Smart Snacks Regulations.

3. Enforce existing physical education requirements and engage the students in healthy levels of physical activity. Measure periodically student's fitness level through Presidential Fitness exams, BMI, SHI and various skill tests. Enhance school-wide physical activity through The Adam Brown Shamrock run, Wolf Color Run and other physical activity based events. Efforts will be made at these events to promote good nutrition and suggest healthy lifestyles.

4. Strive to improve the quality of physical education curricula and increase the training of physical education teachers through current professional development.

5. Follow the current Arkansas Physical Education and Health Frameworks in grades K-12.

6. Discourage the use of food or beverage as rewards for academic and classroom performances.

7. Ensure that drinking water is available without charge to all students.

8. Establish class schedules and bus routes that do not directly or indirectly restrict meal access.

9. Provide students with ample time to eat their meals in pleasant cafeteria and dining areas. Each cafeteria will maintain a bulletin board supporting healthy food choices and healthy lifestyle.

10. Establish no more than nine (9) school-wide events which permit exceptions to the food and beverage limitations established by said rule. The schedule of events shall be school approved and documented by the principal, and shall be part of the principal's calendar. Information is kept on file by the District Wellness Chairman.

11. The Local Wellness Policy (LWP) shall permit teachers of physical education as well as school health professionals to participate in the development and periodic review of the LWP.

12. Inform and update the public and the district ACSIP chairmen before October 1 about the content and implementation of the Local Wellness Policy, District Wellness Meeting times and minutes, results of BMI and the results of SHI will be posted on the school district website and newsletter.

Amended September 2017

