



**Midland School District
2022-2023 Wellness Policy**

The Midland School District has established a policy which promotes good nutrition and physical activity. Student health and well-being directly affects their ability to learn.

Supporting Data:

1. The Midland District Body Mass Index data presented indicates the percentage of all school students who may be at risk of poor academic performance. BMI data showing students to be at risk for overweight/obese given below.

Year	Percentage of Overweight/Obese Males	Percentage of Overweight/Obese Females
2020/2021	44.1%	52.0%
2019/2020	33.3% *only 8 th grade due to COVID	29.4% *only 8 th grade due to COVID
2018/2019	48.7%	48.0%
2017/2018	46.4%	44.2%
2016/2017	47.5%	47.2%
2015/2016	46.4%	34.7%
2014/2015	33.7%	36.6%
2013/2014	57.6%	42.4%
2012/2013	31.9%	31.9%
2011/2012	34.2%	40.8%

Goal for 2021-2022 was not fully met as the BMI results show a 4% increase for overweight/obese females and a 4.6% decrease for males.

2. Free and Reduced Price Meal Eligibility for MSD:

2021-2022 100% Free/Reduced (CEP- Grace Year)
2020-2021 100% Free/Reduced (CEP)
2019-2020 100% Free/Reduced (CEP)
2018-2019 100% Free/Reduced (CEP)
2017-2018 100% Free/Reduced (CEP)
2016-2017 Free/Reduced 72.64%
2015-2016 39.46% (total students 593 and 234 students qualify through application);
2013-2014 Free/Reduced 67.8%; 2012-2013 Free/Reduced 66.8;

2011-2012 Free/Reduced 68.9%

2010-2011 Free/Reduced 57%.

3. Independence County Unemployment Rate/ State Unemployment Rate:

Year	Independence County Unemployment Rate	State of Arkansas Unemployment Rate
August 2021	3.9%	3.8%
August 2020	5.1%	6.2%
August 2019	4.2%	3.5%
August 2018	4.0%	3.5%
August 2017	4.7%	3.7%
August 2016	5.2%	4.0%

4. Independence County Poverty Rate for children under 18: 2019-2020=22%. In 2019 the Poverty Rate for USA=16.8% and the National Poverty rate=12.3%.

School Year	Independence County Poverty Rate for Children under 18 years old
2019-2020	22%
2018-2019	22.1%
2017-2018	24.7%
2016-2017	22.5%
2015-2016	23.8%
2014-2015	27.2%
2013-2014	17.2%

5. The graduation rates by school year for the past six school years.

School Year	Graduation Rate
2020-2021	71.43%
2019-2020	81%
2018-2019	86% *State of AR Graduation Rate 87.6%
2017-2018	92%
2016-2017	87%
2015-2016	94%

6. The current School Health Index areas that scored the lowest are as follows:

Module 3: Physical Education and Physical Activity Programs

Module 11: Community Involvement.

The main reason for a low score from Module 3 is the following questions for elementary and high school:

*Do all elementary students in each grade receive **physical education** for at least 150 minutes per week throughout the school year? NOTE: Physical education classes should be spread over at least three days per week, with daily physical education preferable. Do all high school students receive **physical education** for at least 225 minutes per week throughout the school year? NOTE: Physical education classes should be spread over at least three days per week, with daily physical education preferable.*

Elementary students currently have PE for 50 minutes once a week. High school students that are in PE get 220 minutes per week but not all high school students have PE. Plans for improvement will include ways to increase time of PE for all students.

Low scores for Module 11 were due to low student and community involvement in school health initiatives.

Our first ever School Health Night on August 30, 2022 6:00-7:30pm will increase community involvement and will give students and their families the opportunity for free healthy snacks and local provider information on physical, mental, dental, and nutritional health. Both Elementary and High School will continue sending out announcements by email to parents and staff daily. Another way to encourage family and community involvement is the District face book page and Class Dojo where events and updates can be posted.

Goal To improve the school nutrition environment, promote student health, and reduce childhood obesity of all students.

Benchmark By the end of 2022-2023 school year there should be a 0.5% decrease in the number of overweight/obese students as evaluated by the annual Body Mass Index screening.

Intervention: Provide an environment where nutritious foods and healthy eating habits are promoted.

Scientific Based Research: Richard B. Russell National School Lunch Act 42 U.S.C. § 1751 et seq. Child Nutrition Act of 1966 42 U.S.C. § 1771 et seq. A.C.A. §§ 20-17-133, 134, and 135 ADE Rules Governing Nutrition and Physical Activity Standards in Arkansas Public Schools Allowable Competitive Foods/Beverages - Maximum Portion Size List for Middle, Junior High, and High School Nutrition Standards for Arkansas Public Schools (Commissioner’s Memo FIN-06-106)

Actions	Person Responsible	Timeline	Resources	Source of Funds
5.29—WELLNESS POLICY The health and physical wellbeing of our 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	School Health Coordinator, Nurse Ashley Conder	Start: August 01, 2022. End: June 30, 2023.	<ul style="list-style-type: none"> •Administrative Staff •District Staff 	Actions Budget:

blood pressure and diabetes. The increased risk carries forward into their adulthood. Research indicates that a healthy diet and regular physical activity can help prevent obesity and the diseases resulting from it. It is understood that the eating habits and exercise patterns of students cannot be magically changed overnight, but at the same time, the board of directors believes it is necessary to strive to create a culture in our schools that consistently promotes good nutrition and physical activity. The problem of obesity and inactivity is a public health issue. The board is keenly aware that it has taken years for this problem to reach its present level and will similarly take years 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 residents, organizations and agencies. Therefore, the District shall enlist the support of the larger community to find solutions which improve the health and physical activity of our students.

Goals: In its efforts to improve the school nutrition environment, promote student health, and reduce childhood

<p>obesity, the District will adhere to the Arkansas Rules Governing Nutrition and Physical Activity Standards in Arkansas Public Schools. Adhering to these Rules will include, but is not limited to District efforts to 1. Appoint a District school health coordinator who shall be responsible for ensuring that each school fulfills the requirements of this policy; 2. Implement a grade appropriate nutrition education program that will develop an awareness of and appreciation for nutrition and physical activity throughout the curriculum; 3. Enforce existing physical education requirements and engage students in healthy levels of vigorous physical activity; 4. Strive to improve the quality of physical education curricula and increase the training of physical education teachers; 5. Follow the Arkansas Physical Education and Health Education Frameworks in grades K-12; 6. Not use food or beverages as rewards for academic, classroom, or sports performances; 7. Ensure that drinking water is available without charge to all students; 8. Establish class schedules, and bus routes that don't directly or indirectly restrict meal access; 9.</p>				
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<p>Provide students with ample time to eat their meals in pleasant cafeteria and dining areas; 10. Establish no more than nine (9) school wide events which permit exceptions to the food and beverage limitations established by Rule. The schedule of the events shall be by school, approved by the principal, and shall be part of the annual school calendar; 11. Abide by the current allowable food and beverage portion standards; 12. Meet the more stringent of Arkansas' or the U.S. Department of Agriculture's Nutrition Standards for reimbursable meals and a la' carte foods served in the cafeteria; 13. Restrict access to vended foods, competitive foods, and foods of minimal nutritional value (FMNV) as required by law and Rule; 14. Conform new and/or renewed vending contracts to the content restrictions contained in the Rules and reduce District dependence on profits from the sale of FMNV. 15. Provide professional development to all District staff on the topics of nutrition and/or physical activity; 16. Utilize the School Health Index available from the Center for Disease Control (CDC) to assess how well the District is doing at implementing this</p>				
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wellness policy and at promoting a healthy environment for its students; Advisory Committee To enhance the District's efforts to improve the health of our students, a School Nutrition and Physical Activity Advisory Committee (SNPAAC) shall be formed. It shall be structured in a way that ensures age appropriate recommendations are made which correlate to our District's grade configurations. The SNPAAC shall have the powers and responsibilities delegated to it by statute and Rule. The overarching goal of the committee shall be to promote student wellness by monitoring how well the District is doing at implementing this policy. The SNPAAC shall use modules 1, 2, 3, 4, 10, and 11 of the CDC's School Health Index as a basis for assessing each school's progress toward meeting the requirements of this policy. The results of the annual assessment shall be included in each school's ACSIP, provided to each school's principal, and reported to the board. Legal References: Richard B. Russell National School Lunch Act 42 U.S.C. § 1751 et seq. Child Nutrition Act of 1966 42 U.S.C. § 1771 et seq. A.C.A. §§ 20-17-133, 134, and 135 ADE Rules Governing Nutrition and Physical

<p>Activity Standards in Arkansas Public Schools Allowable Competitive Foods/Beverages - Maximum Portion Size List for Middle, Junior High, and High School Nutrition Standards for Arkansas Public Schools (Commissioner’s Memo FIN-06-106) Date Adopted: May 1, 2006 Action Type: Collaboration Action Type: Wellness</p>				
<p>To enhance the District’s efforts to improve the health of our students, a School Nutrition and Physical Activity Advisory Committee (SNPAAC) shall be formed. It shall be structured in a way that ensures age appropriate recommendations are made which correlate to our District’s grade configurations. The SNPAAC shall have the powers and responsibilities delegated to it by statute and Rule. The over-arching goal of the committee shall be to promote student wellness by monitoring how well the District is doing at implementing this policy. The SNPAAC shall use modules 1, 2, 3, 4, 10, and 11 of the CDC’s School Health Index as a basis for assessing each school’s progress toward meeting the requirements of this policy. Annual assessment results shall be used to develop each school’s ACSIP plan. Cafeteria menus will be reviewed monthly. Results will be</p>	<p>Dr. Bruce Bryant: Superintendent; Nurse Ashley Conder, Wellness Committee Chair</p>	<p>Start: August 01, 2022 End: June 30, 2023</p>	<ul style="list-style-type: none"> •Administrative Staff •District Staff •Teachers 	<p>Action Budget:</p>

provided to each school's principal, and reported to the board. Action Type: Program Evaluation				
This action will be deemed a success if by the end of 2022- 2023 school year there is a decrease of .5% as evaluated by the annual Body Mass Index screening. Action Type: Program Evaluation	Ashley Conder, District Nurse	Start: August 01, 2022 End: June 30, 2023	<ul style="list-style-type: none"> •Administrative Staff • Community Leaders • Teachers 	Action Budget:
Total Budget:				\$0