

## 2019-2020 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 is as follows :In 2018/19 overweight/obese males 48.7% , overweight/obese females 48%,; 2017/18 overweight/obese males 46.4%, overweight/obese females 44.2%; 2016/2017 overweight/obese males 47.5%, females overweight/obese 47.2%; 2015/2016 overweight/obese males 46.4%, females overweight/obese 34.7%; 2014/2015 overweight/obese males 33.7%, females overweight/obese 36.6%; 2013/2014 overweight/obese males 57.6%, females overweight/obese 42.4%; 2012/2013 overweight/obese males 31.9%, females 31.9%; 2011/2012 overweight/obese males 34.2%, females overweight/obese 40.8%.

Goal benchmark for 2018-2019 was not met as the BMI results for 2018/2019 showed an increase for overweight/obese males by 4.8% and an increase for overweight/obese females by 8.2%.

2. Midland Elementary and High School students currently have free breakfast and lunch because Midland School District qualified under community eligibility. Free and Reduced Price Meal Eligibility for MSD: for 2015-2016 69.46%; 2013-2014 Free/Reduced 67.8%; 2012-2013 Free/Reduced 66.8; 2011-2012 Free/Reduced 68.9%; 2010-2011 was 57%.

3. Independence County Unemployment Rate/State Unemployment Rate: July of 2019=4.5% with the state at 3.4%. In July 2018 the unemployment rate for Independence County was 4.8% while the state unemployment rate was 3.6%. In July 2017 the unemployment rate for Independence County was 5.1% while the state unemployment rate was 3.7%. In November 2016 the unemployment rate for Independence County was 4.3% while the state unemployment rate was 4.0%, and the national unemployment rate was 4.6%. In August 2015 Independence county unemployment rate was 6.8% and the state unemployment rate was 4.9%.

4. Independence County Poverty Rate for children under 18: 2016=28%, 2015=32%, 2014=34.3%.

5. The graduation rate for 2018 was 91.67%, 2017 was 86.67%, 2016 was 94.44%, 2015 was 91.18%, and 2014 it was 85.29%.

The School Health Index areas that scored the lowest are as follows: for the elementary Module 2: Health Education and Module 4 Nutrition Environment and Services; for the high school Module 3: Physical Education and Physical Activity Programs and Module 11: Community Involvement.

The elementary wellness committee chose to focus on changes to the menus to decrease the amount of prepackaged (donuts and super buns) and processed foods and to increase the amount of protein especially for breakfast. Information with requested changes were given to the new nutrition director in June 2019. Menu review will continue and input from students and parents will be encouraged.

The high school wellness committee wants to focus on increasing our physical activity for all students during the school day and getting a water bottle filling station to replace older fountains.

**Actions for change:** Review of elementary menu items shows changes for students that have increased protein and the cafeteria manager sent out an email to staff asking for help with getting student input. Students have a choice of two food items for breakfast most mornings and the grab n go breakfast will continue for students that arrive late. Wellness meeting date and time will be added to the emailed announcements and to Dojo in order to encourage more parent involvement. This school year high school students will have 10 minutes of non-structured physical activity time at the end of their lunch period. Water from all high school drinking fountains will be tested. Some high school water fountains need attention as the flow of the water is too low or not at all at times and there is a need for water filling stations at high school to meet the need of our school policy allowing students to carry water bottles. While looking at the need for old fountains to be repaired, committee will look at funding options such as grants and the possibility of putting water filling stations in the place of the fountains.

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

**Benchmark** By the end of 2019-2020 school year there should be a decrease of .5% as evaluated by the annual Body Mass Index screening.

**Intervention:** Provide an environment where nutritious foods, healthy eating habits, and being physically active 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
<p>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 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</p>	<p>School Health Coordinator, Nurse Ashley Conder</p>	<p>Start: August 01, 2019. End: June 30, 2020.</p>	<ul style="list-style-type: none"> <li>•Administrative Staff</li> <li>•District Staff</li> </ul>	<p>Actions Budget:</p>

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 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. 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 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

<p>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, and 8 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 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</p>	<p>Dewayne Wammack, Superintendent; Nurse Ashley Conder, Wellness Committee Chair</p>	<p>Start: August 01, 2019 End: June 30, 2020</p>	<ul style="list-style-type: none"> <li>•Administrative Staff</li> <li>•District Staff</li> <li>•Teachers</li> </ul>	<p>Action Budget:</p>

<p>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, and 8 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 provided to each school's principal, and reported to the board. Action Type: Program Evaluation</p>				
<p>This action will be deemed a success if by the end of 2015- 2016 school year there is a decrease of .5% as evaluated by the annual Body Mass Index screening. Action Type: Program Evaluation</p>	<p>Ashley Conder, District Nurse</p>	<p>Start: August 01, 2019 End: June 30, 2020</p>	<ul style="list-style-type: none"> <li>•Administrative Staff</li> <li>• Community Leaders</li> <li>• Teachers</li> </ul>	<p>Action Budget:</p>
<p>Total Budget:</p>				<p>\$0</p>