School Year 2022-2023 **District ___Cabot_____**

Wellness Committee Requirements Checklist – Implementation and Compliance

Federal requirements are highlighted below; Arkansas rules for nutrition and physical activity are noted by "Ark 0.00."

See Commissioner's Memo *Wellness Policies: Meeting Requirements of the Triennial Assessment* for instructions and guidance.

	Part 1										Part 2
	Aug	**Sept**	**Oct**	**Nov**	**Dec**	**Jan**	**Feb**	**Mar**	**Apr**	**May**	**Included in Policy?**
Ark 6.07.1.1 Include in the local Wellness Policy, goals for nutrition education, physical activity, and other school based activities that are designed to promote student wellness in a manner that the LEA determines is appropriate (may have standards in the Wellness Policy and annually updated goals in the ACSIP School Form)			X								#2
Ark 6.07.1.2 Include in the local Wellness Policy, nutrition guidelines selected by the LEA for all foods available (both sold and provided) on each school campus under the LEA during the school day with the objectives of promoting student health and reducing childhood obesity			X								#6, 8, 9, 10, 11, 12, 13
Ark 6.07.1.3 Include in the local Wellness Policy, guidelines for reimbursable meals, which are no less restrictive than regulations and guidance issued by USDA			X								#12
Ark 6.07.1.4 Include in the local Wellness Policy, a plan for measuring implementation of the local wellness policy, including designation of 1 or more persons within the LEA charged with operational responsibility for ensuring that each school fulfills the district's local wellness policy (ACSIP District Form – chair and co-chair)			X								#1
LEA's are required to inform and update the public about the content and implementation of the local wellness policy		X									#19

LEA's must measure periodically and make available to the public an assessment of the local wellness policy including (Triennial Assessment): ● Extent to which schools are in compliance with the local wellness policy (using this checklist) ● Extent to which the LEA's local wellness policy compares to model local school wellness policies (using the "Included in Policy?" checkbox on this form) ● And progress made in attaining the goals of the local wellness policy (using BMI data, SHI, and ACSIP)			X								X
Include in the Wellness Policy, a standard for food and beverage marketing that allows marketing and advertising of only those foods and beverages that meet the Smart Snacks nutrition requirements.			X								#14
Include in the Wellness Policy, a description of public involvement, public updates, policy leadership, and evaluation plan.			X								# 19
Ark 6.06.5 The Wellness Committee shall review and make written recommendations to the district's Child Nutrition Director regarding the district's school meal menus and other foods sold in the cafeteria. *****District's Child Nutrition Program will provide the district Wellness Committee information on the requirements and standards of the National School Lunch Program (NSLP), and menus for the NSLP and other foods sold in the school cafeteria on a **QUARTERLY** basis.			X		X		X		X		
Ark 6.02 The **school nutrition and physical activity advisory committee will help raise awareness of the importance of nutrition and physical activity and assist in the development of local policies that address issues and goals, including, but not limited to the following:											
Ark 6.02.1 Assist with the implementation of nutrition and physical activity standards developed by the school nutrition and physical activity advisory committee with the approval of the Arkansas Department of Education and the State Board of Health **(The Rules Governing Nutrition, Physical Activity, and BMI – updated May 2016, including Federal Smart Snack Regulations)**			X		X		X		X		
Ark 6.02.2 Integrate nutrition and physical activity into the overall curriculum	X										
Ark 6.02.3 Ensure that professional development of staff includes nutrition and physical activity issues										X	

Ark 6.02.4 Ensure that students receive nutrition education and engage in healthy levels of vigorous physical activity	X										
Ark 6.02.5 Improve the quality of physical education curricula and increase training of physical education teachers	X										
Ark 6.02.6 Enforce existing physical education requirements	X										
Ark 6.02.7 Pursue contracts that both encourage healthful eating by students and reduce school dependence on profits from the sale of competitive foods	X										
Ark 6.06 At a minimum, the School Nutrition and Physical Activity Advisory Committee will:											
Ark 6.06.1 Annually, assess each school campus, using the School Health Index for Physical Activity, Healthy Eating and a Tobacco-Free Lifestyle using the following modules: #1 – School Health Policies and Environment #2 – Health Education #3 – Physical Education and other Physical Activity Programs #4 – Nutrition Services #8 – Family and Community Involvement Assessment								X			
Ark 6.06.2 Compare the physical education and health education assessment from the School Health Index to the standards defined by the Arkansas Department of Education Physical Education and Health Curriculum Frameworks		X									
Ark 6.06.3 Compile the results of the School Health Index and provide a copy to the principal of each school in the district to be included in the individual school improvement plan (ACSIP)		X									
Ark 6.06.6 Assist the schools in implementing the Arkansas Child Health Advisory Committee recommendations for all foods and beverages sold or served anywhere on the school campus, including all foods and beverages other than those offered as part of reimbursable meals, including a la carte, vending machines, snack bars, fundraisers, school stores, class parties, and other venues that compete with healthy school meals	X										
Ark 6.06.7 Annually maintain and update a written list of recommended locally available healthier options for food and beverages available for sale to students							X				
Ark 6.06.8 Encourage the use of non-food alternatives for fundraisers	X										

Ark 6.06.9 Review and make written recommendations to the local school board regarding the components to be included in food and beverage vending contracts								X				
Ark 6.06.10 Include as part of the district's annual report to parents and the community the amount of funds received and expenditures made from competitive food and beverage contracts			X									
Arkansas Required Members: School Board Administration Food Service Teacher Organization Parents Students Professional Groups – Nurses Community Members	**USDA Required Members:** School Board Administration Food Service Teachers of Physical Education Parents Students School Health Professionals Public	X										
List additional policies adopted at the local level and implemented through the Local Wellness Policy:												

*Arkansas Act 2285 of 2005 "An Act to Provide Statewide Standards for School Lunch Programs; And for Other Purposes"

**Wellness Committee = School Nutrition and Physical Activity Advisory Committee

Please refer to the *Arkansas Department of Education Rules Governing Nutrition and Physical Activity Standards and Body Mass Index for Age Assessment Protocols in Arkansas Public Schools* – May 2016, the USDA Food and Nutrition Service Smart Snack Regulations, and the USDA FNS Local School Wellness Policy Implementation Final Rule.