

MOUNTAINBURG SCHOOL WELLNESS POLICY

All students should possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff members are encouraged to model healthy eating and physical activity as a valuable part of life. The Mountainburg Public School District will take positive steps to encourage such healthy eating habits and physical activities.

1. Goals for nutrition, physical activity, and other school based activities that are designed to promote student wellness.
 - A. Nutrition Education
 1. The Mountainburg Public School District will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.
 2. The Mountainburg Public School District will promote a comprehensive approach to nutrition in Pre-k through 12th Grade.
 - B. Nutrition Promotion

Mountainburg Public Schools work to improve the health and well-being of its students by developing and promoting nutrition guidance and education that links scientific research to the nutritional needs of students.
 - C. Physical Activity
 1. A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program.
 2. Mountainburg Public School will meet or exceed all physical activity requirements as described in the Arkansas Department of Education Rules Governing Nutrition and Physical Activity Standards in Arkansas Schools.
 - D. Other School Based Activities
 1. School Dining Areas
 - a. School dining areas will have sufficient space for students to sit and consume meals.
 - b. School dining areas will be clean, safe and pleasant.
 - c. Adequate time will be given for students to enjoy eating healthy.
 2. Fundraising
 - a. All fundraising projects for sale and consumption of food items within the school day will follow the districts nutritional standards when determining the items being sold.
 - b. Groups doing fundraisers outside the school day will be encouraged to consider non-food sales and/or items supportive of healthy eating when possible.
 3. Professional development

Nutritional and physical activity education opportunities will be a part of the district's regular professional development program.

II. Nutrition guidelines for all foods available on school campuses during the school day:

The Mountainburg Public Schools support and promote proper dietary habits contributing to student's health status and academic performances. All foods available on school grounds and at school sponsored activities during the school day should meet or exceed the state nutrition standards. Emphasis should be placed on foods that are nutrient dense per calorie. To ensure high quality, nutritious meals, foods should be served with consideration toward variety, appeal, taste, safety, and packaging.

The Mountainburg Public School will offer breakfast, lunch and pre- k snacks and will adhere to guidelines for reimbursable meals and not be less restrictive than the most current regulations and guidance issued by the Secretary of Agriculture.

The full meal school breakfast and lunch programs will continue to follow the USDA Requirements for Federal School Meal Programs. This also includes the CACFP meal patterns for Pre-k.

The Mountainburg Public School will comply with all state regulations pertaining to nutrition and physical activity including annual assessment and modification of the wellness plan. Involvement of parents, students, and representatives of school food authority, the school board, school administrators, and the public in development and maintenance of the school wellness policy.