

Arkansas Department of Education

This document was developed to assist Public and Charter school personnel for development of their District Wellness Priority. It is not an official form of the Arkansas Department of Education.

This is a Sample “District Wellness Priority” to assist districts in the development of their required District Wellness Priority.

Districts will need to use their own data and resources to develop their Wellness Priority.

This sample was developed in cooperation with the Child Nutrition Unit and the ACSIP Unit from ADE. It is intended to provide you with the format of how the priority can be developed and the type of actions that may be placed in ACSIP using the SEDL software. Again, districts will need to personalize and tailor the data, goals, interventions, actions, and resources to address the needs of their district.

There are some required components and some optional; thus, districts will need to use resources provided on the Child Nutrition Website to assist with the development of the Wellness Priority. The Wellness Protocol document is an excellent tool and provides guidance in the development of the action plan. **The Child Nutrition Unit has a website and will have a Wellness link available soon.** The Nutrition Web-site is:

<http://cnn.k12.ar.us>

Note: If districts have already placed their District Wellness Policy as the first action in their District Wellness Priority, then they have the option of leaving it as the first action or they may choose to place an action describing the process of how they developed the policy. An Example is included as the first action in the attached sample.



2008-2009 View Priority

[Return to Priority Summary](#) – SAMPLE #1 - DRAFT

Priority 1: Wellness

Supporting Data:

REQUIRED DATA SOURCES – See Wellness Priority Protocol, Page _____.

1. The NAME District Body Mass Index data presented indicates the percentage of students who may be at risk of poor academic performance.

Body Mass Index Data SY 2005-06: of the _____ student population, _____ students were assessed. Of the students assessed, the following represents the percent of students at risk of overweight and overweight:

District: Males-____%, Females-____%;
Elementary: Males-____%, Females-____%;
Middle School: Males-____%, Females-____%;
High School: Males-____%, Females-____%

Body Mass Index Data SY 2004-05 of the 1077 student population, 756 students were assessed. Of the students assessed, the following represents the percent of students at risk of overweight and overweight:

District: Males-34.0%, Females-26.6%;
Elementary: Males-34.4%, Females-26.6%;
Middle School: Males-31.9%, Females-30.7%;
High School: Males-36.6%, Females-20.7%

Body Mass Index Data SY 2003-04 of the 981 student population, 671 students were assessed. Of the students assessed, the following represents the percent of students at risk of overweight and overweight:

District: Males-30.9%, Females-24.0%;
Elementary: Males-26.7%, Females-28.4%;
Middle School: Males-30.4%, Females-22.2%;
High School: Males-37.3%, Females-19.7%

School Health Index Module 4, Nutrition Services: Elementary and High School - Collaboration between food service staff and teachers identified as an area needing improvement. Preparedness for food emergencies identified as an area needing improvement. Elementary - Variety of foods in school meals identified as an area needing improvement. Middle and High School - Meals include appealing, low-fat items identified as area needing improvement.

OR

School Health Index

Overall Score Card

For each module (row), write the score in the column where the Module score falls. Optional modules are highlighted yellow.					
	Low 0-20%	21-40%	Medium 41-60%	61-80%	High 81-100%
School Health Policies and Environment – Module 1 - REQUIRED					
Health Education - Module 2 – REQUIRED					
Physical Education and Other Physical Activity Programs – Module 3 - REQUIRED					
Nutrition Services - Module 4 - REQUIRED					
School Health Services – Module 5 - OPTIONAL					
School Counseling, Psychological, and Social Service – Module 6 - OPTIONAL					
Health Promotion for Staff – Module 7 - OPTIONAL					
Family and Community Involvement – Module 8 - REQUIRED					

OPTIONAL DATA SOURCES – See Wellness Priority Protocol, page ____.

3. **NOTE: See APSCN Cycle 2 Report to obtain this data.**

Free and Reduced Price Meal Eligibility SY 2005-06:

District - 67.2% paid, 10.4% reduced; 22.4% free;
Elementary - 62.6% paid, 13.2% reduced; 24.1% free;
Elementary Primary - 65.4% paid, 9.2% reduced, 25.2% free;
Middle - 65.9% paid, 9.3% reduced, 24.7% free;
High - 74.1% paid, 8.9% reduced, 16.9% free

Free and Reduced Price Meal Eligibility SY 2004-05:

District - 67.3% paid, 9.2% reduced, 23.5% free;
Elementary - 64.17% paid, 9.66% reduced, 26.17% free;
Elementary Primary - 62.06% paid, 8.30% reduced, 29.64% free;
Middle - 69.19% paid, 8.65% reduced, 22.16% free;
High - 73.72% paid, 9.62% reduced, 16.67% free

4. **NOTE: See USDA's Economic Research Service, Data Sets – County Level Unemployment and Median Household Income for Arkansas. (www.ers.usda.gov)**

Washington County Unemployment Rate: 2005 – 3.0%; 2004 – 3.6%; 2003 - 3.7%

5. Washington County Percent Population in Poverty, 2002 - 14.2%.

Goal:

The District will provide support for students in making Healthy Lifestyle Choices by implementing systems to aid in decreasing the average BMI on routine annual student screening and increasing collaboration between all segments of the school community in support of positive lifestyle choices.

Benchmark:

By the SY2007-2008 there will be a decrease of the average Body Mass Index for students by ½ % as evaluated by the annual Body Mass Index Screening.

Intervention: Administrative Support for Wellness

Scientific Based Research:

Journal of the American Dietetic Association, 103(7): 887-93. 2003.NAL Call Number: 389.8 Am34

Position of the American Dietetic Association: Child and adolescent food and nutrition programs. J. Stang, C.T. Bayerl.

Food and Nutrition Information Center's (FNIC) web site at http://www.nal.usda.gov/fnic/pubs_and_db.html. *Clinical Pediatrics*, 40(2): 63-70. 2001. NAL Call Number: RJ1-C55, Behavioral and cognitive status in school-aged children with a history of failure to thrive during early childhood. R.A. Dykman, et al.

Action:

The NAME School District has developed District wellness policies in collaboration with the district Nutrition and Physical Activity Committee. Policies have been approved by the district school board. Policies include the five (5) federal requirements: Goals for nutrition education, physical activity and other school-based activities, Nutrition guidelines, Guidelines for reimbursable school meals, a Plan for measuring implementation of the local wellness policy, and Community involvement. The Policy Statement has been submitted to ADE, Child Nutrition Unit, per the required submission deadline of May 15, 2006.

Action Type: Collaboration

Action Type: Wellness

Person Responsible	Timeline	Resources	ACTION BUDGET:
Superintendent	Start: 01/01/2006 End: 05/15/2006	Administrative Staff Central Office District Staff Community Leaders Outside Consultants	

Action:

The NAME School District will: (1) provide support to schools to ensure successful implementation of the Wellness Policies; (2) provide resources and professional development to District and School staff to improve the overall school nutrition environment; and (3) will promote the health and physical activity curriculum and student health.

Action Type: Wellness

Action Type: Professional Development

Person Responsible	Timeline	Resources	ACTION BUDGET:
Superintendent	Start: 08/15/2006 End: 06/15/2007	Administrative Staff Central Office Teachers	

		District Staff	
		Community Leaders	

Action:

The NAME School District will ensure each school provides a pleasant environment and monitors schedules and other factors which may interfere with students' access to health information, resources, and a healthy environment. The School Health Index (SHI) Modules will be used to evaluate district and school effectiveness.

Action Type: Wellness

Action Type: Plan Evaluation

Action Type: Equity

Person Responsible	Timeline	Resources	ACTION BUDGET:
Superintendent/Principals	Start: 08/15/2006 End: 06/15/2007	Administrative Staff Central Office Teachers District Staff Community Leaders	

Action:

The NAME School District will support schools in the alignment and implementation of the current Arkansas Nutrition and Physical Education and Physical Activity Standards and Arkansas Curriculum Frameworks. Resources, professional development opportunities and training will be provided to increase knowledge and advance skills for successful implementation.

Action Type: Wellness

Action Type: Alignment

Action Type: Professional Development

Person Responsible	Timeline	Resources	ACTION BUDGET:
Superintendent/District Curriculum Specialist or	Start: 08/15/2006 End: 06/15/2007	Administrative Staff	

Supervisor		Central Office Community Leaders Teachers/Teaching Aids District Staff Outside Consultants	
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Action:

The Nutrition and Physical Activity Committee as part of the ACSIP Committee will frequently monitor Goals and will evaluate the effectiveness of Interventions by reviewing data results, and other assessments related to Wellness (School Health Index Modules, Wellness Policy Checklist, etc.). ACSIP will be modified as needed.

Action Type: Collaboration

Action Type: Plan Evaluation

Action Type: Wellness

Person Responsible	Timeline	Resources	ACTION BUDGET:
ACSIP Committee Chair	Start: 08/15/2006 End: 06/15/2007	Administrative Staff Central Office Teachers District Staff Community Leaders Outside Consultants	

Intervention:

Schools will implement practices to provide opportunities for students to practice healthy behaviors at school and encourage them to make healthy food and physical activity choices resulting in increased academic performance.

Scientific Based Research:

Guidelines for School Health Programs to Promote Lifelong Healthy Eating (June 14, 1996/Vol. 45/No. RR-9); Guidelines

for School Health Programs to Promote Lifelong Physical Activity (March 7, 1997/Vol. 46/No. RR-6).

Action:

The NAME District will support the schools in making physical activity and healthy foods widely available in all areas of the school campus and encourage students to make healthy behavior choices outside the school.

Action Type: Wellness

Person Responsible	Timeline	Resources	ACTION BUDGET:
Superintendent/Wellness Committee Chair/District Child Nutrition Director	Start: 08/01/2006 End: 06/15/2007	Administrative Staff Teachers District Staff Community Leaders	

Action:

The NAME district will support schools offering the students choices of: two (2) entrees offered daily at lunch; two (2) choices of fruit or 100% fruit juice offered daily at lunch; two (2) choices of vegetables offered daily at lunch; and five (5) foods containing whole grain offered weekly.

Action Type: Wellness

Person Responsible	Timeline	Resources	ACTION BUDGET:
District Child Nutrition Director	Start: 08/19/2006 End: 06/15/2007	Administrative Staff District Staff Community Leaders	

Action:

The NAME district will support school staff exhibiting qualities of positive role models for healthy eating and physical activity.

Action Type: Collaboration

Action Type: Wellness

Person Responsible	Timeline	Resources	ACTION BUDGET:
Superintendent/District Nurse or School Health Coordinator	Start: 08/15/2006 End: 06/15/2007	Administrative Staff Teachers District Staff Community Leaders	

Action:

The NAME district will involve parents in physical activity and nutrition education through homework, national school lunch program menus, and parent-teacher organization meeting presentations and professional development activities. Professional development will focus on physical activity and nutrition education, and health risk indicators that compromise students ability to perform academically, etc.

Action Type: Collaboration

Action Type: Parental Engagement

Action Type: Professional Development

Action Type: Wellness

Person Responsible	Timeline	Resources	ACTION BUDGET:
Superintendent/District Curriculum Specialists or Supervisor	Start: 08/15/2006 End: 06/15/2007	Administrative Staff District Staff Community Leaders Teachers/Teachers Aids	

Action:

The NAME district will support implementing a health promotion and physical activity curriculum, "Media Smart Youth" to support healthy lifestyle choices and critical thinking skills for middle school students. Curriculum will be aligned with Arkansas Frameworks.

Action Type: Alignment

Action Type: Collaboration

Action Type: Wellness

Person Responsible	Timeline	Resources	ACTION BUDGET:
Superintendent/Principal/ District Curriculum Specialists or Supervisor	Start: 08/15/2006 End: 06/15/2007	Administrative Staff District Staff Teachers Community Leaders Outside Consultants	

Action:

The NAME district will create, communicate and implement a policy eliminating advertising of foods and beverages on school property.

Action Type: Collaboration**Action Type: Parental Engagement****Action Type: Wellness**

Person Responsible	Timeline	Resources	ACTION BUDGET:
Superintendent	Start: 08/01/2006 End: 06/15/2007	Administrative Staff Central Office District Staff Community Leaders Outside Consultants	

Action:

The district will support schools in providing marketing education that encourages students to make healthy food and physical activity choices, such as the "Portion Distortion" slide presentation by the National Heart, Lung, and Blood Institute, Obesity Education Initiative. Curriculum will be integrated and aligned with Arkansas Health and Physical Education Frameworks and Career Technical Education Frameworks (Workforce Education).

Action Type: Wellness
Action Type: Alignment
Action Type: Collaboration

Person Responsible	Timeline	Resources	ACTION BUDGET:
Superintendent/District Curriculum Specialists or Supervisor	Start: 01/15/2006 End: 06/15/2007	Administrative Staff District Staff Community Leaders Teachers Outside Consultants	

Action:

Middle school teachers will receive training on implementing the interdisciplinary "Planet Health" nutrition and physical education curriculum and will align curriculum to the frameworks and implement the curriculum for at least 3 years.

Action Type: Alignment
Action Type: Collaboration
Action Type: Professional Development
Action Type: Wellness

Person Responsible	Timeline	Resources	ACTION BUDGET:
Superintendent/District Curriculum Specialists or Supervisor	Start: 01/01/2006 End: 05/01/2007	Administrative Staff Outside Consultants Teachers District Staff	

Action:

The district will apply for a grant to develop and implement the Coordinated School Health Program (yearly funding

available, contact ADE Office of Coordinated School Health).

Action Type: Collaboration

Action Type: Wellness

Person Responsible	Timeline	Resources	ACTION BUDGET:
Superintendent	Start: 08/15/2006 End: 06/15/2007	Administrative Staff Central Office District Staff Community Leaders Outside Consultants	

Action:

The NAME district will ensure that the Wellness Committee will evaluate the effectiveness of the Health Program by conducting pre and post assessment of School Health Index Module results and surveys given to students and teachers. Results of evaluation will be shared with staff and modifications will be addressed per survey results.

Action Type: Plan Evaluation

Action Type: Wellness

Person Responsible	Timeline	Resources	ACTION BUDGET:
District Wellness Chair	Start: 08/15/2006 End: 06/15/2007	Administrative Staff District Staff Central Office Community Leaders Teachers	

ACTION:

The NAME district will ensure that the Wellness Committee will observe and assist in the evaluation of the various methods used to distribute and collect free and reduced price meal applications as well as the student collection

procedures to support the Child Nutrition Director in making appropriate changes that improve access to the program by all students.

Action Type: Collaboration

Action Type: Equity

Action Type: Wellness

Action Type: Plan Evaluation

Person Responsible	Timeline	Resources	ACTION BUDGET:
Child Nutrition Director	Start: 08/01/2006 End: 06/15/2007	Administrative Staff Central Office District Staff Community Leaders	