

Horatio School District's Wellness Policies on Physical Activity and Nutrition

Every child deserves to have access to healthful foods and opportunities to be physically active in order to grow, learn and thrive. Good health is proven to foster student's attendance and education. Obesity among school age children has doubled and has tripled in adolescents over the last two decades. Lack of physical activity and excessive calorie intake are the predominant causes of obesity.

Studies show that 33% of high school students do not participate in vigorous physical activity and 72% of high school students do not attend daily PE classes. Two percent of children ages 2-19 actually eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid.

The Horatio School District is committed to provide a school environment that will promote and protect each child's health and well-being to the best of their ability. Therefore, it is the policy of the Horatio School District that:

Goals:

- The school district will engage students, parents, teachers, food service professionals, health professionals and any other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies. Also, the district will participate in any after school programs such as the 21st CCLC grant to help promote better life choices and attitudes for our students.
- All students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Food service professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutritional needs of students. Also provided will be a clean, safe, and pleasant setting with adequate time for students to eat.
- The school district will participate in available federal school meal programs which include the School Breakfast Program, National School Lunch Program, Summer Food Service Program, any Fruit and Vegetable Snack Program and any after school snack programs.

•The school district will provide nutrition, education and physical education to foster lifelong habits of healthy eating and physical activity as well as building the bond of health, education and school meal programs with related community services.

To Achieve These Policy Goals:

The Horatio School District will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies.

Staff Wellness:

The Horatio School District highly values the health and well- being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

Legal References: Richard B. Russell National School Lunch Act
42 U.S.C. § 1751 et seq.as amended by PL
111-298 (Section 204 is codified at 42 U.S.C
§ 1758(b))
Child Nurtirion Act of 1966 42 U.S.C. § 1771
Et seq.
A.C.A. § 6-20-709
A.C.A. §§ 20-7-133, 134, and 135
ADE Rules and Governing and Physical
Activity Standards in Arkansas Public Schools
Nutrition Standards for Arkansas Public Schools

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