



SCHOLARMADE[®]

Achievement Place of Arkansas

**WELLNESS POLICIES ON PHYSICAL
ACTIVITY AND NUTRITION**

FOR:

IVY HILL PREPARATORY ACADEMY



SCHOLARMADE ACHIEVEMENT PLACE OF ARKANSAS
Wellness Policies on Physical Activity and Nutrition

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SCHOLARMADE ACHIEVEMENT PLACE OF ARKANSAS

Wellness Policies on Physical Activity and Nutrition

WELLNESS POLICIES ON PHYSICAL ACTIVITY AND NUTRITION

ScholarMade Achievement Place schools are committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the ScholarMade Achievement Place that:

- SFA shall follow the State of Arkansas wellness policy.
- Each school will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing this policy.
- All students in all grades 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*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate, to the extent possible, the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools will participate in available federal school meal programs, including the School Breakfast Program, National School Lunch Program (including after-school snacks, Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program.)
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

SCHOOLS WELLNESS COMMITTEE

The schools will create a ScholarMade Wellness Committee to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies consistent with this policy and the ScholarMade school design. The SWC will serve as a resource for implementing this policy. SWC members will include:

- Brad Burl, Managing Director and PE Coach: Chair
- Kelsey Dellinger, Head of School
- Sheila Bailey, Meals Consultant
- Kelsey Coleman, Nurse: Co-Chair
- Leonard McGhee: Student Success Specialist
- Alexander Alexandria, Resource Student Support Teacher
- Dwayne Knowlton: Facility and Transportation Coordinator
- Natasha Tucker, Parent
- Brannndii Peterson, Board

ANNUAL NOTIFICATION OF POLICY

ScholarMade Achievement Place will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. This information available via the charter website and/or charter-wide communications. The Charter will provide as much information as possible about the school nutrition environment. This will include a summary of the school's events or activities related to wellness policy implementation. Annually, the school will also publicize the name and contact information of the school leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.



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ANNUAL PROGRESS ASSESSMENTS

At least annually, ScholarMade Achievement Place will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools are in compliance with the wellness policy;
- A description of the progress made in attaining the goals of the wellness policy.

REVISIONS AND UPDATING THE POLICY

We will update or modify the wellness policy based on the results of the annual School Health Index and annual assessments and/or as ScholarMade priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated following the triennial annual.

COMMUNITY INVOLVEMENT, OUTREACH AND COMMUNICATIONS

Scholarmade is committed to being responsive to community input, which begins with awareness of the wellness policy. Scholarmade will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. Scholarmade will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. Scholarmade will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.

We will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. Scholarmade will also use these mechanisms to inform the community about the availability of the annual reports.

STAFF QUALIFICATIONS AND PROFESSIONAL DEVELOPMENT

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

WATER

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. ScholarMade will make drinking water available where school meals are served during mealtimes. ScholarMade has water stations throughout the school and allows student water bottle to each student and faculty member.

CELEBRATIONS AND REWARDS

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards. As of March 2015, USDA is now allowing classroom parties (even if they require money that is collected ahead of time) and teacher "treat" rewards or food rewards for school performance or good behavior to NOT meet the Smart Snacks standards. As of this date, these two scenarios do not need to meet Smart Snacks guidelines.

1. Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
2. Classroom snacks brought by parents. ScholarMade will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards.



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- Rewards and incentives. ScholarMade will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

FUNDRAISING

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus* during the school day*. ScholarMade will make available to parents and teachers a list of healthy fundraising ideas [examples from the [Alliance for a Healthier Generation](#) and the [USDA](#)].

GOAL 1

Activity	Person Responsible	Timeline
Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.	Sheilia Bailey	Ongoing
Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate, to the extent possible, the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.	Sheilia Bailey	Ongoing
To the maximum extent practicable, the school will participate in available federal school meal programs, including the School Breakfast Program, National School Lunch Program (including after-school snacks, Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program.)	Sheilia Bailey	Ongoing

GOAL 2 MEASURABLE OBJECTIVE

Activity	Person Responsible	Timeline
The LEA will provide 250 minutes of physical education and physical activity weekly for each student. Each student receives 50 minutes for physical education weekly and 40 minutes or recess daily	Brad Burl	Ongoing
Physical activity will be implemented across the curriculum for all grade levels.	Brad Burl	Ongoing

GOAL 3 MEASURABLE OBJECTIVE

Activity	Person Responsible	Timeline
Through the implementation of Playworks as a key part of the school's model; staff members will receive 18 hours of professional development which includes nutrition and physical activity.	Brad Burl	August 2022