



# SCHOLARMADE ACHIEVEMENT PLACE OF ARKANSAS

## Wellness Policies on Physical Activity and Nutrition

### Annual Progress Assessments

#### 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.

Status:

☒ We will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing this policy.

Status

☒ 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*.

Status:

☒ 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.

Status:

☒ 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.)

Status:

☒ Schools will provide nutritional 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.

Status: Providing physical activity to virtual students is developing.

#### GOAL 1

| Activity                                                                                                                                                                                                                                                                                                                                                                                                             | Person Responsible | Timeline | Status   |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|----------|----------|
| Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.                                                                                                                                                                                                                                                                                   | S. Bailey          | Ongoing  | Complete |
| 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. | J. Lindsey         | Ongoing  | Complete |
| 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.)                                                                                              | J. Lindsey         | Ongoing  | Complete |

#### GOAL 2 MEASURABLE OBJECTIVE

| Activity | Person Responsible | Timeline | Status |
|----------|--------------------|----------|--------|
|----------|--------------------|----------|--------|



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### Wellness Policies on Physical Activity and Nutrition

|                                                                                                                                                                                                     |           |         |          |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------|----------|
| The LEA will provide 260 minutes of physical education and physical activity weekly for each student. Each student receives 60 minutes for physical education weekly and 40 minutes of recess daily | Brad Burl | Ongoing | Complete |
| Physical activity will be implemented across the curriculum for all grade levels.                                                                                                                   | Brad Burl | Ongoing | Complete |

#### GOAL 3 MEASURABLE OBJECTIVE

| Activity                                                                                                                                                                                    | Person Responsible | Timeline | Status   |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|----------|----------|
| Through the implementation of Playworks as a key part of the school's model; staff members will receive 6 hours of professional development which includes nutrition and physical activity. | Kevon Cobb         | August   | Complete |