



AcadeMir Charter Schools, Inc.

Wellness Policy

2015-2016

Wellness Committee Members:

The following wellness committee members are involved in the development of this policy and its implementation throughout the school year.

- Parents: Barbara Lorenzo, Gigi Casas
- Students: Isabella Ortiz, Manuel Rodriguez
- School food service: Caroliona Villarroel, Maritza Llorens, Lizandra Ferrer
- The school board: Dr. Tirso Alonso, Alexander Casa, Johanna Pino, Lisette Gell
- School administrators: Carolina Claro, Karla Rodriguez, Raimy Stempien, Mary Ledo

Mission

AcadeMir Charter Schools are committed to provide a healthy environment for students and staff within the school environment. The mission of AcadeMir Charter Schools is to provide students with a well-rounded school education and promoting school wellness to increase student academic performance.

AcadeMir Charter Schools will focus on achieving these nutritional and educational (7) goals:

- A. Nutrition
- B. Health Education And Life Skills
- C. Nutritional Education
- D. Setting Physical Activity Goals
- E. Establishing Nutritional Standards For All Foods Available On School Campus During The School Day
- F. Setting Goals For School-Based Activities Designed To Promote Student Wellness
- G. Setting Goals For Measurement
- H. Evaluation

Nutrition

Academic performance and quality of life issues are affected by the choice and availability of good foods in our school. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability, and ability to learn.

Nutritional Objectives:

(a) Nutritional guidelines from the National School Lunch Program requires that the use of products that are high in fiber, low in added fats, free of added trans fats, sugar and sodium will not be used in meals served during school breakfast and lunch hours. Cafeteria personnel will serve the appropriate portion sizes consistent with USDA standards established for all foods offered by the National School Lunch Program for sponsors and the contracted vendors.

(b) Nutrition policies and guidelines for reimbursable meals shall not be less restrictive than federal and state regulations require.

Health Education and Life Skills

Healthy living skills shall be taught as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

Health Education and Life Skills Objectives:

(a) Each school shall provide for an interdisciplinary, sequential skill-based health education program based upon state standards and benchmarks.

(b) Students shall have access to valid and useful health information and health services provided in our local community.

(c) Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before or after school programs.

(d) Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.

Nutritional Education:

The School goal is to inform the community of the importance of including good nutrition and physical activity on a daily basis. This program allows the community to get involved in various activities, such as aerobics, walkathon, Field day etc... Local companies are also brought in to promote healthy eating choices, like low fat milk and whole grain cereals. The school will display posters throughout the year in order to promote good eating habits and healthy food options.

Nutritional Education Objectives:

(A) Physical education teachers will provide information on good nutrition, and identify health-related problems associated with poor diet, physical inactivity, and being overweight.

(B) Parents will be encouraged to participate in promoting a healthy lifestyle. The school will also support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will send home nutritional information, post nutrition tips on school website or through school flyers. The school should encourage parents to pack healthy lunches and snacks. Such support will also include sharing information about physical activity and physical education through the website.

(C) Students are limited to healthy choice options that will achieve a balanced, healthy diet. Students are engaging in classroom activities that teach them how to read and understand nutrition information on a food label in order to enable them to make better food choices. Students will also be able to go outside on a daily basis.

Setting Physical Activity Goals

Goal: Students in AcadeMir Charter Schools will increase their cardiovascular activity and knowledge of making healthy choices.

- Warm-ups will include a cardiovascular component such as front kicks, jumping jacks or running laps.
- Students will participate in aerobic exercise routines such as, blocks of movement and sequence with music, line dancing lasting 20 minutes or more.
- Students will participate in a fitness program targeting both general fitness

knowledge and cardiovascular endurance. Students will go outside on a daily basis weather permitting.

Establishing Nutrition Standards for All Foods Available on School Campus during the School Day

Meals served through the National School Lunch Program will:

- a) Be appealing and attractive to children
- b) Be served in clean and pleasant setting
- c) Meet, at a minimum, nutrition requirements established by local and federal statutes and regulations.
- d) Serve only low-fat (1%) white and Non Fat chocolate milk.

Setting Goals for Other School-Based Activities Designed to Promote

Student, Parents, and Staff Wellness

Staff Wellness

The school shall provide information about wellness resources and services. The school wellness committee will assist in identifying and supporting the health, safety and wellbeing of school staff.

Wellness Objectives:

(a) AcadeMir Charter Schools shall be in compliance with drug, alcohol and tobacco free policies.

(b) Our site will provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies and rules.

(c) Employees shall be encouraged to engage in daily physical activity throughout the workday. Also staff will attend in services and/or nutrition trainings.

(d)The school will support parents' effort to provide a healthy diet and daily activity for their children. The school will also send home information, post tips on the school website or through school flyers. We will also encourage parents to pack healthy lunches and snacks.

Setting Goals for Measurement

Dr. Claro (School Principal) will ensure compliance with established wellness policies. School food service personnel will ensure compliance with the wellness policy within the school food service areas and will report on this matter to the school principal. In accordance with the Department of Education, Food and Nutrition Department, a baseline assessment will be done.

Evaluation

Wellness goals and policy updates will be provided to students, parents and staff on a monthly basis. School wellness updates may be provided in the form of handouts, the school website, articles and information provided in the school newsletter, presentations and through other appropriate means to ensure that the school community is informed and that public input is encouraged.

Questions and concerns by students, faculty and parents will continue to be revised in order to reach goals of attaining a balanced, healthy diet. This data will be stored in the wellness folder with all related documents of improving nutrition and fitness at AcadeMir Charter Schools.

To help with the initial development of the district's wellness policies, the school will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies, and revise the policies and develop work plans to facilitate their implementation. We will also create a yearly report including the baseline assessment to be presented to the governing board. At that time the public will have the ability to provide their input and concerns.

At the final public school board meeting of each year, the school wellness policy will be discussed and the wellness committee will be asked to provide feedback on the policy. All comments and recommendations will be reviewed and considered. The school will consider student needs in planning for a healthy nutrition environment.

Once the meeting has been conducted, the board will take measures to make sure all concerns have been properly addressed. After changes have taken effect we will conduct a post meeting to make sure all areas are met to the satisfaction of the public and community.

The school will ensure the most updated version of the policy is always available on the school website for the public to view.



ACADEMIR CHARTER SCHOOL WEST

WELLNESS POLICY

GOVERNING BOARD APPROVAL

APPROVE DATE: 07/24/2015

Board Chair Signature

Alex Casas

Print Name



Signature