



2018 Wellness Policy Report

Concordia Charter School, Inc.



Our Wellness Goals



We have met these goals:

- ✓ We encourage participation in meal programs (SBP, NSLP, FFVP), and promote to families
- ✓ Meal program menus are posted on website & distributed to each student monthly
- ✓ Local products are incorporated in to the meal programs and are promoted/highlighted in special events
- ✓ White milk is offered in all beverage coolers
- ✓ Recess is provided before lunch, and at least 20 minutes of physical activity is provided daily
- ✓ Students have opportunity to be active before school
- ✓ Students receive standards-based PE instruction
- ✓ Teachers provide short "brain breaks" during class at least 3x/week
- ✓ We host an annual wellness fair (Farm-to-School Night)
- ✓ Families are informed/invited to participate in school-sponsored wellness activities, using both electronic and non-electronic means of communication

We are still working on these:



By the end of SY2019-20:

- ✘ Nutrition information will be listed for meal program menus
- ✘ We are currently building an active school garden program
- ✘ A self-serve "flavor station" will be available during lunch
- ✘ Standards-based nutrition education is offered, and includes food demos, taste tests, and school garden/farm-to-school
- ✘ Accurate inventory of physical activity supplies is being built, and will be shared with teachers
- ✘ Teachers will receive resources/tools and training on classroom activity breaks
- ✘ PE teachers will receive annual professional development
- ✘ Handwashing station will be installed on playground
- ✘ Healthy eating/physical activity will be promoted to families and community
- ✘ Programs encouraging staff wellness are being reviewed and developed

District Wellness Committee

Actively recruiting! Contact Ms. Acosta, Wellness Coordinator



Current members include: *parents, teachers, administrators, food services representatives*
 Meets 3x/year year about school health & safety * Led by Ms. Acosta, Wellness Coordinator
 Designates a district official to ensure that wellness policy is being implemented

Our District Wellness Policies

- ☐ We participate in NSLP and SBP, and menus meet meal pattern requirements
- ☐ Students are served at a reasonable time, and have 20 minutes of seated time for lunch
- ☐ Meals are appealing and attractive to students, served in a clean and pleasant setting
- ☐ Fresh fruits & veggies are served at least 4x/week
- ☐ Only low fat and nonfat plain milk is offered
- ☐ Nutrition professionals administer meals
- ☐ Free, clean, safe water is available during meals
- ☐ Competitive foods/beverages are NOT sold
- ☐ Non-food classroom celebrations/rewards are used with ideas/resources provided to staff
- ☐ Healthy fundraising is encouraged in place of exempt fundraisers
- ☐ All foods/beverages marketed at school meet or exceed USDA Smart Snacks in School guidelines
- ☐ Our school wellness committee meets to review LWP and implementation
- ☐ Concordia has a designated Wellness Coordinator

Planning, Tracking, & Sharing

- 🗨️ We are committed to maintaining a LWP that is accurate, comprehensive, and effective in shaping healthy attitudes and habits
- 🗨️ We use tools from ADE, The Alliance for a Healthier Generation, and The School Health Index to assess our LWP- these resources inform our implementation plans
- 🗨️ We review our LWP every three years for compliance with state and federal guidelines
- 🗨️ Our Wellness Coordinator oversees LWP review, assessment, and implementation
- 🗨️ We share our LWP on our website, concordiacharter.org, and distribute it to families annually
- 🗨️ We notify families and the public about our Wellness Committee meetings on our website, concordiacharter.org, and will also announce meetings by social media and posters at school
- 🗨️ This report informs families and the public about how we are doing in carrying out our LWP, and will be updated annually.

