



# 2022 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 into 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 receive garden/wellness instruction monthly
- ✓ Handwashing station is provided at recess and garden time
- ✓ 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 SY2022:

- ✘ Nutrition information will be listed for meal program menus
- ✘ 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
- ✘ Healthy eating/physical activity will be promoted to families and community
- ✘ An annual garden-to-community outreach event will be offered to school families and the surrounding 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



- ☞ 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](http://concordiacharter.org), and distribute it to families annually
- ☞ We notify families and the public about our Wellness Committee meetings on our website, [concordiacharter.org](http://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.

### Planning, Tracking, & Sharing

