

# Wellness Policy Implementation/Progress Plan

(Updated Feb 2023)

SFA Name	Community Roots Academy	
Date	12/23/24	

## INSTRUCTIONS

**Step 1** – Rate how your SFA is currently meeting each LSWP Content Requirement on a scale from 1-3

- 1 – Not meeting the requirement
- 2 – Partially meeting the requirement
- 3 – Meeting the requirement

**Step 2** – Write how you are currently meeting this goal or how you intend to better meet this goal in the future

- Consider who is involved with the implementation
- Consider opportunities, barriers, resources needed

LSWP CONTENT REQUIREMENTS	GOALS	PROGRESS UPDATE
<p><b>1. Nutrition Guidelines for Students:</b> in the SFA have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards.</p>	<ol style="list-style-type: none"> <li>a. All meals operating under federal meal programs will meet or exceed federal and state guidelines.</li> <li>b. All foods and beverages sold on campus, during the school day, to students (including fundraisers) will meet or exceed federal and state guidelines.</li> <li>c. Celebrations occurring on campus, during the school day involving food "offered" for free will meet or exceed federal and state guidelines.</li> </ol>	<p>How are you currently meeting this goal? How do you plan to better meet this goal in the future?</p> <p>- All food served at celebrations met FDA nutrition requirements. - Tea party in our organic garden as a celebration.</p> <p>Score: 3</p>
<p><b>2. Nutrition Promotion &amp; Education:</b> Students receive quality</p>	<ol style="list-style-type: none"> <li>a. The SFA aims to teach, model, encourage, and support healthy eating by students.</li> </ol>	<p>How are you currently meeting this goal? How do you plan to better meet this goal in</p>

<p>nutrition education that helps them develop lifelong healthy eating behaviors.</p>	<p>b. Nutrition education and promotion will be designed to provide students with the knowledge and skills necessary to promote and protect their health:</p> <ul style="list-style-type: none"> <li>c. Will include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities.</li> <li>d. Will promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods.</li> <li>e. Will emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise).</li> <li>f. Will include nutrition education training for teachers and other staff.</li> </ul>	<p>the future?</p> <p>We support healthy eating by exposing &amp; educating students in our garden &amp; greenhouse by teaching &amp; modeling healthy practices.</p> <p>Score: 3</p>
<p>3. Physical Activity: Students have opportunities to be physically active before, during, and after school.</p>	<p>a. Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be withheld as punishment for any reason.</p> <p>b. The SFA will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education.</p> <p>c. All students will be provided equal opportunity to participate in physical education classes.</p> <p>d. Outdoor recess will be offered when weather is feasible for outdoor play.</p> <p>e. In the event that the school or SFA must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.</p> <p>f. Recess will complement, not substitute,</p>	<p>How are you currently meeting this goal? How do you plan to better meet this goal in the future?</p> <p>- Our PE teachers &amp; staff are trained in the Playworks philosophy.</p> <p>- PE teachers offer physical activity before school - staff club, During school - PE and after - sports teams</p> <p>- Project Adventure Training</p>

	<p>physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.</p>	<p style="text-align: center;">↑</p> <p>Score: 3</p>
<p><b>4. Promoting Wellness:</b> School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.</p>	<ul style="list-style-type: none"> <li>a. Staff are encouraged to model healthy behaviors on campus, such as limiting soda or candy consumption in front of students.</li> <li>b. By participating in physical activity throughout the day, if possible.</li> <li>c. By promoting healthy habits to the students through curriculum.</li> <li>d. By promoting the school meal program.</li> </ul>	<p>How are you currently meeting this goal? How do you plan to better meet this goal in the future?</p> <p>Staff promotes wellness by recognizing students who are prioritizing wellness - 100 mile club - staff participates in the run club.</p> <p>Score: 3</p>
<p><b>5. Inviting Stakeholders:</b> The community is engaged in supporting the work of the SFA in creating continuity between school and other settings for students and staff to practice lifelong healthy habits.</p>	<ul style="list-style-type: none"> <li>a. The SFA will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum.</li> <li>b. The SFA will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition</li> </ul>	<p>How are you currently meeting this goal? How do you plan to better meet this goal in the future?</p> <p>- Policy meetings are advertised</p>

	<p>programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards.</p> <p>c. SWC will communicate to the families at the school(s) and the community how others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for that SFA.</p>	<p>- Menu is provided weekly</p> <p>Score: 3</p>
<p>6. Assessment: The SFA establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.</p>	<p>d. School wellness committee (SWC) will meet at least twice per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this SFA-level wellness policy.</p> <p>e. SWC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as SFA 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.</p> <p>f. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.</p>	<p>How are you currently meeting this goal? How do you plan to better meet this goal in the future?</p> <p>- Annual triennial prog + yearly reviews of goals + policies</p> <p>Score: 3</p>