

BI-ANNUAL WELLNESS POLICY ASSESSMENT TOOL

School Name: Alpha Charter of Excellence Reporting Time Frame 8/1/2024 School

Grades: K 1 2 3 4 5 6 7 8 9 10 11 12

PUBLIC INVOLVEMENT, NOTIFICATION, AND ASSESSMENT

1. We have official(s)/designee(s) in charge of wellness policy compliance. Yes No
If yes, Name(s)/Title(s): Isabel Navas (Principal and Director)

2. We complete an assessment of the local school wellness policy at least twice per year (bi-annual per the wellness policy established) Yes No

3. Assessment results are made available to the public in an easily accessible manner. Yes No
Website address and/or description of how to access copy: www.alphacharterschool.com

3. At least every three years we use the results of the assessment to update or modify the wellness policy as needed. Yes No

4. We inform and update the public about the contents, updates, and implementation of the wellness policy at least annually and the policy is accessible to the public. Yes No
Website at: www.alphacharterschool.com

5. We retain records as required by federal regulations including.
 - The written school wellness policy, Yes No
 - Documentation of making the wellness policy publicly available Yes No
 - Documentation of outreach efforts inviting stakeholders to participate in the wellness committee / wellness policy process Yes No
 - Copy of bi-annual assessment and documentation of reporting results to public Yes No

6. Alpha Charter of Excellence utilizes a wellness committee that includes these community stakeholders in the development, implementation, review, and update of the wellness policy:
 - Administrators Yes No
 - Food service staff Yes No
 - School health professionals Yes No
 - Parents Yes No
 - School board members Yes No
 - PE teachers Yes No
 - Students Yes No
 - Public Yes No

Assessment Notes

NIA

NUTRITION EDUCATION

- 1. Nutrition education is provided, comprehensive health education standards. Yes No
- 2. We teach, model, encourage, and support healthy eating through nutrition education Yes No
- 3. This institution is an equal opportunity provider Included in the written policy? Yes No
- 4. We offer age-appropriate nutrition education and activities to students in:
 - Elementary School Yes No
 - Middle School Yes No
 - High School Our nutrition education curriculum teaches behavior-focused skills such as menu planning, reading nutrition labels, and media awareness. Yes No
- 5. School food service and nutrition education classes work together to create a learning processes. In addition to meeting academic standards for nutrition education, we integrate nutrition education into a variety of subjects (e.g., math, science, language arts). Yes No

Assessment Notes

NUTRITION PROMOTION

- 1. We use evidence-based techniques and nutrition messages in school and encourage participation in school meal programs. Yes No
- 2. We participate in Farm to School activities such as having a taste testing local products, incorporating local foods into school meals, and educating students in the classroom and on field trips about local agriculture. Yes No
- 3. We cooperate with community agencies and organizations to provide opportunities for student projects related to nutrition. Yes No
- 4. We implement behavioral economics techniques in the cafeteria to encourage consumption of whole grains, fruits, and vegetables and to decrease plate waste. Yes No
- 5. We display and disseminate consistent nutrition messages in schools, classrooms, cafeterias, homes, community, and media. Yes No
- 6. Our staff model healthy eating in front of students and avoid using unhealthy foods in classroom lesson plans. Yes No
- 7. We offer health and nutrition resources to parents to help them provide healthy meals for their children. Yes No

Assessment Notes

PHYSICAL ACTIVITY

- 1. We provide a variety of developmentally appropriate opportunities for physical activity during the school day for all students. Yes No

- 2. We contribute to the effort to provide students daily opportunities to accumulate at least sixty minutes of age-appropriate physical activity daily Yes No

- 3. In addition to planned physical education, we offer activities such as:
 - Indoor and outdoor recess Yes No
 - Before and after school programs (CNC organization) Yes No
 - Intramurals, interscholastic athletics Yes No
 - Clubs to meet the needs and interests of our students Yes No

- 4. We maintain a physical and social environment that encourages safe and enjoyable activity for all students. Yes No

- 5. We discourage extended periods of inactivity (two hours or more) for students. Yes No

- 6. We provide physical activity breaks in the classroom. Yes No

Assessment Notes

The after care program is managed through our partner agency: CNC and funded by The children's trust.

POLICY FOR FOOD AND BEVERAGE MARKETING

- 1. School-based marketing is consistent with policies for nutrition education and health promotion such as:
 - Schools will only be allowed to market and advertise foods and beverages that meet or exceed USDA's Smart Snacks in School nutrition standards. Yes No
 - Encourage marketing activities that promote healthful behaviors are Encouraged and include:
 - i. vending machine covers promoting water Yes No
 - ii. pricing structures that promote healthy options in a la carte lines or vending machines, sales of fruit for fundraisers Yes No

iii. coupons for discounted gym memberships.

Yes

No

2. We have local standards in our written policy for foods and beverages offered for free to students at school, including food rewards, items offered at classroom parties and celebrations, and foods/beverages provided to the class as shared classroom snacks.

Yes No

3. We provide a list of nonfood ideas and healthy food/beverage alternatives to staff and parents/guardians.

Yes No

4. Only foods and beverages that meet or exceed federal nutrition standards (USDA Smart Snacks in School) are permitted to be marketed or promoted to students during the school day. Examples: posters, vending machines, menu boards, cups for beverage dispensing, coolers, trash cans.

Yes No

Assessment Notes
