

Assessment on the Implementation of the Local School Wellness Policy

2018-2019

Academy of Accelerated Learning, Inc.

As stated in the Wellness Policy, assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

GOALS:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
 - Assessment: A School Health Council (the Council) was established. The Council was not effective in its efforts to meet quarterly to evaluate the effectiveness of the Wellness Policies on Physical Activity and Nutrition. The council is working to schedule more frequent meetings to take a more proactive approach to addressing needs as they arise throughout the school year.

- All students in grades K-5 will have opportunities, support, and encouragement to be physically active on a regular basis.
 - Assessment: All students currently participate in Physical Education classes at least twice per week during the school day. Further, the school offers after school programs that feature a physical component of either dance, tennis, or karate. The Council has recommended to expand these offerings to include seasonal sports taught by the current Ancillary teaching staff.
 - Assessment: Through a community partnership, with input from various stakeholders, existing playground equipment was replaced by a professionally designed playground park and includes elements that students selected.

- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
 - Assessment: All meals served are in full compliance with the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
 - Assessment: A new food vendor was selected after the prior Wellness Policy Assessment. Further, offer versus serve as the serving method was implemented to allow students to make their own healthy meal choices.

- Assessment: The Council has recommended that individually sold items should be limited in frequency throughout the school year.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
 - Assessment: The District, in partnership with the food vendor, has allowed students and parents to sample menu items to encourage participation in the nutrition program.
 - Assessment: The District maintains facilities in accordance with City of Houston Health Department Policies and meets all requirements when facilities are inspected. Staff is on duty during meal times to ensure that the cafeterias are clean at all times.
 - Assessment: To encourage more participation in the program, menu items have been expanded to include components that can be kept at temperature with a steam-table.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], Summer Food Service Program, and Fruit and Vegetable Snack Program, and Child and Adult Care Food Program [including suppers]).
 - Assessment: All schools in our district participate in federal school meal programs, specifically School Breakfast Program, National School Lunch Program [including after-school snacks], and Summer Food Service Program. Both locations serve as open sites for the Summer Food Service Program allowing students in the community at-large to receive healthy meals in the summer months. The Fresh Fruit and Vegetable Snack program has been successful in exposing students to a wide variety of fruit and vegetable offerings.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.
 - Assessment: The Fresh Fruit and Vegetable Program contains an educational component in which students learn the nutritional value of each of the fruit or vegetable they consume.
 - Assessment: All students currently participate in Physical Education classes at least twice per week during the school day.
 - Assessment: Students and parents are connected with community services such as See to Succeed that provide resources that families might not otherwise be able to access that promote general good health and wellness.