

# Wellness Policy Assessment Tool Triennial

LEA/District Name: Evolution Academy Charter School

Reviewer: Kimberly Dorsey

School Name: Evolution Academy Charter

Date: 08/07/2023

Select all grades:  09  10  11  12

## I. Public Involvement

- We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:
- |                                                          |                                                                 |                                              |                                            |
|----------------------------------------------------------|-----------------------------------------------------------------|----------------------------------------------|--------------------------------------------|
| <input checked="" type="checkbox"/> Administrators       | <input checked="" type="checkbox"/> School Food Service Staff   | <input checked="" type="checkbox"/> Parents  | <input checked="" type="checkbox"/> Public |
| <input checked="" type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health Professionals | <input checked="" type="checkbox"/> Students | <input type="checkbox"/> Other             |

Please describe:

We welcome the involvement of students, parents, staff, and community members in shaping, applying, and assessing our wellness policy.

- We measure the implementation of our policy goals and communicate results to the public.

Please describe:

EACS utilizes website postings and has documentaion readily available on campus.

- Our district reviews the wellness policy at least: Every three years

- We have a designee in charge of compliance.

Name/Title:

Cynthia Trigg-Child Nutrition Director

- We make our policy available to the public.

## II. Nutrition Education

- Our district's written wellness policy includes measurable goals for nutrition education.

- We offer standards-based nutrition education in a variety of subjects (e.g. science, health, math, etc).

We offer nutrition education to students in:  High School

## III. Nutrition Promotion

- Our district's written wellness policy includes measurable goals for nutrition promotion.

- We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

- We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

- We ensure students have access to hand-washing facilities prior to meals.

- We annually evaluate how to market and promote our school meal program(s).

## IV. Nutrition Guidelines

We operate the School Breakfast program:  Before School  In the Classroom

- Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.

- ✓ We follow all nutrition regulations for the National School Lunch Program (NSLP).
- ✓ We are completing all required professional standard trainings.

## **V. Physical Activity**

- ✓ Our district's written wellness policy includes measurable goals for physical activity.
- ✓ Provide appropriate staff development and encourage teachers to integrate physical activity into the curriculum.
- ✓ Make appropriate training and other activities available to employees in order to promote enjoyable, lifelong physical activity for employees and students
- ✓ Encourage parents to support their children's participation, to be active role models, and to include physical activity in family events
- ✓ Encourage students, staff and community members to use the school's facilities that are available outside of the school day.

## **VI. Other School Based Wellness Activities**

- ✓ Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness
- ✓ We provide training to staff on the importance of modeling healthy behaviors.
- ✓ We provide annual training to staff on Nutrition.
- ✓ We have a staff wellness program.
- ✓ We have school district staff who are CPR certified (e.g. teachers, counselors, food service staff) .
- ✓ We have a recognition /reward program for students who exhibit healthy behaviors.
- ✓ We have community partnerships which support programs, projects, events, or activities.
- ✓ Allow sufficient time for students to eat meals in lunchroom facilities that are clean, safe and comfortable
- ✓ Promote wellness for students and their families at suitable campus activities

## **VII. Progress Report:**

Evolution Academy Charter School has a variety of programs, which includes CEP and Applications which allows them to offer free breakfast & lunch to ALL students.

Evolution Academy community healthcare worker students hold a health and wellness fair open to the community to promote physical, mental and nutritional health.

## VIII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the School Nutrition Manager

Name

Position/Title

Email

Phone

This institution is an equal opportunity provider