

# **La Academia de Estrellas Charter School**

## **Wellness Policy Assessment**

### **Fall 2018**

#### INTRODUCTION

A Local School Wellness Policy is a written document of official policies that guide a local educational agency (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

The Local School Wellness Policy requirement was established by the Child Nutrition and WIC Reauthorization Act of 2004, and further strengthened by the Healthy, Hunger-Free Kids Act of 2010. It requires each local LEA participating in the National School Lunch Program and/or School Breakfast Program to develop a local school wellness policy that promotes the health of students and addresses the growing problem of childhood obesity. The responsibility for developing a local school wellness policy is placed at the local level so the unique needs of each school under the jurisdiction of the LEA can be addressed.

Supporting school districts and charters in the development, monitoring, and evaluation of local wellness policies in Texas are the Texas Association of School Boards and local School Health Advisory Councils (SHAC). Focused on encouraging the relationship between health and learning in students' lives, La Academia de Estrellas School's Health Advisory Committee (SHAC) is comprised of various subcommittees, including the Staff Advisory Committee, Parent Advisory Committee, Student Council and Health Committee.

WELLNESS DATA OVERVIEW

The Wellness Policy Checklist was completed by campus principals and other administrators to self-assess the level of adherence to the Charter’s Wellness Policy. Items are rated as **NA-Not Applicable, NI-Needs Improvement, ID-In Development, A-Achieves, EE-Exceeds Expectations and E-Exemplary**. The main areas of the checklist include:

- A. Nutrition – education, safety, guidelines, classroom use
- B. Health education—All About Me/FLASH, Middle School Health Class, Elementary-Science/Health
- C. Physical education – class, activity, classroom use
- D. Health Services--campus clinic, outside referrals
- E. Mental Health Services—campus counselor, outside referrals

SURVEY QUESTION	ECC P	ELEM. P	M.S. P	ES-Asst. Prin.	MS-Asst. Prin.	ES Coun.	MS Coun.	Curr. Lead	Food Service	ES-Office Manager
Campus utilizes Health Education Curriculum Planning Guides to deliver sequential and developmentally appropriate curriculum.	A	NI	A	ID	A	NI	A	NI	A	NI
Elementary content standards are integrated in the school's curriculum and Coordinated School Health Program.	N/A	ID	A	ID	ID	NI	N/A	ID	A	ID
Parents are encouraged to support their child's participation in physical fitness activities, be active role models, and include physical activity into family events.	ID	NI	ID	ID	ID	ID	NI	A	A	EE
Time management strategies, appropriate sleep requirements, and stress reduction strategies are provided by the school to students and families.	ID	ID	A	ID	A	ID	NI	ID	A	EE

	ECC-P	ES-P	MS-P	ES-AP	MS-AP	ES-C	MS-C	Curr. Lead	Food Service	ES-OM
Peer education is encouraged to promote positive lifestyle changes that help students understand energy balance between calorie intake and energy expenditure.	N/A	ID	A	ID	A	NI	A	ID	A	ID
Teachers attend staff development that promotes and encourages life-long physical activity.	NI	NI	ID	NI	NI	NI	NI	NI	NI	NI
Assigned staff (clinic, cafeteria, PE, Athletics) are trained to administer CPR/AED to ensure students and staff safety.	EE	E	EE	EE	EE	EE	EE	EE	EE	EE
Recess or physical education, but not both, is scheduled prior to lunch for all grade levels.	N/A	A	NI	A	NI	ID	ID	ID	NI	A
Staff wellness is encouraged and training is offered to promote healthy lifestyles and behaviors.	NI	NI	ID	ID	ID	NI	NI	ID	NI	ID
Campus engages in fundraisers that do not include food outside the school day to reinforce healthy behaviors.	A	ID	EE	EE	EE	A	ID	A	A	ID
Healthy eating is promoted in a variety of ways such as visual cues, marketing materials, line placement, and incentives to encourage healthy food selection.	A	ID	A	A	A	A	A	EE	A	A
Wellness for students and their families is promoted at school activities.	A	ID	A	A	A	A	ID	ID	E	A

Student screenings for vision, hearing and scoliosis are completed as required by Texas law.	E	EE	E	E	E	E	E	E	E	E
All students are immunized and reports filed as required by Texas law.	E	E	E	E	E	A	E	E	E	E

WELLNESS DATA RESULTS SUMMARY

The survey results indicate that there is variance in the responses, based on which grade levels administrators serve and specific staff assignment. While LAE is officially one campus, the grades are divided into three clusters (PK3-PK4, K-4, 5-8) and different administrators work in these clusters. Thus, administrators assigned to each cluster are more familiar with what is happening in the grade levels to which they are assigned.

The data clearly points to some areas of strength across all grades. These strengths include the following:

- The presence of numerous trained staff in CPR/AED and the designation of these trained staff by red crosses above classroom/office doors.
- Promoting healthy eating and life style choices, including bulletin board displays and pictures encouraging healthy choices.
- Student screenings for vision, hearing and scoliosis are completed as required by law.
- All student immunizations are complete and recorded as required by law.

AREAS FOR GROWTH

- Review K-5 Health TEKS to develop a systematic scope and sequence to ensure that all TEKS are addressed across all grades.
- Increase staff learning and opportunities to make healthy lifestyle choices by providing ongoing mini-lessons, exercise classes and team sports.
- Utilize student FitnessGram data and establish student support groups/activities to encourage healthy choices and to address obesity issues.