



# AcadeMir Charter Schools

## Wellness Advisory Group

### Meeting Agenda

**Meeting Date:** 04/22/2025

#### School Wellness Vision

AcadeMir Charter Schools are committed to providing a healthy environment for students and staff within the school environment.

#### School Wellness Mission

The mission of AcadeMir Charter Schools is to provide students with a well-rounded school education and promoting school wellness to increase student academic performance.

#### School Environment Goals

<p>Students receive nutrition education that teaches the skills necessary to adopt healthy eating habits?</p>	<p>At ACSMS, we ensure that students receive comprehensive nutrition education, equipping them with the knowledge and skills to make healthy eating choices. Lessons are designed to foster lifelong habits that support well-being, emphasizing the importance of balanced nutrition, mindful eating, and informed decision-making about food.</p>
<p>Students receive consistent nutrition messages throughout the school?</p>	<p>At ACSMS, students receive consistent nutrition messages that reinforce healthy eating habits across various aspects of their school experience. From classroom instruction to cafeteria offerings and school-wide initiatives, nutrition education is seamlessly integrated to ensure students develop a strong understanding of balanced diets and wellness.</p>
<p>AcadeMir Charter Schools health education curriculum standards and guidelines include both nutrition and physical education?</p>	<p>ACSMS integrates both nutrition and physical education into our health education curriculum. Students are provided with a well-rounded approach to wellness, ensuring they understand the importance of maintaining a healthy diet and staying active. Lessons are aligned with educational standards to equip students with the knowledge and practical skills needed for lifelong health and fitness.</p>



## Physical Fitness Goals

<p>Students are given the opportunity for physical activity during the school day in addition to physical education classes (i.e. daily recess, classroom activities, etc.)</p>	<p>We provide multiple opportunities for students to engage in physical activity beyond their scheduled PE classes. Daily, movement-based classroom activities, and structured breaks are integrated into the school day to encourage an active lifestyle.</p>
<p>Students are given the opportunity for physical activity through a range of before and /or after school programs?</p>	<p>ACSMS provides students with opportunities to engage in physical activity beyond the regular school day through a variety of after-school programs. These programs include soccer, basketball, dance, and recreational activities designed to encourage movement, teamwork, and healthy habits.</p>

## Nutritional Goals

<p>USDA guidelines set for food and beverages in the food service program are being followed:</p>	<p>Yes. Academir Charter Schools strictly adhere to guidelines in place by the National School Lunch Program.</p>
<p>Guidelines set for food and beverages sold to students outside of the food service program are being followed:</p>	<p>Yes. Academir Charter Schools strictly adhere to guidelines in place by the National School Lunch Program.</p>



## Other School Based Activities promoting School Wellness:

The school provides a clean and safe environment?	<b>Yes</b>
Students have access to free drinking water throughout the school day?	<b>Yes</b>
The school encourage all students to participate in the school breakfast and lunch program?	<b>Yes</b>
AcadeMir Charter Schools protect the identity of students who eat free and reduced-priced meals?	<b>Yes</b>
The school ensure adequate time for students to eat lunch?	<b>Yes</b>

## Creating Goals for School Food Program

<b>Goal 1</b>	Offering additional meals geared towards specific dietary restrictions (gluten-free) and/or lifestyle choices (vegetarian) to ensure all students have a meal that meet their specific needs.
<b>Goal 2</b>	Offering additional “a la carte” menu items that students would be more inclined to eat to ensure all students have a meal.



## Additional Public Input

- In addition to or replacing Kona Ice on ice cream fundraising days, offering healthier (containing more natural ingredients) options. One suggestion is a company called Michoacana.
- Asking the food service provider to serve a non-wet fruit with the pizza on Fridays, because the juice is getting on the pizza.
- Asking the food service provider if there is an alternate way to cook the chicken nuggets so they do not contain a yellow coloring.



# AcadeMir Charter Schools

Wellness Advisory Group Members

Sign In

Meeting Date: April 22, 2022

1	Name	Parent/Student/ Staff	Email Address	Responsibilities/ Roles
1	Kelvis Rojas	<del>Parent</del> Student	Kelvis.Rojas@Acsmas.com	Student
2	Adrian Varela	Student	A10919122-8@gmail.com	Student
3	Evelyn Varela	ESE Coordinator	evarela@acsmas.com	Parent
4	Rina S. Santiaqui-Gris	Parent/Business	Rina.Santiaqui@gmail.com	Parent
5	Loren M. Torres-Tule	Principal	(Moreno-Torres)@acsmas.com	Principal
6	Grausie Valderama	Parent	GRAUSIE@hotmail.com	PARENT
7	Yessenia Hecker	Staff	Yhecker@acsmas.com	Staff
8	Analia Lopez	Parent	analia.86@hotmail.com	Parent
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