



AcadeMir Charter Schools

Wellness Advisory Group

Meeting Agenda

Meeting Date: 03/21/25

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>Students participate in nutrition education lessons through PE and Social Studies classes. The cafeteria also has posters that promote healthy choices.</p>
<p>Students receive consistent nutrition messages throughout the school?</p>	<p>Administration participates in nutrition lessons to ensure fidelity of the program.</p>
<p>AcadeMir Charter Schools health education curriculum standards and guidelines include both nutrition and physical education?</p>	<p>Physical Education classes include lessons on physical activity, nutrition, and wellness, as per the standards appropriate for each grade level.</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>Teachers implement brain breaks that include movement and/or relaxation.</p>
<p>Students are given the opportunity for physical activity through a range of before and /or after school programs?</p>	<p>The school offers a Soccer club, a cheer/dance team, and an After Care program that includes physical activities.</p>

Nutritional Goals

<p>USDA guidelines set for food and beverages in the food service program are being followed:</p>	<p>Yes, ACSES participates in the National School Lunch Program following all USDA guidelines.</p>
<p>Guidelines set for food and beverages sold to students outside of the food service program are being followed:</p>	<p>Yes, ACSES follows all set guidelines.</p>



Other School Based Activities promoting School Wellness:

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

Creating Goals for School Food Program

Goal 1	The school will increase the frequency that health and nutrition information is shared with students.
Goal 2	The school will increase the frequency that health and nutrition information will be shared with parents.



Additional Public Input

Send monthly lunch calendar to families when activities calendar is shared.



Academy Charter Schools

Wellness Advisory Group Members

Sign In

Meeting Date: 3/21/25

1	Name	Parent/Student/ Staff	Email Address	Responsibilities/ Roles
2	Aranelis Gonzalez	staff	Gonzalez@academicharterschools.org	Teacher
3	Lenni Lopez	staff	lopez@academicharterschools.org	Teacher
4	Rosali Ortega	staff	ortega@academicharterschools.org	Administrative
5	Aradeliz Cabredo	Parent	anaguita152005@gmail.com	Parents
6	Mariel Castro	Parent	mariyricastro@gmail.com	Parent
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