



# AcadeMir Charter Schools

## Wellness Advisory Group

### Meeting Agenda

#### APA & ACSM

**Meeting Date:** 4/01/25

### 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>Yes, students are taught the importance of healthy eating through age-appropriate lessons that help them build lifelong nutrition habits.</p>
<p>Students receive consistent nutrition messages throughout the school?</p>	<p>Yes, nutrition messages are shared through posters, daily routines, and staff encouragement.</p>
<p>AcadeMir Charter Schools health education curriculum standards and guidelines include both nutrition and physical education?</p>	<p>Yes, both nutrition and physical education are included in the school's curriculum and support student wellness.</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>Students participate in structured physical education classes that promote fitness, coordination, and healthy habits.</p>
<p>Students are given the opportunity for physical activity through a range of before and /or after school programs?</p>	<p>Yes, after-school programs offer opportunities for physical activity and organized play.</p>

## Nutritional Goals

<p>USDA guidelines set for food and beverages in the food service program are being followed:</p>	<p>All meals served follow USDA guidelines and are regularly monitored for compliance.</p>
<p>Guidelines set for food and beverages sold to students outside of the food service program are being followed:</p>	<p>All snacks or items sold outside the lunch program meet required guidelines.</p>



## Other School Based Activities promoting School Wellness:

The school provides a clean and safe environment?	Yes, the campus is regularly cleaned and safety protocols are followed to protect students and staff.
Students have access to free drinking water throughout the school day?	Yes, water fountains and water stations are available for students throughout the day.
The school encourage all students to participate in the school breakfast and lunch program?	Yes, students are encouraged to eat breakfast and lunch daily at school.
AcadeMir Charter Schools protect the identity of students who eat free and reduced-priced meals?	Yes, meal services are managed discreetly so all students are treated equally.
The school ensure adequate time for students to eat lunch?	Yes, students are given enough time to eat and enjoy their meals comfortably.

## Creating Goals for School Food Program

<b>Goal 1</b>	Continue offering a variety of healthy meals that meet USDA guidelines.
<b>Goal 2</b>	Continue offering fresh fruits and vegetables daily and introduce taste-testing events to encourage students to try new healthy options.



## Additional Public Input

No additional input was provided at this time.



# AcadeMir Charter Schools

## Wellness Advisory Group Members

### Sign In

Meeting Date: 4/1/25

1	Name	Parent/Student/ Staff	Email Address	Responsibilities/ Roles
2	Jaisse Gutierrez	Parent	jai0293@gmail.com	
3	Keilan Hernandez	Staff	khernandez@academicharterschools.com	
4	Karem Reyes	Staff	kremmarth912@yahoo.com	
5	Nury Wash'no	Staff	smark0917@gmail.com	
6	Rizanda Uley	Parent	litanurela8800@gmail.com	
7	Juliana Alfonso	Parent	vilgallano5240@gmail.com	
8	Lenny Naya	Parent	Senleon2@gmail.com	
9	Mariuska Leah	Parent	Bebeshtal@gmail.com	
10	Probsabe Pole	Staff	Probsabe63@gmail.com	
11	Teresita Perez	Parent	teresitapole64@yahoo.es	
12	Marian Tr.ara	Staff	mtrianaarcm@academicharterschoolmiddle.com	Print, Sign
13				
14				
15				