



AcadeMir Charter Schools

Wellness Advisory Group

Meeting Agenda

Meeting Date: 03/05/2025

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>Students receive education on nutrition in their PE classes, Science classes and from posters in teh cafetria.</p>
<p>Students receive consistent nutrition messages throughout the school?</p>	<p>Students recieve messaging regarding nutrition in the cafeteria through posters.</p>
<p>AcadeMir Charter Schools health education curriculum standards and guidelines include both nutrition and physical education?</p>	<p>All students attend 30 minutes of daily physical education class. Lessons on nutrition are integrated into various subjects and activities.</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>As a charter we are not required to award recess in addition to the physical education block, however when time allows teachers incorporate brain breaks into their lessons through classroom activities.</p>
<p>Students are given the opportunity for physical activity through a range of before and /or after school programs?</p>	<p>Students have the opportunity to join soccer, volleyball, basketball, flag football, and other enrichments that allow for physical activity.</p>

Nutritional Goals

<p>USDA guidelines set for food and beverages in the food service program are being followed:</p>	<p>Yes, we participate in the National School Lunch Program that follows USDA guidelines.</p>
<p>Guidelines set for food and beverages sold to students outside of the food service program are being followed:</p>	<p>We follow all guidelines set by the National School Lunch Program.</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	More appealing, better tasting meals with options.
Goal 2	More nutrition education.



Additional Public Input

- Find ways to incorporate more recess time into the school day.
- Share menus more frequently. Add to back of school calendar, share on school Instagram, not just lunch webpage.



AcadeMir Charter Schools

Wellness Advisory Group Members

Sign In

Meeting Date: 3/5/2025

1	Name	Parent/Student/ Staff	Email Address	Responsibilities/ Roles
2	Leonel Gonzalez	Parent	leokiank@gmail.com	Parent
3	Maifan Gordere	Teacher	mordora@academicharterschoolpreparatory.com	teacher
4	Matthew Gonzalez	Student	mgonzalez@academicharterschoolpreparatory.com	Student
5	Samantha Proebsting	Staff	Sproebsting@Academircharter school preparatory.com	Teacher
6	Carolina Medina	Parent	cmolina@academicharterschoolpreparatory.com	Teacher
7	Melissa Roman	teacher	mmroman@academicharterschoolpreparatory.com	1st grade Teacher
8	Leslie Carballosa	staff	lcarballosa@academicharterschoolpreparatory.com	2nd grade teacher
9	Miguel Angel Liriano	Parent	Tsupra022@yahoo.com	Parent
10	Jhinele Liriano	Teacher	Jliriano@academicharterschoolpreparatory.com	4th grade Teacher
11	Chris Playfritz	Staff	cplayfritz@academicharterschoolpreparatory.com	principal
12	Deion Munoz	Student	dmunoz@academicharterschoolpreparatory.com	Student
13	Jaclyn Munoz	Parent	munozjaclyn@gmail.com	parent
14				
15				

chromosomes are made of DNA and proteins

2n = 46

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