

AcadeMir Charter Schools

Wellness Advisory Group

Meeting Agenda

Meeting Date: 03/12/25

School Wellness Vision

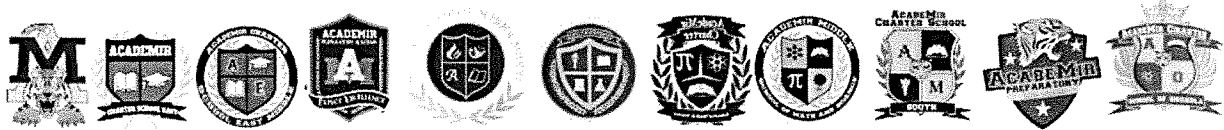
AcadeMir Charter Schools are committed to providing a healthy environment for students and staff within the school environment.

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. AcadeMir Charter Schools provide nutrition education as part of their health education curriculum. The policy emphasizes teaching students the skills necessary to adopt healthy eating habits, including: Understanding food choices that contribute to a balanced diet. Reading and comprehending nutrition labels to make informed decisions. Learning about calorie balance and how daily food consumption impacts energy levels. Encouraging parents to support healthy eating by providing nutritious meals. Providing access to nutrition-related resources such as posters, brochures, and interactive activities to reinforce healthy habits. These efforts ensure that students receive consistent nutrition education, helping them develop lifelong healthy eating behaviors.</p>
<p>Students receive consistent nutrition messages throughout the school?</p>	<p>Yes. The school environment, including cafeterias and classrooms, provides clear and consistent messages that promote and reinforce healthy eating. Nutrition education materials such as posters, worksheets, and brochures are made available throughout the campus.</p>
<p>AcadeMir Charter Schools health education curriculum standards and guidelines include both nutrition and physical education?</p>	<p>Yes. The policy emphasizes health education, which includes nutrition education and physical activity. The curriculum teaches students about calorie balance, reading nutrition labels, and the importance of daily exercise.</p>

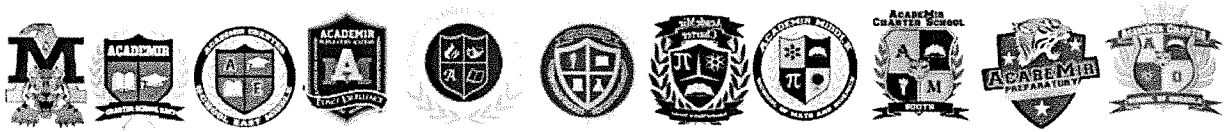


Physical Fitness Goals

<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>Yes. Students have at least 20 minutes of daily recess, and schools provide space, equipment, and a safe environment for physical activities both indoors and outdoors.</p>
<p>Students are given the opportunity for physical activity through a range of before and /or after school programs?</p>	<p>Yes. The policy encourages participation in physical activities such as sports teams, walkathons, triathlons, and other wellness events.</p>

Nutritional Goals

<p>USDA guidelines set for food and beverages in the food service program are being followed:</p>	<p>Yes. Meals comply with USDA nutrition requirements, including portion sizes, fiber content, and sodium limitations. Vendors must follow the Healthy, Hunger-Free Kids Act.</p>
<p>Guidelines set for food and beverages sold to students outside of the food service program are being followed:</p>	<p>Yes. Competitive foods (those sold outside school meal programs) must meet the Smart Snacks standards. The policy also limits class celebrations involving food to once per month and only permits approved healthy snacks.</p>



Other School Based Activities promoting School Wellness:

The school provides a clean and safe environment?	Yes. The policy ensures a clean and pleasant setting for meals and follows safety regulations for a productive school environment.
Students have access to free drinking water throughout the school day?	Yes. The school ensures that students have access to free drinking water throughout the day.
The school encourage all students to participate in the school breakfast and lunch program?	Yes. The policy promotes participation in school meal programs by ensuring meals are appealing and nutritious.
AcadeMir Charter Schools protect the identity of students who eat free and reduced-priced meals?	Yes. The school follows confidentiality guidelines to protect students receiving free or reduced-price meals.
The school ensure adequate time for students to eat lunch?	Yes. The policy includes measures to ensure students have enough time to eat lunch in a relaxed and healthy environment.

Creating Goals for School Food Program

Goal 1	Increase student awareness of nutrition by incorporating interactive nutrition education activities, such as cooking demonstrations and school gardens, into the curriculum.
Goal 2	Continue to work alongside our food vendor to enhance the variety of healthy food choices in the cafeteria by continuing to incorporate more fresh fruits, vegetables, and whole grains while reducing processed food options.



Additional Public Input

AcadeMir Charter Schools encourage public input on the wellness policy through various channels. This approach ensures that the school community plays an active role in shaping and improving the wellness policy to meet student needs effectively.

There were no further recommendations at this time.



Academy Charter Schools

Wellness Advisory Group Members

Sign In

Meeting Date: March 12, 2025

1	Name	Parent/Student/ Staff	Email Address	Responsibilities/ Roles
2	Emmy Castro-Garel	Parent	Emmy.garel@gmail.com	Parent Rep
3	Cindy Fonseca	Staff		
4	Kathy Laverde	Educational support		
5	Ashley Hernandez	Parent	AMendez8503@aol.com	
6	Marcio Ortiz	Parent	Mgixxet758@juno.com	
7	Cabrera Estavopina	Parent	newlife7924@gmail.com	Parent
8	Pasica Barbera	Teacher	lezaca@academicharterschools.org	Attendance
9	Priscilla Medina	Teacher	Medina@academicharterschools.org	Voting teacher
10	Jacqueline Bonilla	Parent	sltjackie@hotmail.com	Parent Member
11	Juilette Jimenez	student	JJimenez@academicharterschools.org	Schoolwest.com Student
12	Emma Mattas	Student	Emmattas@academicharterschools.org	Schoolwest.com Student President
13	Tracy Rodriguez	Principal Alternate		
14	Hayley Yopez	Staff	Yopez@academicharterschools.org	Schoolwest.com Staff President
15	Susie Bello	Principal	bello@academicharterschools.org	Schoolwest.com