



AcadeMir Charter Schools

ACSE and ACSEM

Wellness Advisory Group

Meeting Agenda

Meeting Date: March 19, 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>Yes, AcadeMir Charter School East provides students with comprehensive nutrition education that equips them with the skills necessary to adopt healthy eating habits. Nutrition education is embedded into science, health, and physical education classes, where students learn about balanced diets, food groups, and the importance of proper nutrition in maintaining a healthy lifestyle.</p>
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<p>Students receive consistent nutrition messages throughout the school?</p>	<p>Yes, AcadeMir Charter School East ensures that students receive consistent nutrition messages throughout the school environment. The school's Wellness Policy emphasizes the importance of promoting student health and well-being by integrating nutrition education across various aspects of the school experience.</p> <p>This comprehensive approach includes classroom instruction, cafeteria offerings, and school-wide initiatives, all designed to reinforce healthy eating habits and support students in making nutritious choices.</p>
<p>AcadeMir Charter Schools health education curriculum standards and guidelines include both nutrition and physical education?</p>	<p>Yes, AcadeMir Charter Schools incorporate both nutrition and physical education within their health education curriculum standards and guidelines. The curriculum is designed to provide a well-rounded education that emphasizes the importance of healthy lifestyles.</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, AcadeMir Charter School East provides students with opportunities for physical activity beyond scheduled physical education classes. The school's commitment to promoting physical health is evident through various programs and initiatives:</p> <ol style="list-style-type: none"> 1. Recess: Students are allotted time throughout the week for unstructured play and physical activity, allowing them to engage in exercise, socialize, and refresh their minds for academic tasks.
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	<ol style="list-style-type: none"> 2. Classroom Physical Activities: Teachers incorporate short physical activity breaks within classroom settings to help students remain active and attentive. 3. Extracurricular Programs: The school offers a variety of after-school sports and enrichment programs, including gymnastics, soccer, basketball, dance, and martial arts, providing additional avenues for students to participate in physical activities.
<p>Students are given the opportunity for physical activity through a range of before and /or after school programs?</p>	<p>Yes, the school offers a variety of after-school sports and enrichment programs, including gymnastics, soccer, basketball, dance, and martial arts, providing additional avenues for students to participate in physical activities.</p>

Nutritional Goals

<p>USDA guidelines set for food and beverages in the food service program are being followed:</p>	<p>Yes, AcadeMir Charter School East adheres to the USDA guidelines for food and beverages in its food service program. The school complies with the Smart Snacks in School standards established by the USDA, which set practical, science-based nutrition criteria for all snacks and beverages sold to students during the school day</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 School East adheres to the USDA guidelines for food and beverages in its food service program. The school complies with the Smart Snacks in School standards established by the USDA, which set practical, science-based nutrition criteria for all snacks and beverages sold to students during the school day</p>



Other School Based Activities promoting School Wellness:

<p>The school provides a clean and safe environment?</p>	<p>Yes, AcadeMir Charter School East is committed to providing a clean and safe environment for all students and staff. The school's policies and procedures are designed to ensure safety and well-being</p>
<p>Students have access to free drinking water throughout the school day?</p>	<p>Yes, AcadeMir Charter School East ensures that students have access to free drinking water throughout the school day. The school encourages students to bring their own water bottles to stay hydrated during school hours.</p>
<p>The school encourage all students to participate in the school breakfast and lunch program?</p>	<p>Yes, AcadeMir Charter School East encourages all students to participate in the school's breakfast and lunch programs. The school offers nutritious meals daily, with breakfast priced at \$2.00 and lunch at \$3.00, including milk. To ensure accessibility, the school participates in the National School Lunch and School Breakfast Programs, providing free and reduced-price meals for eligible students. Parents are required to complete lunch applications annually to determine eligibility. All meal payments are managed through the "SchoolCafe" app, with parents expected to pay on a monthly basis.</p>
<p>AcadeMir Charter Schools protect the identity of students who eat free and reduced-priced meals?</p>	<p>Yes, AcadeMir Charter Schools are committed to protecting the identity of students who receive free or reduced-price meals. The schools adhere to USDA guidelines, which mandate the confidentiality of such information to prevent any form of discrimination or overt identification. This ensures that all students can participate in meal programs without fear of stigma or</p>

	embarrassment.
The school ensure adequate time for students to eat lunch?	<p>Yes, AcadeMir Charter School East ensures that students have adequate time to eat lunch. The school has established a structured lunch schedule that allocates 30-minute lunch periods for different grade levels, as follows:</p> <p>Lunch #1: 10:50 AM – 11:20 AM Lunch #2: 11:25 AM – 11:55 AM Lunch #3: 12:00 PM – 12:30 PM Lunch #4: 12:35 PM – 1:05 PM</p> <p>This schedule ensures that each group of students receives a full 30 minutes for lunch, providing sufficient time to enjoy their meals in a relaxed environment.</p>

Creating Goals for School Food Program

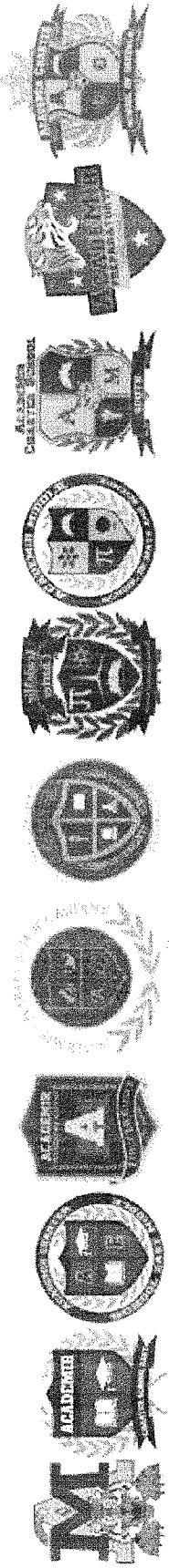
<p>Goal 1</p>	<p>Enhance Nutritional Quality and Student Participation</p> <p>Objective: Improve the nutritional value of school meals while increasing student participation in the breakfast and lunch programs.</p> <ul style="list-style-type: none"> ● Implement student feedback surveys to assess meal preferences and adjust menus accordingly. ● Introduce more fresh fruits, vegetables, and whole grains while reducing added sugars and processed foods. ● Partner with local food suppliers to source organic and locally grown produce when possible. ● Increase awareness of the benefits of school meals through nutrition education and marketing efforts to
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	encourage participation.
<p>Goal 2</p>	<p>Promote a Healthy Eating Environment and Reduce Food Waste</p> <p>Objective: Create a positive dining experience while fostering responsible food consumption habits.</p> <ul style="list-style-type: none"> • Ensure all students have at least 20 minutes of seated lunchtime to eat their meals. • Introduce a "Try It" program that encourages students to sample new healthy foods without pressure. • Implement a food waste reduction initiative, such as share tables or composting, to minimize waste. • Train cafeteria staff on nutrition education to engage students and reinforce healthy eating habits. <p>These goals will help AcadeMir Charter School East provide a healthier, more engaging, and sustainable food program that supports student well-being.</p>



Additional Public Input

No Additional input at this time.



AcadeMir Charter Schools

Wellness Advisory Group Members

Sign In

Meeting Date: March 19, 2025

1	Name	Parent/Student/ Staff	Email Address	Responsibilities/ Roles
2	Wilhelma Lopez	Principal Staff		Principal
3	Jennifer Jones	Staff		Activities Director
4	Ornella Bono	Parent	bonornella@yahoo.com	
5	Isabella Estulain	Student	bonoetulain@gmail.com	
6	Christina Hernandez	Staff	hernandez@academicharterschoolseast.com	Teacher
7	Maria Gramio	Staff	gramio@academicharterschoolseast.com	Middle School Teacher
8	Melissa Valladares	Staff	Valladares@academicharterschoolseast.com	Assistant Principal
9	Michelle Segui	Staff	segui@academicharterschoolseast.com	Counselor
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