

## Global Scholars Academy Wellness Policy Triennial Assessment Report 2020.2021

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Wellness Policy Components	Fully in Place	Partially in Place	Not in Place	Describe Actions Taken for Implementation (include supports and challenges)	Data Source for Monitoring
<b>School Health Advisory Committee (S.H.A.C)</b>					
<b>Local Wellness Policy</b>					
The assignment of a designated coordinator for ensuring school compliance with the local wellness policy and oversight identified.	X			New Wellness Coordinator assigned	
The SHAC committee meets, monitors the implementation of the local wellness policy and reports compliance to the Head of School.		X		Due to Covid -19, policy redesign, new SHAC coordinator and members the SHAC committee has not met as often planned for the development of new activities.	Scheduled planned events
<b>Public Involvement</b>					
Meets at least once per year to establish school wellness goals for school health and safety policies and programs including development, implementation, and periodic review and update of the wellness policy.		X		Virtual and hybrid learning created challenges to fully implement programs and scheduled meetings. However, the committee updated the policy and new goals were established.	The SHAC coordinator will maintain documentation of scheduled calendar meetings and planned activities minutes.
To the extent possible, committee includes representatives of: <ul style="list-style-type: none"> <li>• Parents/Legal Guardians</li> <li>• Local partnership</li> <li>• School Nutrition Services</li> <li>• Physical Education Teacher</li> <li>• School Nurse</li> <li>• EC coordinator</li> <li>• School Administrator</li> </ul>		X		Virtual and hybrid learning created challenges to fully update committee members.	Scheduled meetings and minutes
<b>Food and Safety Environment</b>					
GSA will comply with state and local regulations and will inform all students and parents of the school food safety rules policy in order to create a safe environment.	X			Communicated school safety policy through take home flyers, school messaging system (DOJO) and parent handbook.  Discard of any food items that are not store bought.  Monitor food items on campus and discard if	GSA meets state and local guidelines for Food and safety goals. Parents received information via school messaging system (DOJO), GSA parent & student handbook.  Parent/Guardian seeks administration approval for any classroom food items brought to school.

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				they do not comply with regulations.	
				All food areas sanitized prior to mealtimes	
<b>Nutrition Services</b>					
Nutrition services will meet USDA guidelines and will aim to promote healthy eating to staff, students, and the community.	X			<p>Meals provided by School Nutrition Services will meet, at a minimum, USDA guidelines for school breakfast, lunch, snack and made accessible to all students.</p> <p>Scholars encouraged to start every day with a healthy breakfast and eat lunch daily.</p> <p>Nutrition promotion and education planned.</p> <p>Smart snacks provided during marketing events.</p>	<p>Information shared through posters, newsletters, flyers, social media, and parent letters.</p> <p>GSA Teacher’s Handbook will provide guidelines.</p> <p>GSA’s Student Handbook will provide guidelines.</p>

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<b>Parent, Family and Community Involvement</b>					
Inform and include parents and community members in the school's health policies and events.	X			<p>Include health topics and/or information in newsletters and flyers shared with parents.</p> <p>Inform parents about school food service menu, physical activity, and mental health education components.</p> <p>Collaborate with outside agencies on health and wellness topics and best practices.</p> <p>Invite local community resources to join efforts in providing health and wellness information to GSA parents and staff.</p>	Flyers, use of school messaging system (DOJO) -
<b>Physical Education</b>					
<p><b><u>Nutrition Education</u></b> GSA will provide nutrition education and engage in nutrition promotion.</p>		X		<p>Using evidence-based techniques, creating food environments that encourage healthy nutrition choices and participation in school meals.</p> <p>Students provided nutritional information through the Fresh Fruit and Vegetable program, as well as teachers introducing the relationship between science and sound healthy practices.</p>	Review of integrated curriculum and observation of Nutrition education linked with the school food environment/cafeteria
<b>Physical Education</b>					
<p>Physical activity/ education will be provided to all scholars during the school day and will be encouraged to extend practices outside of school to promote a healthy lifestyle.</p> <p>All students will be provided equal opportunity to participate in physical education classes. Appropriate accommodations allow for equitable participation for all students and physical education classes and equipment are adapted as necessary.</p>	X			<p>P.E. provided to all scholars and will teach knowledge, skills, and values necessary to understand the short- and long-term benefits of a healthy lifestyle.</p> <p>P.E. integrated into the curriculum by classroom teachers, where deemed appropriate.</p> <p>Scholars provided recess and/or a physical activity period. K-5<sup>th</sup> grade scholars offered P.E. or recess daily. 6-8<sup>th</sup> grade scholars will be offered a</p>	Scholars received the PE curriculum via the master schedule during specials block.

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			<p>physical education period at least 2 days per week and recess when appropriate.</p> <p>The school will provide a physical and social environment that encourages safe and enjoyable activities for scholars.</p> <p>The school will encourage families and community members to institute programs that support physical activity.</p>	
<u>Health Education</u>		X	<p>Scholars provided with a K-8<sup>th</sup> curriculum taught by qualified educators covering topics to address physical, mental, emotional, and social dimensions of health.</p> <p>Topics covered under the health curriculum will address age-appropriate issues faced by today's youth including personal health and hygiene, family/peer relationships, sexuality education, mental/emotional health, tobacco-use prevention, and substance abuse prevention.</p> <p>Methods and strategies to implement the curriculum will strive to be interactive, engage all students and are relevant to their daily lives and experiences.</p>	<p>Lesson plans ensuring plans follow state curriculum standards.</p> <p>Topics covered planned according to our student's needs and address issues that youth face today.</p> <p>Lessons planned using fun and interactive techniques.</p>

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<b>Staff wellness</b>					
<p>Staff will promote, support and encourage a healthy environment.</p> <p>Staff encouraged to participate in fitness programs and healthy eating.</p> <p>Staff strongly encouraged to have healthy food/drinks in the presence of scholars.</p>		X		<p>Virtual Learning and staff working remotely staff were not able to participate in annual health programs but were encouraged to practice health behaviors.</p>	<p>Program offering and participation</p>
<b>Health Services</b>					
<p>All scholars will be provided with appropriate health services to meet their individual needs in order to support academic success.</p>		X		<p>Referrals made on behalf of scholars to the appropriate health care professional such as doctors, dentists, optometrists, mental health agencies for further evaluation.</p> <p>Scholars will have affordable access to nutritious foods needed to stay healthy and learn well.</p> <p>Food for sale throughout the school day will meet all applicable federal and state requirements.</p> <p>Menus will comply with all federal, state and local regulations.</p> <p>Healthy foods/smart snacks considered when planning school-based activities such as school events, fundraisers, field trips and classroom snacks or treats.</p>	<p>The number of referrals made to Outside resources.</p> <p>Grants given to the school (F&amp;R lunches, Fresh Fruit and Veggies Program, Backpack Buddies Program)</p> <p>Planning team recommendation for healthy options when planning events.</p>
<b><u>Mental and Social Health</u></b>					
<p>All scholars will be provided with appropriate mental health services to meet their individual needs in order to support academic success.</p>	X			<p>All scholars will receive universal social, emotional and mental health education through classroom guidance on a weekly basis (tier 1).</p> <p>At risk scholars identified and receive small group instruction focusing on topics to meet their specific needs (tier 2).</p>	<p>School counselor records lesson plans for classroom guidance lessons</p> <p>Teacher referrals will be collected in order to identify specific needs and create small groups based on topic.</p> <p>Documentation provided by the school counselor of one-on-one services.</p>

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			<p>In depth services provided to scholars who display mental health concerns or problems through one-on-one individualized instruction (tier 3).</p> <p>The school will build and maintain partnerships with outside resources to help aid in therapy for scholars with specific, more severe needs.</p> <p>All educators will attend trainings and meetings to stay abreast of evidence-based practices and incorporate strategies in their classrooms.</p> <p>All staff will participate in a school-wide incentive program to promote positive behaviors and reward scholars for meeting and exceeding expectations.</p>	<p>Documentation provided by school counselor, nurse and social worker of outside referrals made.</p> <p>Planning/preparing trainings and recording meeting times and teacher attendance.</p> <p>PBIS, Eagle Store and rewards programs (DOJO points)</p> <p>Evaluation of classroom guidance and outside referrals.</p>
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<u>Informed the Public.</u> Annually, the public is notified about the content and implementation of the wellness policy.					
The name and contact information of the coordinator is publicized.		X		Changes in coordinator during COVID - 19 created a challenge for fully implementing.	
Information is shared on how the public can become involved with the wellness committee or obtain additional information on the wellness policy.	X				Continue to publish on the DOJO messaging system
Every three years, GSA develops a report that meets the following requirements		X			Received USDA waiver 2019/2020 school year
GSA compliance with the wellness policy.		X		Add additional community members on the committee	Members added and active in the development of events and activities.
A description of progress towards attaining wellness policy goals.		X		Due to the events of COVID-19, GSA was not able to fully implement annual events.	Continue to utilize development internal evaluation tool.
This report made available to the public	X				
Records, maintained documented compliance with the requirements of the wellness policy including items.		X		Clearly separate events planned and implemented by the committee	Documented meetings
Local Wellness Policy <a href="https://globalscholarsacademy.org/academics/nutrition-services/health-and-wellness-policy/">https://globalscholarsacademy.org/academics/nutrition-services/health-and-wellness-policy/</a>	X				Updated 2021

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<b>Optional Goals- Water</b>					
Free, safe, unflavored, drinking water available throughout the school day, throughout every school campus.	X			Provides bottled water for students	
<b>Optional Goals- Staff Wellness</b>					
<p>Success/Updates from the Past Three Years: – GSA over the past years has offer an array of wellness programs. COVID-19 challenges minimize our normal design of program opportunities; however, the committee revised the local wellness policy to include changes in the way GSA will approach health in the school. This year a new Wellness Coordinator for SHAC, Lesli Bryant, appointed, and a school nurse hired. GSA will strive to increase participation from the local community and families as new and activities and programs come online.</p>					

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### Local Wellness Policy Triennial Assessment Report - Additional Information You Should Know

**Background Information:** An assessment of our school wellness policy must be conducted a minimum of once every three years per United States Department of Agriculture (USDA) regulations; however, Local Educational Agencies (LEAs) may assess their policy more frequently if they wish. Global Scholars Academy meets annually to review the policy and address changes for updates.

**Purpose:** The annual assessment varies each year based on the needs of our school system. The Wellness Committee determines the strengths of the policy and makes appropriate revisions in order to comply with the triennial assessment. Global Scholars Academy was granted an extension of the triennial assessment for the 2020-2021 school year, and therefore the wellness committee convened again on September 9, 2020, from total virtual learning environment. Our immediate wellness team decided to update the well policy to meet the school evolving environment and needs of our school.

Global Scholars Academy will continue to create, strengthen, and work within the local wellness policy to develop, implement, monitor, review, and as necessary, upgrade school nutrition, physical activity and over health practices within our environment. The committee also will serve as a resource to the local wellness coordinator for implementing policies. The GSA local wellness committee consists of a group of individuals representing the school (including parents, students, school nutrition, school nurse, teachers, and school administrators).

The wellness coordinator and the committee will review the Local Wellness Policy annually. If changes are required during the review the policy the committee will update and submit to the Board of Directors for approval.