



## **CASA Academy School Wellness Plan**

### **CASA Academy Wellness Plan Mission:**

CASA Academy will improve the health of scholars and families. This mission will be accomplished through education, environmental changes, and opportunities to establish life-long healthy nutrition and physical activity habits.

### **Overarching Goals:**

1. CASA will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.
2. CASA will support and promote proper dietary habits contributing to scholars' health status and academic performance.
3. CASA will provide opportunities for scholars to engage in physical activity.

### **School Wellness Committee:**

CASA will establish and maintain a school-wide Wellness Committee. The purposes of the committee will be to monitor the implementation of this plan, evaluate CASA's progress on this plan's goals, serve as a resource to CASA and recommend revisions to this plan.

The School Wellness Committee will meet a minimum of once per school year. The School Wellness Committee will be comprised of the following individuals:

- Director of Students and Operations
- School Operations Associate
- Catering staff member

- CASA teacher
- CASA parent
- CASA scholar

This committee recognizes that scholars need to be physically active and eat nourishing food to grow, learn and maintain health, physical and mental development. It further recognizes that a significant body of research indicates a positive correlation with optimal health, learning and academic success.

### **Program Goals**

This committee adopts the following goals:

- 1) CASA will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a scholar's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. Such learning environments will teach scholars to use appropriate resources and tools to make informed and educated decisions about lifelong healthy habits and beneficial physical activity. This goal will be accomplished by:
  - a) Providing age-appropriate and culturally sensitive instruction to scholars that teaches them lifelong healthy eating habits and a healthy level of physical activity.
  - b) Promoting healthy eating, physical activity and the school meal programs to scholars, parents, school staff and the community at school registrations, parent-teacher meetings, open houses, staff in-services, etc.
  - c) Supporting staff educational opportunities to inform them about nutrition and physical activity, including how to integrate these topics into their core instruction. These educational opportunities may include, but are not limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional value and healthy lifestyles, health assessments, fitness activities and other appropriate nutrition and physical activity-related topics.
- 2) CASA will support and promote proper dietary habits contributing to scholars' health status and academic performance. It is recommended that all foods and beverages available to scholars on school grounds and at school-sponsored activities should meet or exceed School Breakfast and/or National Lunch Program nutrition standards. This goal will be accomplished by:
  - a) Requiring that scholars have access to healthful food choices in the school cafeteria with an adequate time to eat and healthful items for fundraisers and classroom parties.

- b) Requiring that CASA scholars may only drink milk (choice of drinking milk at breakfast and lunch) or water during the school day.
  - c) Restricting scholar access to foods of minimal nutritional value.
  - d) Making information accessible to scholars and their parents/guardians concerning the nutritional content of foods through parent training.
  - e) Requiring staff to use non-food items as rewards.
  - f) Assuring that the school cafeteria is a pleasant eating environment, including displays of scholar art, natural light, health education information and reduced noise, if possible.
  - g) Restricting classroom celebration food, including the prohibition of food during classroom parties of any kind (with the sole exception of last day of school parties).
- 3) CASA will provide opportunities for scholars to engage in physical activity. A quality physical education program is an essential component for all scholars to participate in and learn about physical activity. Physical activity will be included in CASA's enrichment program. Physical activity should include regular instruction in physical education, in accordance with the state standards as well as recess. The goal of providing more opportunities for scholars to engage in physical activity will be accomplished by the following objectives:
- a) Increasing physical activity opportunities during the school day through daily recess periods, physical education classes and the integration of physical activity into the academic curriculum. The amount of physical activity provided will be consistent with all requirements of state law.

### **School Based Activities Designed to Promote Scholar Wellness**

CASA Academy is committed to creating a school environment that is conducive to healthy eating and being physically active. CASA Academy will provide consistent, reliable health messages and opportunities for scholars to practice healthy choices each day. Specifically, these activities will include:

#### Eating Environment –

- Ensuring that the cafeteria is a clean, safe place with adequate space to eat.
- Ensuring that scholars have easy access to the drinking fountain throughout the day.

#### Time and Scheduling of Meals

- Ensuring that the scheduling and time allotted to both breakfast and lunch is adequate and that scholars have enough time to participate in the meal program.
- Ensuring that the meal program is not interfered with by bus schedules, scheduling conflicts, etc.

#### Rewards or punishments

- Ensuring that taking away the privileges of food, recess and physical education are never used as negative consequences at CASA Academy.

#### Fundraising

- Ensuring that food at fundraising events is aligned to CASA Academy's food and wellness policies.

#### Foods of Minimal Nutritional Value

- Ensuring that CASA enforces its food policy by not allowing unhealthy foods on its campus.

#### Food Safety

- Ensuring that CASA Academy establishes standards that encourage scholars to practice healthy lifestyles.

#### Access to Physical Activity Program

- Increasing physical activity on campus by providing adequate recess and PE time.

#### Nutritional Messaging

- Ensuring that nutritional messaging is consistent across the school (signage, language, etc.)

**2021-2022 Yearly Implementation Plan**

<b>Objective</b>	<b>Activities</b>	<b>Timeframe</b>	<b>Activity Status</b>
CASA will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a scholar’s understanding, beliefs and habits as they relate to good nutrition and regular physical activity. Such learning environments will teach scholars to use appropriate resources and tools to make informed and educated decisions about lifelong healthy habits and beneficial physical activity.	Create a google drive folder of wellness activities that teachers can use in their classrooms.	Ongoing	In progress
	Develop a flyer to hand out at campus-wide events to all families.	Completed	In progress
	Develop a list of professional development opportunities and assemblies for CASA scholars that relate to healthy eating and physical activity.	Ongoing	In progress
CASA will support and promote proper dietary habits contributing to scholars’ health status and academic performance. It is recommended that all foods and beverages available on school grounds and at school-sponsored activities	Create policies surrounding classroom parties and beverages on campus that promote healthy eating.	Will be revised each year and voted upon by the CASA Governing Board within the Scholar and Family Handbook.	Created

should meet or exceed School Breakfast and/or National Lunch Program nutrition standards.	Ensure that the cafeteria is a warm, inviting environment. Ensure that cafeteria promotes healthy eating.	Ongoing	Created
	Arrange for one healthy eating presentation to occur for parents per year.	By October 2021	Completed
CASA will provide opportunities for scholars to engage in physical activity. A quality physical education program is an essential component for all scholars to participate in and learn about physical activity. Physical activity will be included in CASA's enrichment program. Physical activity should include regular instructional physical education, in accordance with the state standards as well as recess.	Increase physical activity periods during the day	Ongoing	Created
	Ensure that physical education classes are in accordance with state standards.	Ongoing	In progress
	Increase amount of physical activity breaks within classrooms	Ongoing	Created

**2021-2022 Yearly Evaluation**

*This meeting will be conducted in May 13<sup>th</sup>, 2022 to discuss and finalize evaluation. Individual requested to be present:*

- Director of Students and Operations: Liliana Villasenor
- CEO: Tacey Clayton Cundy
- School Operations Associate: Regina Villalobos
- Catering staff member: Hilda Garcia
- CASA teacher: Alexandra Cruz
- CASA parent: Martha Martinez, Maria Zavala, Mateo’s mom

<b>Objective</b>	<b>Activities</b>	<b>Timeframe</b>	<b>Activity Status</b>	<b>Year Two Evaluation</b>
CASA will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a scholar’s understanding, beliefs and habits as they relate to good nutrition and regular physical activity. Such learning environments will teach scholars to use appropriate resources and tools to make informed and educated decisions about lifelong healthy habits and beneficial physical activity.	Create a google drive folder of wellness activities that teachers can use in their classrooms.	Created	Completed	While this folder has some resources, over the next year, CASA will seek to further bolster and increase the number of resources for teachers to use and access.
	Develop a flyer to hand out at campus-wide events to all families.	By December 2021	Completed	Completed
	Develop a list of professional development opportunities and assemblies for CASA scholars that relate to healthy eating and physical activity.	Ongoing	In progress	While this folder has some resources, over the next year, CASA will seek to further bolster and increase the number of resources for teachers to use and access.

<p>CASA will support and promote proper dietary habits contributing to scholars' health status and academic performance. It is recommended that all foods and beverages available on school grounds and at school-sponsored activities should meet or exceed School Breakfast and/or National Lunch Program nutrition standards.</p>	<p>Create policies surrounding classroom parties and beverages on campus that promote healthy eating.</p>	<p>Will be revised each year and voted upon by the CASA Governing Board within the Scholar and Family Handbook.</p>	<p>In progress</p>	<p>Completed</p>
	<p>Ensure that the cafeteria is a warm, inviting environment. Ensure that cafeteria promotes healthy eating.</p>	<p>Ongoing</p>	<p>In progress</p>	<p>CASA is on track to achieving this goal. This summer tile was added to the cafeteria. The goal we need to work on is increasing scholar artwork and healthy-eating related information.</p>
	<p>Arrange for one healthy eating presentation to occur for parents per year.</p>	<p>By December 2021</p>	<p>In progress</p>	<p>Goal met. CASA conducted a multi-cultural potluck with the entire school where the main topic was focused on how to incorporate our cultural food into healthy eating habits.</p>
<p>CASA will provide opportunities for scholars to engage in physical activity. A quality physical education program is an essential component for all scholars to participate in and learn about physical activity. Physical activity will be included in CASA's enrichment</p>	<p>Increase physical activity periods during the day</p>	<p>Ongoing</p>	<p>In progress</p>	<p>CASA will maintain the current physical activity time frames due to its great effectiveness.</p>
	<p>Ensure that physical education classes are in accordance with state standards.</p>	<p>Ongoing</p>	<p>In progress</p>	<p>Completed</p>



<p>program. Physical activity should include regular instructional physical education, in accordance with the state standards as well as recess.</p>	<p>Increase amount of physical activity breaks within classrooms</p>	<p>Ongoing</p>	<p>In progress</p>	<p>While some CASA teachers incorporate movement breaks into their classrooms, professional development and observations surrounding movement breaks should occur in the 2021-2022 school year.</p>
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## 2020-2021 Yearly Implementation Plan

Objective	Activities	Timeframe	Activity Status
<p>CASA will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a scholar's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. Such learning environments will teach scholars to use appropriate resources and tools to make informed and educated decisions about lifelong healthy habits and beneficial physical activity.</p>	<p>Further bolster the google drive folder of wellness activities that teachers can use in their classrooms.</p>	<p>Ongoing</p>	<p>In progress</p>
	<p>Increase opportunities to hand out healthy eating flyer (registration events, parent conferences, etc.)</p>	<p>Ongoing</p>	<p>In progress</p>
	<p>Further bolster the list of professional development opportunities and assemblies for CASA scholars that relate to healthy eating and physical activity.</p>	<p>Ongoing</p>	<p>In progress</p>
<p>CASA will support and promote proper dietary habits contributing to scholars' health status and academic performance. It is recommended that all foods and beverages available on school grounds and at school-sponsored activities</p>	<p>On a yearly basis, update policies surrounding classroom parties and beverages on campus that promote healthy eating.</p>	<p>Will be revised each year and voted upon by the CASA Governing Board within the Scholar and Family Handbook.</p>	<p>In progress</p>

should meet or exceed School Breakfast and/or National Lunch Program nutrition standards.	Continue to ensure that the cafeteria is a warm, inviting environment and that the cafeteria promotes healthy eating.	Ongoing	In progress
	Arrange for one healthy eating presentation to occur for parents per year.	By October 2021	In progress
CASA will provide opportunities for scholars to engage in physical activity. A quality physical education program is an essential component for all scholars to participate in and learn about physical activity. Physical activity will be included in CASA's enrichment program. Physical activity should include regular instructional physical education, in accordance with the state standards as well as recess.	Increase physical activity periods during the day.	By August 2021	Completed
	Ensure that physical education classes are in accordance with state standards.	Ongoing	In progress
	Increase amount of physical activity breaks within classrooms. Provide teachers with professional development and observations to learn how to do incorporate movement breaks into the classroom.	Ongoing	In progress

**2021-2022 Yearly Evaluation**

*Will be conducted again in June of 2023.*

<b>Objective</b>	<b>Activities</b>	<b>Timeframe</b>	<b>Activity Status</b>	<b>Year Three Evaluation</b>
CASA will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a scholar’s understanding, beliefs and habits as they relate to good nutrition and regular physical activity. Such learning environments will teach scholars to use appropriate resources and tools to make informed and educated decisions about lifelong healthy habits and beneficial physical activity.	Further bolster the google drive folder of wellness activities that teachers can use in their classrooms.	Ongoing	In progress	
	Increase opportunities to hand out healthy eating flyer (registration events, parent conferences, etc.)	Ongoing	In progress	
	Further bolster the list of professional development opportunities and assemblies for CASA scholars that relate to healthy eating and physical activity.	Ongoing	In progress	
CASA will support and promote proper dietary habits contributing to scholars’ health status and academic performance. It is recommended that all foods and beverages available on	On a yearly basis, update policies surrounding classroom parties and beverages on campus that promote healthy eating.	Will be revised each year and voted upon by the CASA Governing Board within the Scholar and	In progress	

school grounds and at school-sponsored activities should meet or exceed School Breakfast and/or National Lunch Program nutrition standards.		Family Handbook.		
	Continue to ensure that the cafeteria is a warm, inviting environment and that the cafeteria promotes healthy eating.	Ongoing	In progress	
	Arrange for one healthy eating presentation to occur for parents per year.	By June 2021	In progress	
CASA will provide opportunities for scholars to engage in physical activity. A quality physical education program is an essential component for all scholars to participate in and learn about physical activity. Physical activity will be included in CASA's enrichment program. Physical activity should include regular instructional physical education, in accordance with the state standards as well as recess.	Increase physical activity periods during the day.	By August 2021	Completed	
	Ensure that physical education classes are in accordance with state standards.	Ongoing	In progress	
	Increase amount of physical activity breaks within classrooms. Provide teachers with professional development and observations to learn how to do incorporate movement breaks into the classroom.	Ongoing	In progress	