

SER-Niños Charter School

Local Wellness Policy: Triennial Assessment

Month and year of current assessment: February 2022

Local Wellness Committee Members 2022

Name	Job Title
Denise Hernandez	Principal/Coordinator
Denis Juarez	Nutrition Manager
Kathy Zaborowski	Nurse
Sheronda Oliphant	Principal
Zelma Berrios	Parent
Gulfton Dental	Community Partner
Brenda Zuniga	Parent
Cellie Davis	Teacher
Lourdes Ajpacaja	Student
Katia Blanco	Student

Local wellness policies

School Community Participation

Nutrition and Wellness Policy

Goals for nutrition Promotion education and Physical Activity

Nutrition Standards for Food and Beverages

Student Wellness

Nutrition recipes for the newsletter

Monitoring of Nutrition Wellness Program

School Wellness Policies are to include:	Meeting Goal	Partly Meeting Goal	Not Meeting Goal
Wellness Coordinator: Identify at least one person as responsible	☒	☐	☐

School Wellness Policies are to include:	Meeting Goal	Partly Meeting Goal	Not Meeting Goal
Measurement of Impact and Implementation of the Program	☐	☒	☐

HEALTH EDUCATION

School Wellness Policies are to include:	Meeting Goal	Partly Meeting Goal	Not Meeting Goal
Health Education: Taught standards aligned health instruction	☐	☒	☐
Provide adequate health education minutes for PK-8	☐	☒	☐
Provide CPR training for students 7-8	☒	☐	☐

PHYSICAL ACTIVITY

School Physical Activity Policies are to include:	Meeting Goal	Partly Meeting Goal	Not Meeting Goal
Physical Activity: Identified physical goals for increasing physical activity	☒	☐	☐
Provide adequate health education minutes for PK-8	☒	☐	☐
Setting goals to provide and average of 135 physical education minutes per week	☒	☐	☐
Setting goals for providing an average of 225 physical education minutes per week 6-8	☒	☐	☐
Provide suitably adapted physical education for students with disabilities	☒	☐	☐
Prohibit the requirement or withholding of physical activity as a means of punishment	☒	☐	☐

NUTRITION

School Wellness Policies are to include:	Meeting Goal	Partly Meeting Goal	Not Meeting Goal
Nutrition Promotion: Identify specific goals for nutrition promotion and nutrition education and other school based activities that promote wellness	☒	☐	☐
School Wellness Policies are to include: Nutrition Environment and Service: Distribute the menu for each breakfast and lunch served	☒	☐	☐
Solicit input from students, faculty and parents	☐	☒	☐
Hang meal signage such as nutrition posters, offer vs serve	☒	☐	☐
Provide nutrition facts of menu items during morning announcements and newsletter	☒	☐	☐

FOOD AND BEVERAGES

School Wellness Policies are to include:	Meeting Goal	Partly Meeting Goal	Not Meeting Goal
Nutrition Promotion: Identify specific Establish standards for foods and beverages provided, not sold to students during the day	☒	☐	☐
School Wellness Policies are to include: Nutrition Environment and Service: Make water available when meals are served	☒	☐	☐
Make sure all food and beverages sold meet the federal guidelines	☐	☒	☐

FAMILY ENGAGEMENT

School Family Engagement is to include:	Meeting Goal	Partly Meeting Goal	Not Meeting Goal
Parents and legal guardians have the opportunity to participate in the local wellness program and process	☒	☐	☐

Plans for educating families on behaviors that impact a healthy habits	☐	☐	☒
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COMMUNITY INVOLVEMENT

School Wellness Policies are to include:	Meeting Goal	Partly Meeting Goal	Not Meeting Goal
Community Involvement: Describe how community members are provided with the opportunity to participate in the Local Wellness Policy process as well as serve on the committee	☒	☐	☐
Next Steps: Provide nutrition classes for parents and community members Create activities to address Social Emotional Wellness Make sure teachers are implementing the program as reequired.			