

## Local School Wellness Policy

### Implementation Assessment

**School Food Authority:** Perspectives Charter Schools

**Policy Revision Date:** April 16, 2024

**Assessment Date:** April 16, 2024

**Assessment Conducted By:** Director of Food Service

**Assessment Type:** Triennial / Most Recent Assessment

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### 1. Nutrition Education & Promotion

**Policy Goal:** Integrate nutrition education and promote healthy food choices.

#### Assessment Findings:

- Nutrition education is embedded into classroom instruction and Healthy Lifestyles programming.
- Cafeterias promote fruits, vegetables, and balanced meals.
- Students participate in taste tests, garden-based learning, and food sampling.
- Free drinking water is available in all eating areas.

**Implementation Status:**  Fully Implemented

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### 2. Physical Activity

**Policy Goal:** Provide diverse and inclusive physical activity opportunities.

#### Assessment Findings:

- Physical Education is offered across all grade levels.
- Recess and movement opportunities are provided, with accommodations for students with disabilities.
- Gardening activities supplement physical activity programming.
- Outdoor activity is adjusted during extreme weather.

**Implementation Status:**  Fully Implemented

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### 3. Nutrition Standards for Foods & Beverages

**Policy Goal:** Ensure all foods meet USDA nutrition standards.

#### Assessment Findings:

- All reimbursable meals comply with NSLP and SBP requirements.
- Smart Snacks standards are followed for non-program foods.
- Beverages are limited to water, milk, and 100% juice.
- No deep frying is used; whole grains are the sole grain option.

**Implementation Status:**  Fully Implemented

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#### **4. School Environment & Meal Programs**

**Policy Goal:** Create a positive lunchroom climate and maximize participation.

**Assessment Findings:**

- Students receive at least 20 minutes to eat once seated.
- Breakfast is offered at no cost to increase participation.
- Electronic systems reduce stigma and protect student privacy.
- After-school snacks are provided for eligible programs.

**Implementation Status:**  Fully Implemented

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#### **5. Monitoring, Oversight & Reporting**

**Policy Goal:** Monitor and continuously improve wellness policy implementation.

**Assessment Findings:**

- The Director of Food Service oversees implementation and compliance.
- Annual reports are provided to the Board of Directors.
- Feedback is gathered through surveys, taste tests, and student engagement.
- Adjustments are made based on participation data and nutritional analysis.

**Implementation Status:**  Fully Implemented

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#### **6. Community & Stakeholder Engagement**

**Policy Goal:** Engage families, staff, and students in wellness efforts.

**Assessment Findings:**

- A Healthy Lifestyles Taskforce has been established.
- Families receive wellness information through school communications.

- Students and staff participate in wellness-related initiatives.

**Implementation Status:**  Partially Implemented  
(Ongoing recruitment and engagement continues)

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### **Overall Assessment Summary**

Perspectives Charter Schools has **successfully implemented** the majority of goals outlined in its Local School Wellness Policy. Nutrition standards, physical activity, meal program compliance, and oversight are fully implemented. Stakeholder engagement continues to expand through the Healthy Lifestyles Taskforce and community outreach.

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### **Certification**

I certify that this assessment accurately reflects the implementation of the Local School Wellness Policy.

**Name:** Sonia Cantres

**Title:** Director of Food Service

**School Food Authority:** Perspectives Charter Schools

**Date:** April 16, 2024

**Signature:** Sonia Cantres