



Colorado Local Wellness Policy Triennial Assessment

In accordance with the [U.S. Department of Agriculture's Final Rule: Local School Wellness Policy Implementation](#), all sponsors participating in the National School Lunch or School Breakfast Program must complete an assessment of their local wellness policy (LWP), at minimum, once every three years. The following report will act as an assessment of the district's LWP.

It is recommended that all Colorado sponsors use the Colorado Local Wellness Policy Triennial Assessment to fulfill the program requirements.

The assessment must measure the following:

1. Sponsor's compliance with their local wellness policy
2. Sponsor's progress toward meeting their local wellness policy goals
3. How the language in the sponsor's wellness policy compares to the model wellness policy.

Instructions:

Before you begin the assessment, please read through the entire instruction section. Next, follow steps 1-3 to complete the Triennial Assessment Report. The report template can be found on page two of this document. Please note, the brackets and with a gray background are editable ({Example of Editable Field}).

STEP 1: Policy Assessment

- Goal: assess compliance with the local wellness policy.
- How to complete: In section 1 of the report, enter an "X" in the column that best suits the the degree of compliance for each wellness policy component.

STEP 2: Policy Progress

- Goal: describe the overall progress made toward meeting policy goals.
- How to complete: In section 2 of the report, provide a narrative update that includes a description of progress achieved, activities implemented, and plans for future wellness policy implementation.

STEP 3: Model Policy Comparison

- Goal: Describe policy strengths and areas for improvement based on the findings of the WellSAT.
- How to complete: First, complete the WellSAT assessment (see below for instructions). Then based on the results from WellSAT, provide a brief description of the LWP strengths and areas of improvement in section 3 of the report.
- How to complete the WellSAT: You can complete the WellSAT assessment either electronically OR by hand. Go to wellsat.org.

Be sure to retain a copy of the completed assessment and share your progress with your school community by posting it to your nutrition services or district webpage.



Colorado Charter School Institute

Local Wellness Policy Triennial Assessment Report

Date Completed: 2021-2022

A local wellness policy directs efforts to create a healthier school environment. Effective wellness policies support a culture of well-being by establishing healthful practices and procedures for students, staff, and families. Schools/districts participating in the federal Child Nutrition Programs are required to complete an assessment of their local wellness policy, at minimum, once every three years. This report summarizes policy objectives and details the results of the most recent evaluation. For questions regarding the results, contact Ilene Agustin at IleneAgustin@csi.state.co.us

Section 1: Policy Assessment

We encourage the following people to participate in the development, implementation, and evaluation of our wellness policy: **See attached spreadsheet for school responses.**

- | | | | |
|---|--|--|----------------------------------|
| <input type="checkbox"/> Administrators | <input type="checkbox"/> School Food Service Staff | <input type="checkbox"/> P.E. Teachers | <input type="checkbox"/> Parents |
| <input type="checkbox"/> School Board Members | <input type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students | <input type="checkbox"/> Public |

Required Policy Component	Fully in Place	Partially in Place	Not in Place
Nutrition Education			
Nutrition Promotion			
Food and Beverage Marketing Guidelines on School Grounds			
Nutrition guidelines for all foods and beverages available but not sold on school grounds (i.e., classroom celebrations, rewards, etc.)			
Nutrition guidelines for all foods and beverages available sold on school grounds (i.e., a la carte, school stores, vending machines, etc.)			
Physical activity			
Other school-based activities (as defined by your policy)			



Section 2: Policy Progress

AAK: Movement is so much more at AAK! Every student will participate in our Expressions class with a focus on drama, dance, and physical well-being. This class integrates the lessons taught in class and brings them alive through movement, dance, and drama! Students will focus on the fundamentals of movement and community building while being encouraged to be their authentic selves and take risks. Our school addresses social emotional learning and physical well being in the classroom, on the playground and during CLC; our before and after care program. We have implemented 5210 and Healthy Habits into our annual education platform.

Animas HS: Nutrition Education and Nutrition Promotion are taught according to the Charter Institute's Wellness Policy, outlined in Goal's 1 and 2. Biology classes include nutrition education. Our food service staff and volunteers have conversations and provide guidance daily with students concerning proper nutrition. Our Wellness Counselor (social/emotional on campus counselor), provides nutrition education and promotion as part of an overall wellness model for students. We require students to participate in a physical education class each quarter. There are four PE quarters for the year. Students can choose their activity each quarter which enables them to have many different ways to be active. We also provide breaks during classes so that students can move and get some exercise. During our lunch time, we provide students with frisbees, basketballs, Four Square, and new this year is a Gaga Pit, which is similar to dodgeball. Being a project based school allows for students to move around as they are working on their projects during the day. We can do more to provide information to students about marketing influences geared towards young adults. We will look for ways to incorporate this into our curriculum. We can look for posters to display in our school. We will follow up on the nutritional guidelines for snacks and drinks in our vending machines. Food and drink that does not follow the guidelines will be removed from campus.

Axis International:

AXIS International Academy continues to meet the objectives and goals outlined in the wellness policy including:

Goal 1: Schools will provide a learning environment for developing and practicing lifelong wellness behaviors:

AXIS continues to improve this by promoting regular physical activity. This is accomplished through assigned daily recess times, in addition to "brain breaks."

Additionally in the 2021-22 school year, AXIS established an after school running program which consists of staff, parent volunteers and students. The program has a current capacity of 40 students, and reached that goal in the first week. We hope to increase capacity when resuming the Run Club in the fall.

Goal 2: Schools will support and promote proper dietary habits contributing to students' health status and academic performance.

AXIS has continued to meet this goal by participating in the breakfast and lunch programs. Additionally, AXIS does not sell beverages to students during the school day.

Goal 3: Schools will provide opportunities for students to engage in physical activity as described in CRS 22-32-136.5.

This institution is an equal opportunity provider.



As stated above, AXIS offer PE as a specials class to all students. This is in addition to daily recess schedules and brain breaks.

CEC:

Specific CEC Goals for 22-23 School Year

- Introduction of Farm to School program that promotes the following:
 - Community Involvement and engagement in Northern Colorado and Denver
 - Hands on experience and Involvement for all students
 - Educational opportunities and work/volunteer experience
 - Experience with food procurement and processing
 - CEC Food Service
 - Providing and educating students on the nutritious meals served, provided a full circle understanding of food from plantation to service in each cafeteria.
 - Local food procurement with community farms and gardens as well as onsite CEC gardens and food processing.
 - Promoting a healthy way of life for all Faculty, Students, and Families.
- Expanding policies on competitive foods and providing more access to these policies to all school leaders and educators.
- Integrating Farm to School, Food Services, Physical Education, Classroom Learning, and Work Experience programs to develop a more well rounded program of wellness CEC wide.

CLA/VPA: The School's policy progress continues through tri-annual review. Activities in the policy continue to be implemented consistently. Future plans/goals include strengthening stakeholder engagement in policy review and improving Physical Education Physical Activity through Safe Route to School support.

Nutrition Education: Fully in place: *Nutrition lessons are integrated into the curriculum, the health education program, and broader curriculum, where appropriate, in grades PK-12. Lessons cover topics including skills for reading food labels and menu planning. In addition, students use growing vegetables as a teaching tool.*

Nutrition Promotion: Fully in place: *Meals are served through the school/SFA food service program in compliance with the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served. The schools serve breakfast through the USDA School Breakfast Program. The cafeterias are cashless – all students are provided free meals (ensuring no student feels stigmatized for being unable to pay for a meal). Applications for free/reduced priced meals are provided to all families at the beginning of the school year. Ongoing strategies to increase participation in school meals: Students have the opportunity to provide input on local, cultural, and ethnic favorites. School provides food promotions and taste testing on healthy new menu offerings. Morning bus routes are scheduled to allow students to arrive at school in time to eat breakfast. After obtaining food, student are provided a minimum of 10 minutes to eat breakfast and 15 minutes to eat lunch. Drinking water is available in the cafeteria during mealtimes. School meals include fresh, locally-grown foods whenever possible and these foods are promoted. Students and staff have access to free, safe, and fresh drinking water throughout the school day.*

Food and Beverage Marketing Guidelines on School Grounds: Partially in place: *Only internal promotion of healthy foods, the breakfast, lunch, and snack program are present in the school. Additional promotion for programs such as Fruit and Vegetable program are allowed as available.*

This institution is an equal opportunity provider.



Nutrition guidelines for all foods and beverages available but not sold on school grounds (i.e., classroom celebrations, rewards, etc.): Partially in place: *The school limits teachers, clubs, and other school-sponsored organizations using foods or beverages as rewards for academic performance, contest prizes, or good behavior. Due to concerns about food safety and food allergies, children are recognized on their birthdays by being given special privileges, such as being line leader or teacher's helper for the day. No food is brought into the classroom. These guidelines are provided to staff in the Employee Handbook and to Parents/Guardians in the Student Handbook.*

Nutrition guidelines for all foods and beverages available sold on school grounds (i.e., a la carte, school stores, vending machines, etc.): Partially in place: *The school is compliant with all federal and state nutrition standards for all foods sold in schools. Competitive foods and snack foods are not available for purchase during the school day.*

Physical activity: Fully in place: *The school provides designated physical activity scheduling and promotion in its programming through classes, designated recess times, activities, and promotions i.e. Jump Rope/Hoops for Heart.*

Other school-based activities (as defined by your policy): *All school nutrition personnel meet hiring and annual education/training requirements. A minimum of 20 minutes of daily recess for all students is included in the school master schedule.*

Early College of Arvada: We will be posting our menu online and by the cafeteria to encourage students to eat more.

We now offer a cooking class club after school that teaches students about good food nutrition.

We now offer fruits for a snack in the cafeteria.

We have PE classes and the walk to the park when permitted to get proper exercise.

Global Village Academy:

Nutrition Education Not in place we currently not have any classes at this time

Nutrition Promotion partially in place we have flyers that promote nutrition

Food and Beverage Marketing Guidelines on school Grounds Not in place

Nutrition guidelines for all foods and beverages available but not sold on school grounds (classroom celebration rewards etc) First Friday of the month parents could bring treats to celebrate their kids birthday, we do encourage to bring healthy snacks instead of cupcakes but is not always the case, There is also an award ceremony each month for good citizenship.

Nutrition guidelines for all foods and beverages available Sold on school grounds Not in place we are not offering a la carte items nor do we have any vending machines.

Physical Activity Fully in place, we offered P. E classes

Other school based Activities Fully in place we offer after school activities called Encore and they involve cooking classes, Lego, and dance class, playing chess.

This institution is an equal opportunity provider.



KCA: Wellness policy has not been put into place yet.

New America Aurora: New America School-Aurora is an Alternative Education Campus with 121 students. Many of our students are over age /under credit, and have fallen behind in gaining credits in core content subjects. Therefore, we tend to offer fewer electives and concentrate our schedule on providing multiple math, English, Science and Civics classes to help student gain the necessary credits they need to graduate. Of the 7 electives we offer, 3 are related to health, fitness and nutrition (History of Food and Substance, Health and Fitness, Anatomy and Physiology). With a limited number of elective offerings, most of our student will pass through one of our H/F/N classes before graduating. Nate Melson, our H/F/N teacher is a passionate advocate of healthy living and healthy food choices. He has developed a nutrition and fitness app called My Body Bank (<https://my.bodybank.co>) to help students track exercise minutes, sleep and nutrition throughout the day. All of our students who take the course have online/mobile access to the app, and Mr. Melson has made tracking healthy lifestyle choices a central part of his curriculum and classroom philosophy.

Mr. Melson is also an advocate of physical exercise and body movement. Despite our urban setting with limited open exercise and play areas, Mr. Melson provides numerous outlets for physical exercise and strength training every school day through aerobics, weight lifting, step classes, neighborhood walks and currently, softball in a local park. Additionally, New America Aurora offers after school sports (in season) such as basketball, soccer and volleyball.

At NAS-A, there are no food sales on campus (no vending machines, no school store with snacks). 90% of our students are FRL eligible, and we provide breakfast, lunch and healthy snacks (apples, bananas, multigrain chips, cheese sticks) free of charge to students throughout the school day. NAS-A does not use food as a reward for good behavior (PBIS), and as a high school, we do not have class parties or celebrations (ex: birthdays) that include food.

Due to staffing challenges, we did not have an onsite health professional to help guide and craft our messages around healthy lifestyle choices and good nutrition. We will double down on our efforts to hire a person for this position as soon as we are able.

New America School Thornton:

The New America School has been able to staff a Student Wellness Coordinator for all three campuses, who has worked with each campus to put in place a physical fitness program complete with the equipment needed and instructional materials to use in all PE/Health classes. Further, NAS Thornton has worked with our food provider to ensure that breakfast, lunch, and snack items are all within the guidelines. The school has installed 2 water bottle filling stations to promote and encourage the drinking of water regularly as part of a healthy day. Through the CLC program, we have been able to implement group fitness for students that meets daily after school. For staff we have been able to implement several health and wellness challenges to foster healthy habit in nutrition and physical fitness. For our families and communities, prior to COVID we were able to collaborate with a community entity to provide evening classes on healthy cooking/ meals, physical fitness, heart health, and diabetes awareness. Moving forward we are working to development a partnership with



community organizations that will work with our school on providing the evening classes once again. We also plan to continue providing the healthier food options through a new food vendor.

Pagosa Peak Open School: School is working with their Board of Education to implement Wellness Policy.

Pinnacle:

Physical activity components are in place to promote a healthier school environment. The Physical Education team encourages activity with various elements of the program. P.E. Department also conducts monthly Wellness classes that include healthy food samples and information. There are nutritional guidelines implemented for foods and beverages sold on school grounds. These are in line with CDE regulations. Nutritional guidelines for foods and beverages not sold on school property are not yet in place. We will create a plan that promotes healthy elements in these occurrences. Nutrition education, nutrition promotion and food and beverage guidelines are partially in place. We are in the process of developing and implementing a plan that ensures these components are fully in place.

Ricardo Flores:

At Ricardo Flores Magon Academy (RFMA) we strive to create and implement a healthful school environment that meets the goals set forth by the Charter School Institute Food Authority. RFMA will continue to comply with all USDA regulations and state policies. Our students Kindergarten through 8th grade, participate in Physical Education Class, Dance Brain Breaks and Recess each and every day where we promote good nutrition and the importance of regular physical activity. We have partnered with Fuel Up to Play 360 and the American Heart Association to educate and provide resources to students to improve their decisions about health and wellness. Fruit and Vegetable options are offered daily and throughout the day for students and staff. In order to continue our implementation of the wellness policy we will encourage our teachers to incorporate nutrition education into the curriculum throughout the school day. Students will continue to be provided with adequate _me to eat in a clean and safe classroom environment. We will work to promote health and nutrition information in and around our school.

Academy of Charter School:

Action items we need to work on would include providing nutritional content for all foods and beverages available but not sold on school grounds. Currently, The Academy does not provide food and beverage outside of normal breakfast and lunch hours. We do have a volunteer ran concession stand which will sell food and beverage items to spectators at our athletic events and we do have some parents who bring in snacks for a child's birthday celebration, etc.

Our goal would be to have the concession stand post nutritional content for all the snacks sold so spectators could see the nutritional health attached to each item. As for in classroom snacks, normally items purchased through a local grocery store does have the nutritional guidelines attached so we feel we are doing our best to make sure families and students are aware of each items nutritional content.



Section 3: Model Policy Comparison

A required component of the triennial assessment is to utilize the Rudd Center's Wellness School Assessment Tool (WellSAT) for comparison of the local wellness policy to a model wellness policy. The WellSAT includes 67 best practice policy items related to nutrition education; nutrition standards for foods; physical education and activity; wellness promotion and marketing; and implementation, evaluation, and communication. The comparison identifies policy strengths and areas for improvement.

Local Wellness Policy Strengths

Addresses goals for Nutrition Education, USDA Child Nutrition Programs and School Meals, Nutrition Standards for Competitive and other Foods and Beverages, Physical Education and Physical Activity.

Areas for Local Wellness Policy Improvement

Needs to address Wellness promotion and marketing and implementation, evaluation and communication. Also needs to be more detailed. Current policy is very vague. Wellness Committee Meeting 5/17/22 to discuss improving current policy.

