

Triennial Assessment Report

Fenton Charter Public Schools Student Wellness Policy

General Information

An assessment was conducted to measure the effectiveness of the Fenton Charter Public School District (FCPS) Student Wellness Policy. This assessment will be shared with members of the Fenton Charter community to understand shared progress on wellness efforts in the Charter. This report will focus on three domains: 1) compliance with the wellness policy, 2) how the wellness policy compares to model wellness policies, and 3) progress made in attaining the goals of the wellness policy. The results will be made available to the public through the Fenton Charter Public Schools website.

Assessment Information Section 1: Compliance with the Wellness Policy

The committee reviewed and implemented policies, shared information, and utilized resources that would support student's wellness in Fenton Charter. Changes to policies were reviewed, discussed, and implemented during the academic school year. The committee discussed school policies, mental health, safe schools, and nutrition education for students and staff. The committee was very active in the changes that were made to the Wellness Policy in order for Fenton Charter to maintain its compliance.

The goal is for all students on the elementary level, to have 100 minutes weekly of quality physical education with a certified physical education teacher. A variety of standard-based physical education curriculum and nutrition education is being taught at each school site within the classroom and food service, this includes special nutrition events held at each Fenton campus.

The Food and Beverage Policy is being enforced. Water is made available to students during meal service and throughout the day via water fountains. The Student Wellness Policy is made available to parents, to educate them on the goals of the student wellness, and to make them aware of the availability of water at school sites. Food is not being used as a means of reward or punishment. These policies have been made public to the Fenton Charter community via the school website. However, continued community outreach efforts, can continue to improve the community awareness, and involvement with this policy.

Assessment Information Section 2: Comparison of Wellness Policy to Model Policies

The Fenton Charter Public Schools, Student Wellness Policy underwent its last revision during the 2017-2018, academic school year. The goal of the review was to assess compliance with the wellness policy requirements, including the changes required by the United States Department of Agriculture (USDA); final rule published July, 2016. During the review, the policy was compared to the "Alliance for a Healthier Generation Model Wellness Policy" and the State Board recommendations.

The language in our Wellness Policy was very similar to the language in the model policy. Wording such as, health education, nutrition promotion and education, physical activity and education, drinking water, competitive foods to include, classroom parties and celebrations, vending machines, and fundraisers. There were some changes made after comparing our

Wellness Policy to the model wellness policy to comply with federal, state, and local guidelines.

School Lunch, Breakfast, and Snack Programs:

Fenton Charter's School Nutrition Program has promoted healthy food and beverage choices for all students in the Charter and encouraged participation in all school meals. The Wellness Coordinator (Leticia Padilla Parra) in conjunction with the School Nutrition Plus, the FSM servicing Fenton ensures that the program is operating in compliance with the rules and regulations for serving reimbursable meals in the school cafeterias.

Competitive Foods:

Each school site is familiar with the policy on competitive foods. The nutrition standards for food and beverages available on school campuses have been updated to be consistent with the final rule. This rule is being enforced at each school site.

Other Foods Available on the School Campus During the School Day and After the School Day:

School sites have established rules consistent with this policy regarding foods and beverages brought from home for classroom events or parties during the school day or extracurricular activities during the school day. All schools are in compliance with the sale of food and beverages for fundraising activities. All fundraising activities are in compliance of the Smart Snack Rule, from midnight until 30 minutes after the dismissal bell rings.

Food and Beverage Marketing:

The Alliance For Healthier Generation, states that "Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product".

Fenton Charter is committed to providing students with healthy nutritious food and beverage choices and does no food and beverage marketing.

Physical Education and Physical Activity:

A part of student wellness, is to promote lifelong physical activity and educate all students on how to lead a healthy lifestyle, by teaching them the importance of staying physically fit. Fenton Charter provides students opportunities to participate in physical education and physical activities, by using an age-appropriate physical education curriculum, which aligns with state standards for physical education. Elementary students are provided 100 minutes weekly of quality physical education with a certified physical education teacher.

Other School Based Activities to Promote Wellness:

In addition to the standards outlined in the policy, Fenton Charter Schools have adopted additional goals to promote wellness. In order to support these goals, schools provide a clean and safe environment with adequate time for students to enjoy their meals, drinking

water is available to students at all meal periods and throughout the school day, and schools do not use food as a reward or punishment. Nutrition events including the Alphabet Produce Train and Farm Stand are brought to each campus to promote vegetable consumption as part of healthful eating.

Updating the Public on Wellness Policy Initiatives:

The Student Wellness Policy can be found on the Fenton Charter Public Schools District website. The policy includes language that calls attention to the implementation and evaluation of the policy. Fenton Charter is committed to being open to community feedback.

A copy of this report will also be posted on the district website for the public's review.

Summary of Assessment Section 3: Progress Made in Attaining the Goals of the Wellness Policy

Fenton Charter has made significant progress in attaining the goals of the Wellness Policy. The committee met during the academic year, to discuss the goals of the Wellness Policy and its compliance. Nutritional standards for breakfast, lunch, and after school snacks were implemented and followed in order to meet federal, state, and local guidelines. All schools are in compliance with the Smart Snacks final rule. For physical activities and physical education, each school site has been in compliance in meeting the weekly requirements.

Reference

Alliance For A Healthier Generation (2016). Model Wellness Policy,
Retrieved from
https://www.healthiergeneration.org/assetwtgdwu/14-6372_Model