

Paideia Academy South Phoenix

Local Wellness Policy Evaluation

Review Meeting held: Friday, June 5th, 2017

Reviewers in attendance:

Dr. Brian Winsor – Principal

Tajiddin Karim – Karim’s Kobbler

Ronna Krantzman – State & Federal Prg. Director

Jose Gracia – Physical Education Teacher

Kim Sweney – School Registered Nurse

Dawn Torres-Rivas – Meal Program Coordinator

Staci Emilianowicz – St. Mary’s Food Bank Partner

Scholar Evaluators - Gabriel Torres-Rivas, Gracie Alvidrez, Adrian Rodriguez, Angel Raya, Malik Karim, Tanner Winward, Aria Bonnett

Wellness Practices & Goal Review by Pillar category: The LWP team reviewed each current practice and goal, made notes and recommendations, and scored each item according to adherence to the practice and/or goal. Scores are tallied on a Likert scale of 1 – 5, (5 being the best result). The LWP team agreed upon the overall score for each item.

1. Our school culture supports and reinforces the health and well-being of each scholar and family.

Current Policies & Practices:

1. Extracurricular activities promoting health and fitness (Step Classes, Basketball, farm team, cub and boy scouts) after school.

Evaluation: Seasonal Sports programs have increased their prevalence for FY17. Plan to add volleyball to the seasonal roster for fy18. Removed Yoga and Dance, and Zumba classes.

LWP Team review = 5

Goal #1: For FY2018, form a foundational partnership with Phoenix Children Hospital who has agreed to train our staff on student wellness and trauma sensitivity.

Evaluation: We have begun holding meetings with our trauma team leaders that focus upon overall wellness and intervening with identified scholars who had traumatic events in their lives.

LWP Team review = 5

Goal #2: Form a partnership with a high quality counseling service for FY2018 whose duties would include: intervention with scholars who are experiencing traumatic situations with life and/or family and supports their overall social and emotional wellbeing.

Evaluation: At this time we have not found a service to provide all of the services that we are searching for. Administration will continue to prioritize this goal for fy18.

LWP Team Review = 2

2. *Our school health education curriculum and instruction support and reinforce the health and well-being of each scholar and family by addressing the physical, mental, emotional, and social dimensions of health.*

Current Policies & Practices:

1. Paideia has maintained a full time registered nurse since 2014. Our nurse has assisted teachers & parents with student health concerns/issues and has given teachers advice and feedback on a variety of health related curriculum and resources.

Evaluation: Policies and practices are upheld to the appropriate level.

LWP Team Review = 5

2. Every student's BMI was taken in Spring 2017 and results were given to parents to inform them of their child's statistics. Results were also shared with our PE coach to allow him to assist our individual students with their fitness and health goals.

Evaluation: BMI was just taken for grades 5-6 this year, and will expand to 4-6th next year. The LWP team feels like we need to provide better mechanism for disseminating the results to families and making them more meaningful.

LWP Team Review = 2

Goal #1: To take our emergency and safety team to create a more effective safety plan for the school. Our school nurse will take the lead in this team and involve all the major stakeholders in this plan.

Evaluation = Paideia would like to have this plan fully established and active by the middle of the school year. At this time the team members have just started meeting and working on the plan.

LWP Team Review = 2

Goal #2: Engage all classrooms with age-appropriate responsibilities for our school garden. We want to ensure that every student feels accountable for the health of our school garden and gains an

understanding and appreciation for the work involved with growing a garden, harvesting and preparing nutritious food. For Fy2018, every grade will be assigned garden responsibilities and schedules for the shared success of our garden.

Evaluation = Paideia was not able to uphold all of our goals and practices for the school garden for FY17. We did make strides on furthering our garden; however, we want to expand these practices for next year.

LWP Team Review = 3

3. Our school physical education schedule, curriculum, and instruction support and reinforce the health and well-being of each scholar and family by addressing lifetime fitness knowledge, attitudes, behaviors, and skills.

Current Policies & Practices:

1. For FY2018, Paideia was approved for both of these grants. We are continuing the process of learning the FitnessGram software through the Presidential Youth Fitness Grant and have completed the components of the Presidential Youth Fitness Program every year since 2014.

Evaluation = Our PE department continued the PYFP program and upheld its requirements for FY17.

LWP Team Review = 4

Goal #1: For Fy2018, we will expand the use of our FitnessGram software from the Presidential Youth Fitness Program. For FY2017, we established one testing session during the Spring. Next year, we will run one session in the Fall and one session in the Spring. By expanding the sessions for next year, we will be able to set up individual student goals from the Fall assessments and run progress checks when they retest in the Spring. Student BMI tracking will also tie into the benchmark assessments and allow our Health and Wellness team to create individual student health goals and disseminate all results of the FitnessGram assessments, BMI measures and student health goals to their parents.

Evaluation = We are happy with our progress with the PYFP program and further our goals in this area. We did not take the BMI for every child, but took it for grades 5-6 and tied the results to their PE goals.

LWP Team Review = 4

Goal #2: Expand the use of technology integration with our physical education curriculum. We currently incorporate multimedia components into our physical education curriculum to supplement our lessons and engage our students in exciting, fun ways. The feedback and results have been very positive, and we will expand this aspect of our fitness program this upcoming year and find new innovative ways to combine a variety of technology and media.

Evaluation: Paideia is very pleased with the use and expansion of the PE department's technology integration in each of the grades and classes.

LWP Team Review = 5

4. Our school facility and environment support and reinforce the physical, mental, and emotional health and well-being of each scholar, family, and staff member.

Current Policies & Practices:

1. Paideia currently utilizes the Peaceful Playgrounds program for our recess breaks. Playground aides have all been trained in the variety of Peaceful Playground games, conflict resolutions, and maintaining a safe and fun recess environment. Students receive positive reinforcement for good recess behavior and/or assisting other students/teachers on campus with the use of "Leadership Tickets" that can be turned in for prizes. The students are very proactive about assisting others and showing mutual respect to their peers and school staff.

Evaluation: Paideia has revised our behavior incentive and tracking program to be more effective. New and returning playground coaches received Peaceful Playgrounds training at regular intervals. The playground staff employs a proactive positive approach to conflict resolutions.

LWP Team Review = 3

Goal #1: Expand our Peaceful Playgrounds implementation and provide more opportunities to promote students' good behavior, healthy habits and good citizenship.

Evaluation: As noted above, Paideia will expand the training and follow through of Peaceful Playgrounds program and re-instate the Leadership Tickets.

LWP Team Review = 3

Goal #2: Obtain a part – time family/student counselor who will deal only with family and student counseling items. This will alleviate some of the time constraints on our current case manager and allow him to focus on other important goals which relate to family involvement events and activities.

Evaluation: Still searching for appropriate candidate for FY18.

LWP Team Review = 1

5. Our school addresses the health and well-being of each staff member.

Current Policies & Practices:

1. Paideia has partnered with the local LA Fitness to offer discounts for any staff member to join LA Fitness.

Evaluation: Still in practice, but less staff utilizing service

LWP Team Review = 4

2. We recently completed a staff health and wellness survey and will use the results of this survey to begin establishing a fitness room for staff members to use on campus.

Evaluation: Unable to establish a fitness room, Personal Training is also available from our volunteer Wellness Coordinator.

LWP Team Review = 3

3. Paideia offers our staff members a variety of health benefits that include: comprehensive health insurance, life insurance, short-term disability, dental & vision insurance. Discounts at fitness clubs.

Evaluation = Still in practice.

LWP Team Review = 5

Goal #1: Establish a fitness room for Paideia Staff members by the beginning of FY2018.

Evaluation = As noted above, unable to establish a fitness room, but have substituted fitness discounts for local gym memberships.

LWP Team Review = 3

6. Our school collaborates with parents and the local community to promote the physical, mental, and emotional health and well-being of each scholar.

Current Policies & Practices:

1. Paideia holds a multitude of family, student and community events throughout the school year. Our Fall & Spring festivals always have fitness components (obstacle courses, bounce houses, races, etc.) as well as promoting nutrition (offers healthy food choices, nutritious vendors, general information on health and nutrition at booths).

Evaluation = Paideia is pleased with the levels of support and engagement with our events and the promotion of our nutrition and wellness initiatives.

2. Paideia partners with St. Mary's food bank each week to provide weekend food backpacks that feed a family of 4. We also partner with a local food pantry that provides healthy snacks for families in need.

Goal #1: We are to increase the number of food bags each week from 45 to 65.

Evaluation: We met with St. Mary's Food bank to increase the amount of backpacks going home to families.

LWP Team Review = 3

7. Our school sets realistic goals for scholar and staff health that are built on accurate data and sound science.

Current Policies & Practices:

1. Paideia discourages students and staff from bringing any "junk" food on campus. We offer high quality, nutritious meals provided by our caterer, Karim's Cobbler, and encourage staff members to either eat the catered meals or bring healthy options from home in order to model healthy food habits.

Evaluation = Paideia has made improvements with regards to staff modeling healthy eating behaviors and providing whole grain rich foods to our students in adherence to HHFKA.

LWP Team Review = 5

2. Students volunteered to sample menu items from different caterers and were surveyed regarding their preferences. These surveys and students feedback were taken into consideration during formal procurement process and assisted us with better meeting their nutrition needs.

LWP Team Review = 5

Goal #1: Establish student wellness goals for FY2017. Once student FitnessGram assessments and BMI results are taken in the Fall, our wellness team will review the data, look for trends and discuss possible student goals for FY2017 that would focus around decreasing childhood obesity and increasing positive responses to healthy foods, especially fresh fruit and vegetables.

Evaluation: We have begun making the student's individual wellness data more meaningful to them via their physical fitness assessment data, however, we want to expand our scope for this next year and incorporate more data points for the students to track.

LWP Team Review = 4

Goal #2: Since we will participate in the Presidential Youth Fitness program for 2017-2018, we would like to establish a baseline goal for the percentage of students who qualify for National Fitness Honors and Presidential Fitness Honors. For FY2018, we would like at least 50% of our students to attain National Fitness Honors and at least 25% to attain Presidential Fitness Honors.

Evaluation = We are currently addressing this goal.

LWP Team Review = 1

8. Our school facilitates scholar and staff access to health, mental health, and dental services.

Current Policies & Practices:

1. We provide students access to dental care via the Arizona Smiles program. Every student receives a free toothbrush, dental resources and information and the opportunity to sign up to receive basic dental care while at school. For FY2017, we had 2 sessions with Arizona Smiles.

Evaluation = Our partnership with AZ smiles was a success and we assisted at least 20 kids per session over the course of 4 sessions during the year.

LWP Team Review = 5

Goal #1: Increase opportunities for nutrition education and promotion within our classrooms and during events held at Paideia. We will integrate more of the nutrition education, promotion and resource information available to students, parents and the community at all of the events that we hold.

Evaluation = Our teachers made improvements with this goal for FY17, but we will continue to increase these opportunities for nutritional education and promotion for FY18 as we expand our school garden and sustainability initiatives.

LWP Team Review = 3

9. Our school supports, promotes, and reinforces healthy eating patterns and food safety in routine food services and special programming and events for scholars and staff.

Current Policies & Practices:

1. Paideia will use Karim's Cobbler Shop for our breakfast and lunches. Karim's Cobbler Shop was just chosen as our caterer because they uphold a high quality to their food choices, procures local fruits and vegetables whenever possible, and were very flexible when it comes to meeting the needs of our school. Karim's Cobbler Shop provides a daily salad option during lunch and a daily vegetarian option to promote healthy eating habits. The caterer also provides calorie counts and nutrition calculations on their website as an additional resource for parents, students and staff.

Evaluation = Paideia just enacted Karim's Cobbler Shop for our catering services for FY18. They have revised our menus for FY18 and added more whole grain and nutritious options.

LWP Team Review = 5

2. Bi-annual on-site monitoring for NSLP and HAACP compliance. Our State & Federal Programs Director performs 2 unscheduled inspections (one for breakfast service and one for lunch service) to ensure that the catering & cafeteria staff are maintaining compliance with NSLP and HAACP requirements.

Evaluation = Monitoring performed and results were very positive.

LWP Team Review = 5

Goal #1: Our goal is to obtain a salad bar to be used each day by our students.

Evaluation = In July we met with ASU and have establish a partner grant to obtain a salad bar by the end of this year.

LWP Team Review = 4

Overall Score: 125 points/170 points possible = 72%