

Rocketship Education Wellness Policy Assessment Spring 2022

Strategy	Current Policy	Strength of Current Policy			Implementation of Current Policy				Notes
		Strong	Weak	No Policy	School Wide	Most Classrooms	A Few Classrooms	In Planning	
<i>Area of focus and improvement</i>	<i>Current policy language that supports the listed strategy.</i>								<i>Opportunities, Barriers, Resources Needed, Rank Policies by Priority, etc.</i>
Provide healthy choices for snacks and celebrations; limit unhealthy choices.	Rocketship students have access to healthy foods throughout the school day reimbursable school meals and other foods available throughout the school campus- in accordance with Federal and state nutrition standards Celebrations and parties. Rocketship teachers and/or School Leaders can provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.	X				X			Our schools strive to provide healthy food options during the school day though we are often not as strict during our limited school day celebrations.
Provide water and low fat milk; limit or eliminate sugary beverages.	Unflavored drinking water will be available for free to all students throughout the school day and throughout every school campus. Rocketship is committed to serving healthy meals to students, with and fat-free and low-fat milk. Rocketship is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating	X			X				We work with a vendor that only provides compliant milk and juice. Water is made available through water fountains, water jugs, and/or water bottles. Sugary drinks are not to be provided. Though we consistently offer water to students, it came up as an area of concern from parents so schools will need better messaging around student access to water.
Provide non-food rewards.	Rewards and incentives. Rocketship teachers and staff members will not use foods and beverages as a reward, or withhold foods and beverages as punishment for any reason, such as for performance or behavior.	X					X		Messaging has not always been consistent with staff to discourage use of food as rewards. This is an area for more specific call our during trainings.

<p>Primarily non-food items should be sold through school fundraising activities.</p>	<p>Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day.</p>	<p>X</p>				<p>X</p>				<p>Messaging has not always been consistent with staff to discourage use of food during our limited fund-raising activities.</p> <p>This is an area for more specific call our during trainings.</p>
<p>Provide opportunities for children to get physical activity every day.</p>	<p>Children and adolescents should participate in 60 minutes of physical activity each day. Rocketship will help further this goal through a combination of physical education, recess, classroom-based physical activity, and before-and-after school activities.</p>	<p>X</p>			<p>X</p>					<p>Students are given allotted time daily to play at recess and get physically active during daily Physical Education classes.</p>
<p>The school demonstrates a commitment to neither deny nor require physical activity as a means of punishment.</p>	<p>Physical activity during the school day (including recess, physical activity for breaks, and physical education) will not be withheld as punishment.</p>	<p>X</p>			<p>X</p>					<p>Messaging has not always been consistent with staff to discourage using physical activity related punishments.</p> <p>This is an area for more specific call our during trainings.</p>