

**Rocketship Education Wellness Policy Assessment Spring 2023**

Strategy	Current Policy	Strength of Current Policy			Implementation of Current Policy					Notes
		Strong	Weak	No Policy	School Wide	Most Spaces	A Few Spaces	In Planning	No Spaces	
<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>
Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors	Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	X					X			This year's parent survey shows a disconnect between the nutrition standards set forth in the National School Lunch Program and our community's perception of the foods provided by our schools. In the upcoming school year, we plan to provide a better understanding to our community so they are able to make informed decisions.
Provide healthy choices for snacks and celebrations; limit unhealthy choices.	Rocketship's nutrition guidelines for reimbursable school meals and other foods and beverages sold or marketed to students during the school day will be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance.	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. School leaders are trained to understand the food limitations provided by smart snack standards.
Provide opportunities for children to get physical activity every day.	Rocketship shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the amount of physical activity for all grades	X			X					Students are given allotted time daily to play at recess. Students also get physically active during Physical Education classes and during breaks in class.

<p>The community is engaged in supporting the work of Rocketship in creating continuity between school and other settings for students and staff to practice lifelong healthy habits.</p>	<p>Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members. Rocketship will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.</p>	<p>X</p>			<p>X</p>						<p>Schools offer mental wellness lessons as part of their curriculum where students learn about emotional wellbeing. Staff are also employed with roles that are concerned with the wellbeing of students and families both during their time on campus and off campus.</p>
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