

Rocketship Education Wellness Policy Assessment Spring 2023

Strategy	Current Policy	Strength of Current Policy			Implementation of Current Policy					Notes
<i>Area of focus and improvement</i>	<i>Current policy language that supports the listed strategy.</i>	Strong	Weak	No Policy	School Wide	Most Classrooms	A Few Classrooms	In Planning	No Classrooms	<i>Opportunities, Barriers, Resources Needed, Rank Policies by Priority, etc.</i>
Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors	Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Rocketship will teach, model, encourage, and support healthy eating by students.	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 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. School leaders are trained to understand the food limitations provided by smart snack standards.
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 vendors that only provide compliant milk and juice. Water is made available through water fountains, water jugs, and/or water bottles. Sugary drinks are not to be provided.

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				Schools need stronger guidance in this area, including training and materials on providing non-food rewards.
Provide opportunities for children to get physical activity every day.	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.	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.
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.	Families will be invited and encouraged to participate in school-sponsored activities and will receive information about health promotion efforts.	X			X						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.