

**Rocketship Public Schools- Wellness Policy Assessment Spring 2024**

Strategy	Current Policy	Strength of Current Policy			Implementation of Current Policy					Notes
Area of focus and improvement	Current policy language that supports the listed strategy.	Strong	Weak	No Policy	School Wide	Most Classrooms	A Few Classrooms	In Planning	No Classrooms	Opportunities, Barriers, Resources Needed, Rank Policies by Priority, etc.
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			The community continues to feel that food served does not meet high nutritional standards despite menus meeting the NSLP and SBP requirements. Staff will need to continue their efforts to improve community perception of food service.
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 are committed to offering healthy food options during the school day, and staff receive training on smart snack compliance. However, there is more leniency regarding food brought from home for meals and celebrations. As a result, the community has expressed a need for clearer guidelines to ensure consistent 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 continue to partner with vendors who supply only compliant milk and a limited selection of juices. Water is readily available to all individuals in the school building.
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					We continue to ensure students have daily recess for playtime, in addition to physical activity during Physical Education classes and classroom breaks.
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 continue to incorporate mental wellness lessons into their curriculum, teaching students about emotional well-being.