

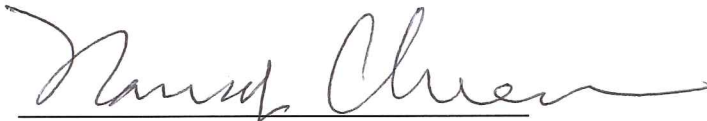
State of Texas
County of Harris

Alief Montessori Community School
AMCS Board of Directors Resolution
Approval of the Local Wellness Policy 2019-2022

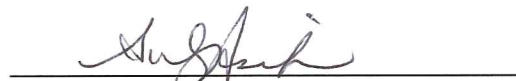
It is hereby resolved, on 18 September, 2019 that the proposed AMCS Local Wellness Policy for Triennial 2019-2022, as attached, is hereby approved

This resolution was passed by a majority of the Board of Directors of Alief Montessori Community School during this board meeting.

The members voting in favor of this resolution have signed below.



Nancy Chieu, Chairperson



Sally Hsieh, Director



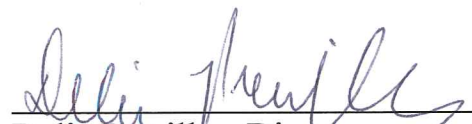
Perpetua Salvatus-Guerrero,
Director



Paula Palamoun, Director

Charmaine Constantine

Fu-Chin Kuo, Director



Delia Presillas, Director

ALIEF MONTESSORI COMMUNITY SCHOOL

12013 6th St, Houston TX, 77072

Local Wellness Policy Update and Annual Plan Review

May 17, 2019@ 2:30-4:00 PM

AMCS Elementary Library

School Safety and Health Advisory Committee (SSHAC) Representation

School Administration	Delia Presillas	<i>Delia Presillas</i>
Special Education representative	Teresa Chen	<i>Teresa Chen</i>
Food service	Shirley Williams	<i>Shirley Williams</i>
After School	Karla Padron	<i>Karla Padron</i>
Elementary faculty	Grace Roa	
Child Nutrition	Flor Benitez	<i>Flor Benitez</i>
Parent	Vincent Samson	
Parent	Teresa Benavides	<i>Teresa Benavides</i>

Alief Montessori Community School (AMCS)

Local Wellness Policy

2019-2022

Federal Public Law (PL 108.265 Section 204) states that all schools must develop a local wellness policy that involves parents, students, and a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

Mission Statement: The mission of AMCS is to promote a healthy lifestyle for students, parents and staff. This mission will be accomplished by the development and implementation of our district wellness policy that will incorporate nutrition, education and standards, physical activity, emotional and mental health and digital citizenship.

1. Structure

AMCS has organized a School Safety and Health Advisory Committee (SSHAC) with membership from the AMCS faculty, nutrition, safety and health staff, administration and parents. Its mission is to address nutrition, mental emotional and physical health and digital citizenship. The committee will develop and/or review the school's health curriculum, physical activities, nutrition and healthy lifestyle guidelines as included in the student handbook, and offer revisions to policies, plans and guidelines annually or more often if necessary.

2. Health and Nutrition Education and Promotion Guidelines

- a. AMCS promotes choice of nutritious food (fruits, vegetables, whole grain, low-fat and fat-free dairy), healthy food preparation and health-enhancing nutrition practices as part of its school policies
- b. Nutrition and health education is part of not only the health education classes, but also integrated to the daily class activities.
- c. Nutrition/Health education involves sharing information through the school website, monthly menu calendars, and newsletters with families and the community to positively impact students and their families' lifestyle choices.
- d. AMCS promotes enjoyable, developmentally and culture appropriate activities for families such as the Fall Festival.
- e. AMCS offers TEKS-based physical education classes during school time and provides daily 30-60 minute outdoor time to all students during school and after school.
- f. AMCS prepares its staff to offer the health curriculum. Teachers and staff participate in annual safety and health orientation, national breakfast and lunch workshops, and other professional development activities to effectively deliver an accurate nutrition education program as planned.

- g. AMCS reminds parents of safety practices to prevent insect-borne diseases and inform parents of the schedule and content of health curriculum.
- h. AMCS fosters emotional and mental wellness. AMCS educates students and staff on responsible digital citizenship.

3. Stakeholder Engagement

Effective communication and collaboration between the school board, administrators, child nutrition staff and staff, parents, students and community members are necessary in developing the policy and implementing the action-based plans.

The AMCS School Health Advisory Council (SHAC) ensures that all stakeholders receive communication, and opportunities to ask questions and provide feedback through parent orientations, website posting, newsletters, and at the annual review.

4. Triennial Assessment

AMCS SSHAC will review the policy every three years and the implementation plan every year as part of the School Food Authority Administrative Review conducted by the Texas Department of Agriculture (TDA).

5. Marketing

AMCS Local Wellness Policy will be published on the school website. Information and participation of stakeholders in the health and wellness programs will be announced through newsletters, school website and flyers sent home with the students.

6. Assigned Responsibilities

School and community stakeholders' responsibilities and participation will be specified in detail in the local wellness implementation plan.

7. Records Retention

AMCS adheres to the records retention policy for Texas schools and libraries as follows:

- a. School policy, plans, manuals and handbook (5 years, updated annually)
- b. School Menus (1 year, updated annually)
- c. Student records (7 years)

ALIEF MONTESSORI COMMUNITY SCHOOL
12013 6th Street, Houston, TX 77072

Local Wellness Implementation Plan
2019-2020

Nutrition Policy Promotion

Goal 1: Promote choice of healthy food items for student meals at breakfast, lunch at school and at home, in class snack, and in afterschool through policy, education and marketing.

Objective: Every year, AMCS will promote nutrition to school households by including health and nutrition policy in the student handbook, provide monthly list of nutritious choices for daily class and after school snacks, nutrition tips and facts on the monthly menu calendars.

Action steps to achieve objectives

1. Update of student handbook and posting it on the school website by August of every year to ensure that health and nutrition policy is included.
2. Snack and menu calendars will be sent out to parents by the 5th of every month.

Staff responsible:

1. Principal updates Student Handbook
2. Classroom teachers will update and send out the snack calendars
3. Child Nutrition manager will update monthly menus and classroom teachers will send out the monthly menus

Resources required:

1. Paper supplies
2. Squaremeals.org resources

Measures of success:

1. Once a week monitoring of classroom snacks will indicate items chosen from snack calendar. Snacks will not be accepted if it does not follow the recommended snack items.
2. Meal items for breakfast/lunch/snack brought from home will also be checked in class and parents will be notified at the end of the day to adhere to school policy.

Goal 2: Nutrition and Health Education, Marketing and Promotions

Objective: AMCS monthly newsletter will include a section with educational information specific on nutrition and healthy lifestyle. AMCS will also post

reminders on keeping families safe from insect-borne illnesses in the summer months.

Action steps: Gather nutrition and healthy lifestyle information to include in the school newsletter every month.

Staff responsible:

The Child Nutrition Manager will gather the information to be submitted to the editor and published in the monthly school newsletter.

Resources Required: Fact-based nutrition information, outdoor facility and equipment

Measures of Success: SHAC members will survey school households via email to gather feedback on newsletter content and survey the needs of the community on nutrition and health information.

Goal 3: AMCS will implement a PE Curriculum, class scheduling and family activities that promote physical fitness and outdoor fun for all.

Objective: AMCS will implement the TEKS-aligned Physical Education and outdoor time resulting to 150-minutes of physical activity weekly for all students. AMCS will plan family activities to encourage households to spend time outdoors.

Action steps:

1. AMCS Physical Education classes will be at least 60 minutes weekly.
2. AMCS also implements 30-minute recess/outdoor time daily for all students and in addition, 30-minute outdoor activity in after school time.
3. Organize the Fall Festival every last Friday of October to bring the community together for outdoor family fun and games.

Staff responsible:

1. Principal, classroom and after school teachers will implement PE and outdoor time requirements.
2. School staff, teachers and volunteer-parents will organize and implement fun activities for the Fall Festival.

Resources required: Sparks Curriculum for PE and books for outdoor activities

Measures of success: Principal's observation of 60-minute PE once a week and 30-minute outdoor time/recess being implemented.

Goal 4: Promotion of overall health and well-being

Objective: AMCS will provide teachers and staff opportunities for professional development towards instructional skills that educate students on health and wellness in the physical, emotional and mental aspects of life.

Action steps:

1. Provide time and funding for staff trainings on coaching students on overall health and well-being.
2. Include emotional and mental health topics as well as digital citizenship in the AMCS Health Curriculum.

Staff responsible:

1. Principal will implement policy and budget for staff trainings on health curriculum.
2. Principal and teachers will update the AMCS health curriculum to address emotional, mental health topics and digital citizenship.

Resources required: school budget, training resources (experts, syllabi, etc)

Measures of success:

1. Number of training opportunities participated in by AMCS staff on health curriculum development and implementation.
2. Number of classes conducted every year on health and well-being instruction inclusive of emotional and mental health and digital citizenship topics.