



WELLNESS PLAN GOALS AND OBJECTIVES

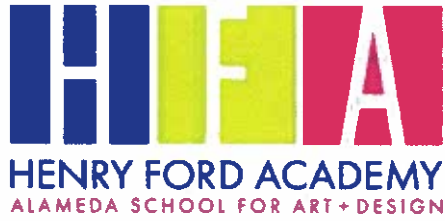
NUTRITION PROMOTION

Goal #1: The Charter's food service staff, teachers, and other Charter personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.

Objective: Each teacher will display messages in classrooms and engage students in lessons to promote healthy nutrition. Weekly newsletters emailed to families will also include healthy nutrition information to promote healthy lifestyles.

Goal #2: The Charter shall ensure that food and beverage advertisements accessible to students during the school day depict only products that meet the federal guidelines for meals and competitive foods.

Objective: Advertisements of healthy products that meet the federal guidelines for meals and competitive foods will only be displayed and promoted throughout the campus and social media outlets.



WELLNESS PLAN GOALS AND OBJECTIVES

NUTRITION EDUCATION

Goal #1: The Charter shall deliver nutrition education that fosters the adoption maintenance of healthy eating behaviors.

Objective: Physical education teacher will prepare lessons on nutrition education at least once every month and make sure 90% of enrolled students maintain a grade semester average above 80.

PHYSICAL ACTIVITY

Goal #1: The Charter shall encourage teachers to integrate physical activity into the academic curriculum where appropriate.

Objective: Each teacher will incorporate physical activity at least once per 9 weeks into their lesson plans.

Goal #2: The Charter shall promote physical activities for students, parents, staff, and community members by informing them of available community resources and including but not limited to exercise classes and discounted gym memberships.

Objective: Charter's Family and Community Liaison Coordinator will promote campus physical activities and inform students, parents, staff, and community members of campus activities and local resources available by posting on Charter's website and the school's weekly newsletter.



WELLNESS PLAN GOALS AND OBJECTIVES

SCHOOL-BASED ACTIVITIES

Goal #1: The Charter shall promote wellness for students and their families at suitable Charter and campus activities.

Objective: The campus will distribute promotional wellness materials to attendees at any campus event.

Goal #2: The Charter shall promote employee wellness activities and involvement at suitable campus activities.

Objective: The campus will connect with the schools medical insurance advocate to inform employees of wellness activities available to employees and will schedule a group informational session on wellness activities and healthy eating.