

# Wellness Report Card



## Milestones Charter School 2020/2021

IMPLEMENTED

PARTIALLY  
IMPLEMENTED

NOT YET  
STARTED

Students need healthy food and environments to reach their full potential. This report reviews our progress towards the goals outlined in our Local Wellness Policy to help student's succeed!

IMPLEMENTED	PARTIALLY IMPLEMENTED	NOT YET STARTED	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	All school meals are accessible to all students
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Reimbursable school meals that meet USDA nutrition standards
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	All school nutrition program staff will meet or exceed hiring requirements
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Students will be allowed at least 10 minutes to eat breakfast
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	All foods offered on the school campus will meet or exceed nutrition standards
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Implementing Breakfast in the classroom
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Schools teach Nutrition education through other subjects
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	All district students will participate in physical education throughout the school year
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Teachers incorporate movement and kinesthetic learning
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	The District Wellness Committee will meet quarterly

# School Wellness Progress Comments



## Highlights

All schools participated in Breakfast in the classroom has been a huge success for the schools.

We were able to increase physical activity by adding an extra recess to K-3rd graders. Also some of the schools were able to implement yoga, which was wonderful for the on-line students.

For the schools with the gardening were able to successfully grow and maintain the gardens.

## Areas for Growth

Though we hoped to provide nutrition education to our teachers and kitchen managers, we were unable to do so this year. Next year we plan to utilize ADE's upLIFT content to provide nutrition education to our kitchen managers and will be seeking a partner organization to provide nutrition education to teachers. Breakfast in the classroom has been a huge success for the schools.

For the schools with the gardening were able to successfully grow and maintain the gardens.

Many of the schools will continue with Breakfast in the Classroom.