



# Pasadena Rosebud Academy Charter School Wellness Program

## I. School Wellness Committee Organization

Shawn Brumfield, School Director  
Dana Brumfield, Business Manager  
Stacy Cunningham, Administration Assistant  
Vince Bryant, Physical Education  
Tiffany Winn, After School Coordinator  
Hannah Gainey, Teacher (Coach)

## II. Purpose of the Wellness Committee

*Pasadena Rosebud Academy Charter School is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement. The Wellness Committee serves as a resource for implementing policies to ensure and enforce nutrition education, nutrition standards and physical education.*

## III. Long – Term Goals --- Students and Faculty

### 1. Create and promote annual activities and opportunities that promote physical activity

- **Wellness Fair**
- **Hoops for Heart:** Engages student in playing basketball while learning the lifelong benefits of physical activity, volunteering, and fundraising.
- **Jump Rope for Heart:** Engages students in jumping rope while learning the lifelong benefits of physical activity, the seriousness of heart disease and stroke, volunteering and fundraising.
- **National Physical Education and Sports Week:** Designated week for encouraging and promoting physical activity.
- **Walk to School Day/Safe Routes to School:** Join in the effort to promote walking to school as a way to provide an opportunity for more physical activity!

**Measurement:** *Administrative rules will be developed and implemented. Input from teachers (including specialists in health and physical education), school nurses, parents/guardians, students, and school administrators shall be considered. Pasadena Rosebud Academy Charter School shall implement this policy and measure how well it is being managed and enforced.*

## **2. Physical Activity**

- Daily morning exercise routine (5 mins)
- Each student will receive at least 150 minutes of physical education per week.
- Each student will receive a minimum of 30 minutes of moderate to vigorous physical activity.
- This requirement will be achieved through regular physical education class and through activities such as recess, dance, classroom energizers.
- Afterschool and extracurricular programs

**Measurement:** *Encourage and provide opportunities for students, teachers, and community volunteers to practice and serve as role models and implement physical activity across the curriculum throughout the school day or in all subject areas, for example, Brain Breaks. In order to send consistent messages to students, all adults in the school environment are encouraged to make healthy choices and engage in physical activity.*

## **3. Student Health and Nutrition**

The School Wellness Committee will establish a Coordinated School Health Team and invite appropriate stakeholders that may include representatives from the following areas:

- *Administration*
- *Counseling/psychological/and social services*
- *Food services*
- *Parents*
- *Health education*
- *Health services.*
- *Physical education*

**Measurement:** *Meeting Agenda*

3. Incorporate appropriate presentations from agencies/groups promoting health and fitness in to the school calendar:

- *Juvenile Diabetes Information Session*
- *Vision Screening*
- *Hearing Screening*
- *Food and Nutrition Values Session*

**Measurement:** *School Calendar*

#### **IV. Short Term Goals (annual goals)**

- *Routinely encourage students and parent of the importance of students having breakfast.  
Promotional booth or activity at Parent/Teacher Association meeting that makes students and parents aware of the benefits of healthy bodies.*
- *Share information at Parent/Teacher Association Meeting(s) about the nutritional Content with parents and students.*
- *Discourage students from sharing their foods or beverages with one another during meals/snack times, given concerns about allergies and other restrictions on some children's diets.*
- *Limit celebrations that involve food during the school day to no more than one party per class per month. No more than one food or beverage that does not meet nutrition standards.*
- *Discontinue use of foods/beverages, especially those that do not meet the nutrition standards as rewards for academic performance or good behavior.*
- *Use fundraising activities with foods that meet nutrition/portion size standards.*
- *Encourage fundraising activities that promote physical activity.*

**Measurements:** *Meeting Agendas and School Calendar*

#### **V. Wellness Activities for the Year**

- *Conduct a school employee wellness needs assessment with staff*
- *Develop written wellness action plan*
- *Post School Wellness posters in cafeteria and office.*
- *Add school wellness as a standing agenda item for parent/teacher association meetings.*
- *Ensure all beverages served to students outside of the school meals program meet the Beverage Guidelines with the exception of two times per year.*

#### **VI. Assessment**

We will monitor and update this plan by reviewing our measurements and conducting regular meetings.