



2022-2023 WELLNESS POLICY REPORT

ETHOS ACADEMY



Our Wellness Goals

We Have Met These Goals:



- We encourage participation in meal programs (SBP and NSLP).
- Menus are posted on the school's website and given to teachers and administrative staff; parents and students can also pick up menus at the front desk.
- All students receive at least 20 minutes of recess on all days during the school year.
- We effectively adopted ten smart lunchroom approaches, promoting healthy eating habits among students.
- As part of a standards-based curriculum, students receive 150 minutes or more of physical education.
- Families are notified and invited to participate in school-sponsored wellness activities via electronic and non-electronic means of communication.
- Encourage school staff to set a positive example for healthy eating and physical activity.
- Proper handwashing is enforced.
- Our grounds, facilities, and equipment are safe.

We are still working on these:



- The school does not have a working garden.
- Healthy fundraising is encouraged.
- All foods and beverages should meet USDA Smart Snacks.
- A self-serve flavor station will be available during lunch.
- We don't currently promote local or regional products.
- Menus do not contain nutrient content and ingredients.
- Our PE teacher is not licensed.
- PE instructors will receive annual professional development.

Ethos Wellness Committee

Current Members include :

Parent ,Teacher, Administrator , NSLP Coordinator

Meets 2x/Year about school health & Safety led by
Ms. Swapna

Tami Garcia/School Director is the official
that ensures that the wellness policy
is being implemented.

Our Ethos Wellness Policies:



- We participate in the NSLP and SBP, and our menus meet meal pattern requirements.
- Competitive foods and beverages are not advertised or sold in the ethos.
- We have plain 1% milk and nonfat flavored milk.
- At Ethos, meals are overseen by a nutritional professional. works closely with the catering company to provide nutritious meals.
- At Ethos, students have access to fresh, clean water.
- -We emphasize the importance of staying hydrated to our students. We encourage students to carry water bottles.
- At Ethos, we encourage our students to eat fruits and vegetables at lunch.
- Students are served in a reasonable amount of time and have a 30-minute break for lunch and 20 minutes for breakfast every day.
- Students are encouraged to wash their hands before lunch, and our school staff monitors lunch and encourages students to eat healthily.
- We do not use food and beverages as a reward.

Planning, tracking, and sharing.



- We are committed to maintaining our local wellness policy, which we do by utilizing the ADE local wellness policy and assessment tools and comparing it to a model policy.
- Every three years, we examine our LPW to ensure compliance with applicable state and federal regulations.
- We share our LWP on our website.
<https://ethos.cfacademy.school/>
- Ethos will notify families and the general public about our wellness committee meeting via the website, <https://ethos.cfacademy.school/>, and a poster.
- This report informs families and the general public about the status of our local wellness policy and the steps we have taken to implement it.