

# Tooba Academy



## Assessment of the Local Wellness Policy

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<p><b>Wellness Coordinator:</b> _____ Has identified at least one person as responsible for facilitating the wellness policy upkeep</p> <p>Name person responsible for facilitating the upkeep: Mahmood Shaheen (Dir of Ops)</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Describe progress and next steps: The Local Wellness Policy needs to be updated to better confirm with the new guidance involving the WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD MODEL.</p>			
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<p><b>Stakeholder Participation:</b> Allow parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, evaluation and update of the wellness policy</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

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Describe progress and next steps:

Stakeholders are actively encouraged to participate, but participation has been limited.

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<b>USDA Requirements for School Meals:</b> Has assured school meals meet the USDA requirements		<input type="checkbox"/>	<input type="checkbox"/>
<p>Describe progress and next steps:</p> <p>For SY23-24, we have adopted the flexibilities offered by the USDA to robustly and flexibly respond to the current health and safety situations. We are able to offer wholesome and nutritious meals to students learning in person</p>			
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<b>Nutritional Guidelines for all foods and beverages sold:</b> Has set nutritional guidelines for foods and beverages sold on the school campus during the school day		<input type="checkbox"/>	<input type="checkbox"/>

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Describe progress and next steps: We currently do not sell food and beverages outside the NSLP program.

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<p><b>Nutritional Guidelines for non-sold foods and beverages:</b> Has set nutritional guidelines for foods and beverages not sold but made available on the school campus during the school day</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Describe progress and next steps: Snacks and food outside the school day are smart-snack compliant.</p>			
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<p><b>Food &amp; Beverage Marketing:</b> Allow marketing on the school campus during the school day of only those foods and beverages that meet the competitive food/beverage requirements (Smart Snacks)</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Describe progress and next steps:

NA; We do not offer competitive food and beverages.

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<p><b>Nutrition Education:</b> Has at least 2 goals for nutrition education</p> <p>List goals: includes enjoyable, developmentally appropriate, culturally relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;</p> <p>Tooba Academy International PCS will include in the health education curriculum the following essential topics on healthy eating:</p> <ul style="list-style-type: none"> <li>● The benefits of eating fresh fruit and vegetables</li> <li>● The benefits of drinking water each day regularly</li> </ul>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Describe progress:

At the school, every student is encouraged to use their own water bottle

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<p><b>Nutrition Promotion:</b> Has at least 2 goals for nutrition promotion</p> <p>List goals:</p> <ul style="list-style-type: none"> <li>• implementing 10 or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques ; and</li> <li>• ensuring 100 percent of foods and beverages promoted to students meet the USDA Smart Snacks nutrition standards.</li> </ul> <p>Additional promotion techniques that Tooba Academy</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Describe progress and next steps:

For goal 1, we have been using evidence-based healthy food promotion techniques, including

- keep milk case full
- only white milk is offered
- cafeteria staff politely promote students to select a reimbursable meal
- cafeteria staff smile and greet students
- cleaning supplies are not visible during meal service
- student feedback is encouraged
- monthly menu is provided to the community
- students engage in growing food
- school partners with local partner to promote gardening
- smarter lunchroom strategies are included in the local wellness policy -USDA

Healthy Eating posters are posted in student eating areas.


For goal 2, all promoted foods and beverages are smart-snack compliant.

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<p><b>Physical Activity:</b> Has at least 2 goals for physical activity</p> <p>List goals:</p> <ul style="list-style-type: none"> <li>● students in grades K-5 receive atleast 150 minutes per week of physical education, and students in grades 6-8 receive at least 225 minutes per week of physical education;</li> <li>● physical education teachers shalldevelop and implement a curriculum that connects and</li> </ul> <p style="margin-left: 40px;">1. demonstrates the interrelationship between physical activity, good nutrition, and health;</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Describe progress and next steps:</p> <p>Students are meeting the minimum PE activities in school; during virtual learning, movement breaks and PE classes are incorporated in the curriculum.</p> <p>Students are receiving at least the minimum requirements of physical activity each week as well as recess daily.</p> <p>Our staff are modeling making good choices about exercise and nutrition for our students.</p>			
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<p><b>Other Activities:</b> Has at least 2 goals for Other School-Based Activities that promote student wellness</p> <p>List goals:</p> <ul style="list-style-type: none"> <li>● the benefits of growing your own produce and learning this through maintaining a school garden</li> <li>● contracting with food service vendors that utilize locally grown, locally processed and unprocessed foods from growers engaged in sustainable agriculture practices;</li> </ul>		<input data-bbox="1024 178 1073 226" type="checkbox"/>	<input data-bbox="1349 178 1398 226" type="checkbox"/>
<p>Describe progress and next steps:</p> <p>We have achieved these goals.</p> <p>We have partnered with a local catering company who incorporates locally grown foods and the DOD fresh program to ensure that students have access to high-quality local produce.</p> <p>In the next plan, we will focus on enhancing our recycling program and creating an environment that embraces recycling and sustainability.</p>			
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<p><b>Evaluation:</b> Every three years LEA has evaluated the wellness policy with an evaluation tool and has notified the public of the results. The assessment will determine:</p> <ul style="list-style-type: none"> <li>● to what extent the LEA is in compliance with the school wellness policy</li> <li>● the extent to which the local wellness policy compares to model school wellness policies</li> <li>● the progress made in attaining the goals of the school wellness policy</li> </ul> <p>Name person responsible for monitoring the policy: Mahmood Shaheen, Dir. Of Ops</p>		<input type="checkbox"/>	<input type="checkbox"/>
<p>Describe progress and next steps:</p> <p>Tooba Academy overall has been compliant with the Local Wellness Policy. We are adapting and continuing to implement it.</p> <p>Next steps involve updating our policy and soliciting community feedback.</p>			
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<p><b>Communication:</b> Annually inform and update parents, students, staff, and the community about the content and implementation of the wellness policy and provide a way for additional stakeholders to be able to participate</p>		<input type="checkbox"/>	<input type="checkbox"/>

## Assessment of the Local Wellness Policy

Describe progress and next steps:

The local wellness policy is available on the school's website and is included in the student handbook.

Next steps include revising our local wellness policy for SY23-25 as well as reevaluating how to incorporate best practices as we return to a new normal post-global pandemic. We are expecting health and safety requirements to impact how some aspects of the local wellness policy is implemented.