

State of Texas
County of Harris

Alief Montessori Community School
AMCS Board of Directors Resolution
Approval of the Local Wellness Policy 2024-2027

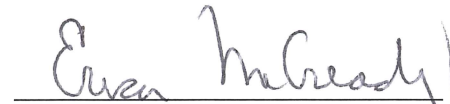
It is hereby resolved, on Sept. 25, 2024 that the proposed AMCS Local Wellness Policy for Triennial 2024-2027, as attached, is hereby approved


This resolution was passed by a majority of the Board of Directors of Alief Montessori Community School during this board meeting.

The members voting in favor of this resolution have signed below.


Paula Palamountain, President


Tim Snow, Director


Erica McCready, Director


Perpetua Salvatus-Guerrero,
Director

Charmaine Constantine, Director

Elizabeth Smith, Director

Delia Presillas, Director

ALIEF MONTESSORI COMMUNITY SCHOOL
12013 6th St, Houston TX, 77072

AMCS Local Wellness Policy Assessment and Annual Plan Review
Sept. 23, 2024 @ 3:45-4:30 PM
AMCS Primary Aftercare Room

Federal Public Law (PL 108.265 Section 204) states that all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, the school board, school administrators, and the public. The Local Education Authority (LEA) will establish a plan for measuring the implementation of the local wellness policy.

Mission Statement: AMCS promotes a healthy lifestyle for students, parents, and staff. This mission will be accomplished by developing and implementing our district wellness policy, incorporating nutrition, education and standards, physical activity, emotional and mental health, and digital citizenship.

1. Structure

AMCS has organized an AMCS Local Wellness Committee (AMCS-LWC) with membership from the AMCS faculty, nutrition, safety and health staff, administration, and parents. Its mission addresses nutrition, mental, emotional, and physical health, and digital citizenship. The committee will develop and review the school's health curriculum, physical activities, nutrition, and healthy lifestyle guidelines as included in the student handbook and offer revisions to policies, plans, and guidelines annually or more often if necessary.

2. Health and Nutrition Education and Promotion Guidelines

- a. AMCS promotes the choice of nutritious food (fruits, vegetables, whole grain, low-fat and fat-free dairy), healthy food preparation, and health-enhancing nutrition practices as part of its school policies
- b. Nutrition and health education are part of the health education classes and are integrated into the daily class activities.

- c. Nutrition/Health education involves sharing information with families and the community through the school's website, monthly menu calendars, and newsletters to impact students positively and their families' lifestyle choices.
- d. AMCS promotes enjoyable, developmentally, and culture-appropriate family activities, such as the Fall Festival, Run-A-Palooza, and others.
- e. AMCS offers TEKS-based physical education classes during school hours and provides all students with 30- 60 minutes of daily outdoor time during and after school.
- f. AMCS prepares its staff to offer the health curriculum. Teachers and staff participate in annual safety and health orientation, national breakfast and lunch workshops, and other professional development activities to deliver an accurate nutrition education program as planned.
- g. AMCS reminds parents of safety practices to prevent insect-borne diseases and informs parents of the schedule and content of the health curriculum.
- h. AMCS fosters emotional and mental wellness and educates students and staff on responsible digital citizenship and other mental health topics. Deladao is web filtering software that monitors student searches on school computers to screen for non-school-related searches, mental health issues, cyberbullying, and other emergencies. The Student Handbook contains a section addressing bullying and cyberbullying.

3. Stakeholder Engagement

Effective communication and collaboration between the school board, administrators, child nutrition staff and staff, parents, students, and community members are necessary in developing the policy and implementing the actionbased plans.

The AMCS Local Wellness Committee ensures that all stakeholders receive communication and opportunities to ask questions and provide feedback through parent orientations, website posting, newsletters, and the annual review.

4. Triennial Assessment

AMCS-LWC will review the policy every three years and the implementation plan yearly as part of the School Food Authority Administrative Review conducted by the Texas Department of Agriculture (TDA). The Wellness Policy Assessment Tool (Form 357) will be used to review the AMCS Local Wellness Policy.

5. Marketing

AMCS Local Wellness Policy will be published on the school website. Information and participation of stakeholders in the health and wellness programs will be announced through newsletters, school websites, and flyers sent home to the students.

6. Assigned Responsibilities

School and community stakeholders' responsibilities and participation will be specified in detail in the local wellness implementation plan.

7. Records Retention

AMCS adheres to the records retention policy for Texas schools and libraries as follows:

- a. School policy, plans, manuals, and handbook (5 years, updated annually)
- b. School Menus (1 year, updated annually)
- c. Student records (7 years)

Local Wellness Implementation Plan

2024-2027

Nutrition Policy Promotion

Goal 1: Promote healthy food items for student meals at breakfast, lunch at school and home, in-class snacks, and after school through policy, education, and marketing.

Objective: Every year, AMCS will promote nutrition to school households by including health and nutrition policy in the student handbook, monthly lists of nutritious choices for daily class and after-school snacks, and nutrition tips and facts on the monthly menu calendars.

Action steps to achieve objectives

1. Update the student handbook and post it on the school website by August every year to ensure that health and nutrition policy is included.

2. Breakfast and Lunch menu calendars will be posted to parents 5 days before the start of every month.

Staff responsible:

1. Principal updates Student Handbook
2. The Child Nutrition manager will update monthly menus, and classroom teachers will send out the monthly menus and website manager will post to school website

Resources required:

1. AMCS Website
2. Squaremeals.org

Measures of success:

1. Classroom snacks will be monitored once a week, and items chosen from the snack calendar will be indicated. Snacks will not be accepted if they do not follow the recommended items.
2. Meal items for breakfast/lunch/snacks brought from home will also be checked in class, and parents will be notified at the end of the day to adhere to school policy.
3. Meal counts monitored by classrooms. Looking for consistency.

Goal 2: Nutrition and Health Education, Marketing and Promotions

Objective: The AMCS monthly newsletter will include nutrition and healthy lifestyles educational information. AMCS will also post reminders on keeping families safe from insect-borne illnesses in the summer months.

Action Steps: Gather nutrition and healthy lifestyle information to include in the monthly school newsletter.

-Super Smile Savers, Backpack Buddy (Houston Food Bank), See To Succeed, Vision and Spinal Screenings, Run-A-Palooza, the recipe of the month in the newsletter, Hygiene Pantry.

Staff Responsible:

The Child Nutrition Manager will gather the information to be submitted to the editor and published in the monthly school newsletter.

Resources Required: Fact-based nutrition information, outdoor facility and equipment

Measures of Success:

AMCS-LWC members will email school households to gather feedback on newsletter content and survey the community's nutrition and health information needs.

Goal 3: AMCS will continue implementing a PE Curriculum, class schedule, and family activities promoting physical fitness and outdoor fun.

Objective: AMCS will continue implementing the TEKS-aligned Physical Education and outdoor time, resulting in 150 minutes of weekly physical activity for all students. AMCS will also plan family activities to encourage households to spend time outdoors.

Action Steps:

1. AMCS Physical Education classes will be at least 60 minutes weekly.
2. AMCS also implements 30-minute recess/outdoor time daily for all students and 30-minute outdoor activities during after-school time.
3. Organize the Fall Festival every last Friday in October to bring the community together for outdoor family fun and games.
4. Run-A-Palooza is organized every spring to encourage our family to be active.

Staff Responsible:

1. The PE Teacher, Principal, classroom, and after-school teachers will implement PE and outdoor time requirements.
2. School staff, teachers, and volunteer parents will organize and implement fun activities for the Fall Festival.

Resources required: Sparks Curriculum for PE and books for outdoor activities

Measures of success: Principal's observation of 60-minute PE once a week and 30-minute outdoor time/recess being implemented.

- Fitnessgram
- Attendance to Fall Festival and Run-A-Palooza

Goal 4: Promotion of overall health and well-being

Objective: AMCS will provide teachers and staff with opportunities for professional development in instructional skills that educate students on health and wellness in life's physical, emotional, and mental aspects.

Action Steps:

1. Provide time and funding for staff training on coaching students on overall health and well-being.
2. Include emotional and mental health topics and digital citizenship in the AMCS Health Curriculum.

Staff Responsible:

1. The principal will implement policy and budget for staff training on the health curriculum.
2. The principal and teachers will update the AMCS health curriculum to address emotional and mental health topics and digital citizenship.


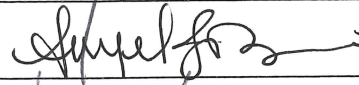

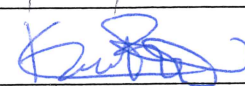


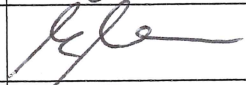



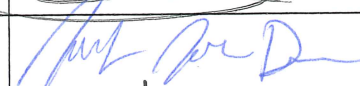

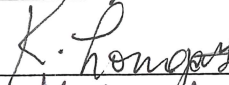
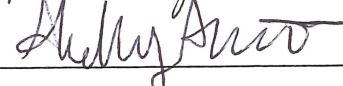
Resources required: school budget, training resources (experts, syllabi, etc.)

Measures of success:

1. Number of training opportunities participated in by AMCS staff on health curriculum development and implementation.
2. Number of yearly health and well-being classes, including emotional and mental health and digital citizenship topics.

The AMCS-LWC members have approved the **Local Wellness Policy and Implementation Plan** for Triennial 2024-2027.

AMCS Local Wellness Committee

Role	Name	Signature	Date
School Administrator	Cerlito Salarda		9/23/2024
Special Education	Amy Solorzano Solorzano		9/23/24
Foodservice	Nancy Munoz		9/23/24
After School	Karla Padron		9/23/24
Child Nutrition	Flor Benitez		9/23/24
Primary School	Saira Baloch		9/24/24
Lower Elementary	Elena Novio		9/23/24
Upper Elementary	Ursula Sarte		9/23/2024
Middle School	Mehreen Khan		9/23/2024
Physical Education	Brandon Smith		09/24/24
School Liaison	Jennifer Donovan		9/23/24
Staff/Nurse	Ines Garcia		9-23-24
Parent	Karina Longares		9-23-2024
Parent	Shelby Smith		9/23/24

