

**Advantage Arts Academy
Triennial Progress Assessment Report
Date: October 16, 2023**

Advantage Arts Academy is required, at least once every three years, to evaluate its compliance with its Wellness Policy and to assess its implementation of the policy. This is called the “Triennial Progress Assessment.” The School’s Wellness Committee conducts the triennial progress assessment under the direction of the School’s Director or Designee. The results of the triennial progress assessment are included in this report, which must be shared with families of the School by posting it to the School’s website.

Category 1: Extent to which Advantage Arts Academy is in compliance with its Wellness Policy

Compliance Score: 1 – Poor 2 – Good 3 – Great	Policy Section	Notes and/or plans for improvement
3	School Wellness Committee <ul style="list-style-type: none"> ● Committee Role and Membership ● Leadership 	
2	Wellness Policy Implementation, Monitoring, Accountability and Community Engagement <ul style="list-style-type: none"> ● Implementation Plan ● Recordkeeping ● Annual Notification of Policy ● Triennial Progress Assessments ● Revisions and Updating the Policy ● Community Involvement, Outreach and Communications 	<p style="text-align: center;">Plans for Improvement</p> <p>1. Enhanced Communication Channels: - Expand communication channels to reach a wider audience. Utilize various platforms such as social media, newsletters, school websites, and mobile apps to share information about wellness programs, events, and success stories.</p> <p>2. Regular Wellness Updates: - Implement a regular schedule for wellness updates to keep the community informed about ongoing initiatives. Monthly or quarterly newsletters can highlight achievements, upcoming events, and provide practical tips for maintaining a healthy lifestyle.</p> <p>3. Promotion of Student and Community Involvement:</p>

		- Actively involve students in promoting wellness initiatives within the community. Students can serve as ambassadors, organizing events, and encouraging their peers and community members to adopt healthy habits.
3	<p>Nutrition</p> <ul style="list-style-type: none"> ● School Meals ● Staff Qualifications and Professional Development ● Water ● Competitive Foods and Beverages ● Celebrations and Rewards ● Fundraising ● Nutrition Promotion ● Nutrition Education ● Essential Healthy Eating Topics in Health Education ● Food and Beverages Marketing in the School 	<p>Plans for Improvement:</p> <p>1. Guest Speakers and Experts: - Invite nutritionists, dietitians, and local health experts to conduct workshops or give presentations. Their insights can provide authoritative information and a real-world perspective on healthy eating.</p> <p>3. Apply for grants for creation of a school garden: - Apply for grants to develop a school garden as a practical learning tool. Students can participate in planting, cultivating, and harvesting fruits and vegetables, fostering a deeper understanding of where food comes from and the importance of fresh produce.</p>
3	<p>Physical Activity</p> <ul style="list-style-type: none"> ● Physical Education ● Essential Physical Activity Topics in Health Education ● Recess (Elementary) ● Classroom Physical Activity Breaks ● Active Academics ● Before and After School Activities ● Active Transport 	<p>Plans for Improvement</p> <p>1. Integration Across Subjects: - Promote the integration of physical activity concepts across various subjects. Encourage teachers to incorporate short physical activity breaks into academic lessons to enhance engagement and provide opportunities for movement throughout the school day.</p> <p>2. Recess Enhancement Programs: - Implement recess enhancement programs to make recess more structured and enjoyable. Provide equipment for active play, organize games and activities, and designate areas for specific sports to maximize physical activity during recess.</p>

2	<p>Other Activities that Promote Student Wellness</p> <ul style="list-style-type: none"> ● Community Partnerships ● Community Health Promotion and Family Engagement ● Staff Wellness and Health Promotion ● Professional Learning 	<p style="text-align: center;">Plans for Improvement</p> <p>1. Mental Health Awareness Programs: - Implement mental health awareness programs that focus on stress reduction, resilience building, and emotional well-being. Work with mental health professionals to provide resources, workshops, and counseling services for students.</p> <p>2. Wellness in Professional Development: - Integrate wellness components into professional development programs for educators. This could include sessions on stress reduction, fostering a positive school culture, and incorporating wellness into the classroom.</p>
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Category 2: Extent to which Advantage Arts Academy’s Wellness Policy compares to the Alliance for a Healthier Generation’s Model Wellness Policy

Compliance Score: 1 – Poor 2 – Good 3 – Great	Policy Section	Notes and/or plans for improvement
3	<p>School Wellness Committee</p> <ul style="list-style-type: none"> ● Committee Role and Membership ● Leadership 	
3	<p>Wellness Policy Implementation, Monitoring, Accountability and Community Engagement</p> <ul style="list-style-type: none"> ● Implementation Plan ● Recordkeeping ● Annual Notification of Policy ● Triennial Progress Assessments ● Revisions and Updating the Policy ● Community Involvement, Outreach and Communications 	
3	Nutrition	

	<ul style="list-style-type: none"> ● School Meals ● Staff Qualifications and Professional Development ● Water ● Competitive Foods and Beverages ● Celebrations and Rewards ● Fundraising ● Nutrition Promotion ● Nutrition Education ● Essential Healthy Eating Topics in Health Education ● Food and Beverage Marketing in Schools 	
3	<p>Physical Activity</p> <ul style="list-style-type: none"> ● Physical Education ● Essential Physical Activity Topics in Health Education ● Recess (Elementary) ● Classroom Physical Activity Breaks ● Active Academics ● Before and After School Activities ● Active Transport 	
3	<p>Other Activities that Promote Student Wellness</p> <ul style="list-style-type: none"> ● Community Partnerships ● Community Health Promotion and Family Engagement ● Staff Wellness and Health Promotion ● Professional Learning 	

Category 3: Description of the progress made in attaining the goals of Advantage Arts Academy’s Wellness Policy

Goals	Description of the progress made in attaining the goals of the Wellness policy
<p>Students in the School have access to healthy foods throughout the school day, both through reimbursable school meals and other foods available throughout the School, in accordance with Federal and state nutrition standards.</p>	<p>1. Implementation of Federal and State Nutrition Standards: - The school has actively implemented and adhered to both Federal and state nutrition standards, ensuring that all foods offered to students meet the required nutritional guidelines. This includes both reimbursable school meals and other food options available on campus.</p> <p>2. Diverse and Nutrient-Rich School Meals:</p>

	<ul style="list-style-type: none"> - The school's food service provider has worked to create diverse and nutrient-rich school meals. These meals are designed to meet the dietary needs of students while promoting overall health and well-being. <p>3. Balanced Meal Options:</p> <ul style="list-style-type: none"> - There is a focus on providing balanced meal options that include a variety of food groups, such as fruits, vegetables, whole grains, lean proteins, and low-fat dairy. This ensures that students receive a well-rounded and nutritionally adequate diet. <p>4. Availability of Healthy Snack Alternatives:</p> <ul style="list-style-type: none"> - In addition to regular meals, the school has made efforts to provide healthy snack alternatives throughout the day. These snacks align with nutritional standards and contribute to the overall goal of promoting healthy eating habits among students.
<p>Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.</p>	<p>1. Incorporation into Curriculum:</p> <ul style="list-style-type: none"> - Nutrition education has been integrated into the school's curriculum, ensuring that students receive consistent and age-appropriate information about healthy eating. This integration occurs in subjects such as science, health, and physical education. <p>2. Collaboration with Health Professionals:</p> <ul style="list-style-type: none"> - Health professionals, such as dietitians or nutritionists, may be engaged to collaborate with the school in delivering nutrition education. These experts can provide accurate and up-to-date information, as well as conduct sessions that address specific health needs and concerns. <p>3. Incorporation of Local and Cultural Context:</p> <ul style="list-style-type: none"> - Nutrition education takes into consideration the local and cultural context, ensuring that the information provided is relevant and applicable to the community. This approach enhances the likelihood of students adopting healthy eating behaviors that align with their cultural practices.
<p>Students have opportunities to be physically active during and after school.</p>	<p>1. Structured Physical Education & Movement Programs:</p> <ul style="list-style-type: none"> - The school has implemented structured and comprehensive physical education programs that are integrated into the curriculum. These programs

	<p>include a variety of activities designed to promote overall physical fitness, skill development, and a positive attitude towards exercise.</p> <p>2. Diverse Physical Activities: - Students have access to a diverse range of physical activities to cater to different interests and abilities. This may include dance, yoga, and other recreational activities that contribute to a well-rounded physical education experience.</p> <p>3. Promotion of Active Breaks: - Beyond formal physical education classes, the school promotes active breaks during the school day. These breaks may include short periods for stretching, movement, or quick physical activities to break up sedentary periods and energize students.</p> <p>4. Community Engagement and Partnerships: - The school actively engages with the local community and external organizations to provide assemblies and professional development to promote artistic dance and movement.</p>
<p>The School engages in nutrition and physical activity promotion and other activities that promote student wellness.</p>	<p>1. Wellness Committees and Policies: - The school has established a wellness committee that includes administrators, teachers, parents, and health professionals. These committees work collaboratively to develop and implement comprehensive wellness policies that encompass both nutrition and physical activity promotion.</p> <p>2. Integrated Wellness Education: - Wellness education is integrated into various aspects of the school curriculum. This includes not only specific nutrition and physical education classes but also incorporates wellness concepts across subjects, fostering a holistic understanding of health and well-being among students. Specifically, our school hosts a yearly farmer’s market where students research and present about local foods and sell them to the community during the public event. Local farmers and butchers also attend to educate students and sell their products.</p>

	<p>3. Community Involvement</p> <ul style="list-style-type: none"> - Engaging the local community in wellness initiatives is a priority. The school collaborates with local businesses, healthcare providers, and community organizations to enhance the overall wellness of students. This could include community fitness events, nutritional workshops, or partnerships with local farmers for healthier food options.
<p>School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.</p>	<p>1. Professional Development and Training:</p> <ul style="list-style-type: none"> - The school has implemented professional development programs and training sessions that promote physical activity through artistic dance and movement. <p>2. Creation of Wellness Committees:</p> <ul style="list-style-type: none"> - Wellness committees, inclusive of staff members, are formed to address and support the well-being of school staff. These committees collaborate on developing initiatives, gathering feedback, and creating a supportive environment for healthy living within the school community. <p>4. Creation of a Positive Work Environment:</p> <ul style="list-style-type: none"> - The school fosters a positive work environment that encourages and celebrates healthy behaviors. This includes promoting a culture of well-being, recognizing staff achievements in adopting healthy habits, and creating a supportive atmosphere for work-life balance.
<p>The community is engaged in supporting the work of the School in creating continuity between school and other settings for students and staff to practice lifelong healthy habits.</p>	<p>1. Community Partnerships:</p> <ul style="list-style-type: none"> - The school has actively established partnerships with local community organizations, healthcare providers, and businesses that share a common interest in promoting health and wellness. These partnerships facilitate collaborative efforts between school and other settings for healthy habit practices.
<p>The School establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives</p>	<p>1. Establishment of a Wellness Committee:</p> <ul style="list-style-type: none"> - The school has formed a dedicated Wellness Committee responsible for overseeing the implementation of the wellness policy. This committee includes representatives from various stakeholders, such as administrators, teachers, parents, and health professionals.

2. Development of a Comprehensive Wellness Policy:

- The school has developed a well-defined and comprehensive wellness policy that includes clear goals, objectives, and strategies related to nutrition, physical activity, and overall student and staff well-being. This policy serves as a guiding document for all wellness initiatives.

3. Regular Policy Review and Updates:

- The school engages in regular reviews of the wellness policy to ensure its relevance and effectiveness. Updates and revisions are made as needed, taking into consideration changes in nutritional guidelines, physical activity recommendations, and evolving best practices.

4. Training and Professional Development:

- Staff members are provided with training and professional development opportunities to ensure they are equipped with the knowledge and skills necessary to implement the wellness policy successfully.