

# Alief Montessori Community School

12013 6<sup>th</sup> Street, Houston, Texas 77072 281-530-9406 (Phone) 281-530-2233 (Fax)  
[www.aliefmontessori.org](http://www.aliefmontessori.org)

## Local Wellness Policy Annual Assessment April 22, 2016/3:30-4:30 PM

SHAC members present:

1. Delia Presillas
2. Teresa Chen
3. Nancy Munoz
4. Karla Padron
5. Shirley Williams
  
6. Nancy Chieu (School Board representative)

Agenda:

1. Review of nutrition policy and meal offerings to encourage better student participation
2. Instituting a physical fitness day at the end of the school
3. Vision and hearing screening schedules in the school calendar
4. Paper reduction: posting menus on website
5. Zika alert

The meeting was called to order by Ms. Presillas. Ms. Presillas welcomed those present and asked that everyone sign the sign-in sheet. All members read the SY 2015-2016 in preparation for this meeting.

Ms. Presillas informed the members that next year is an audit year of the school's participation in NSLP. We will be reviewing our menus and find out which items to modify, replace or improved based on the children's feedback.

Ms. Padron offered suggestions to involve families and communities in the promotion of physical activity. Related to this, Ms. Munoz suggested to do a physical fitness day at the end of every school year as resources permit.

Ms. Chieu suggested that the school posts menus on the website to reduce paper use as well as reach more parents to be able to participate in the program.

The proposed calendar for SY 2016-17 has determine the dates for vision and hearing screening at the end of September 2016. Ms. Presillas suggested that the vision/hearing screening could be done earlier depending on the finalized student enrollment list.

There has been several news items on Zika virus spreading in continental US. In view of this matter, the school will ensure that parents are timely informed of ways to keep their families safe. The school will remind parents of using insect repellent spray with DEET on their children before coming to school everyday.

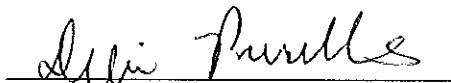
Meeting was adjourned at 4:30 PM.

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Local Wellness Policy  
Annual Assessment  
April 22, 2016/3:30-4:30 PM

SIGN IN SHEET:

1. Delia Presillas



2. Teresa Chen



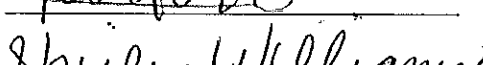
3. Nancy Munoz



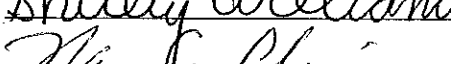
4. Karla Padron



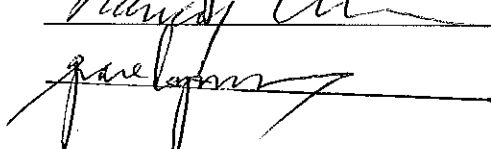
5. Shirley Williams



6. Nancy Chieu



7. Grace Rwa



**State of Texas**  
**County of Harris**

**Alief Montessori Community School**  
**AMCS Board of Directors Resolution**  
**Approval of the Local Wellness Policy for SY 2016-2017**

It is hereby resolved, on June 28, 2016, that the proposed AMCS Local Wellness Policy for SY 2016-2017 as attached is hereby approved.

This resolution was passed by a 4-2 majority of the Board of Directors of Alief Montessori Community School. The other two board members were absent during this board meeting.

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

Nancy Chieu,

*Nancy Chieu*

Charmaine Constantine,

*Charmaine Constantine*

Sally Hsieh,

*Sally Hsieh*

Fu-Chin Shih Kuo

*Fu-Chin Shih Kuo*

Paula Palamountain,

*Paula Palamountain*

Melodi Weinberg

\_\_\_\_\_

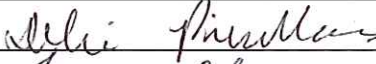
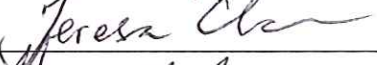

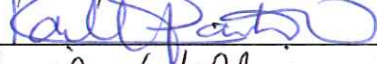

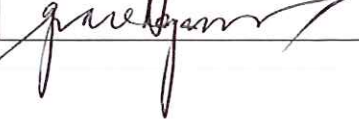
# ALIEF MONTESSORI COMMUNITY SCHOOL

12013 6<sup>th</sup> Street, Houston, TX 77072

## Local Wellness Policy

### 2016-2017

Reviewed by:

| NAME OF SHAC MEMBER | SIGNATURE  |
|---------------------|--|
| Delia Presillas     |  |
| Teresa Chen         |  |
| Nancy Munooz        |  |
| Karla Padron        |  |
| Shirley Williams    |  |
| Grace Roa           |  |

# Alief Montessori Community School

## Wellness Policy 2016-2017

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006, all schools must develop a local wellness policy that involves parents, students, and a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

**Mission Statement:** The mission of Alief Montessori Community School is to promote a healthy lifestyle for students, parents and staff which will lead to lifelong maintenance of healthy habits. This mission will be accomplished by the development and implementation of our district wellness policy which will incorporate nutrition, education and standards, physical activity and any other school related activities.

Alief Montessori Community School has developed a School Health and Advisory Committee (SHAC). One of its missions is to address nutrition and physical activity issues and to develop, implement, and evaluate guidelines that support a healthy school nutrition environment. This committee shall offer revisions to these guidelines annually or more often if necessary.

### SHAC Membership:

- |                     |   |                        |
|---------------------|---|------------------------|
| 1. Delia Presillas  | - | Principal              |
| 2. Teresa Chen      | - | Special Ed coordinator |
| 3. Grace Roa        | - | Elementary Teacher     |
| 4. Karla Padron     | - | After Care Teacher     |
| 5. Nancy Munoz      | - | Parent                 |
| 6. Shirley Williams | - | Food Service Manager   |

**Guidelines:**

- AMCS will promote fruits, vegetables, whole grains, low fat and fat free dairy, healthy food preparation and health enhancing nutrition practices as presented in the monthly menu calendars sent out to parents through the website.
- Nutrition Education will be part of not only health education classes, but also classroom instruction in subjects such as Math, Science, Language Arts, Social Studies and elective subjects.
- Nutrition Education will involve sharing information with families and the broader community to positively impact students and the health of the community through the school website, monthly menu calendars and newsletters.
- AMCS will promote enjoyable, developmentally and culturally appropriate participatory activities for families such as Fall Festival, Nutrition Month activities and Get Up and Move Day.
- AMCS will offer nutrition education at each grade level as part of a sequential, comprehensive, standards based program designed to provide students with the knowledge and skills necessary to promote and protect their health through its physical education classes.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned.
- Institute vision and hearing screening schedules in the school calendar.
- (New) ZIKA MOSQUITO ALERT: Encourage parents of safety practices to prevent insect-borne diseases.

### Nutritional Education Goals

**Grades:** Elementary (Pre-Kindergarten/3 – 5<sup>th</sup> grade)

**Goal:** Classroom teaching. Pre-K/3 – 5<sup>th</sup> grade students must have nutrition education

**Guidelines:** Nutrition education shall be integrated across the curriculum. Students in pre-kindergarten through 5<sup>th</sup> grade will receive nutrition education and information in the monthly newsletter and menus and receive lessons during class periods that will build skills to make sound choices to adopt healthy eating behaviors and healthy lifestyles.

**Grades:** Elementary (Pre-Kindergarten/3 – 5<sup>th</sup> grade)

**Goal:** Education, marketing and promotions outside classroom links with school

**Guidelines:** School sends monthly newsletters with educational information on nutrition and exercise. We also send educational materials home about health and safety topics.

### Nutrition Standards

**Alief Montessori Community School** will comply with the current USDA Dietary Guidelines for Americans and the Texas Public Schools Nutrition Policy. **The TEXAS PUBLIC SCHOOL NUTRITION POLICY HAS ALREADY PROVIDED A VERY SOLID BASE TO SETTING STANDARDS.**

#### Nutrition Standards for All Foods Available on School Campus during the School Day

**Grades:** Elementary (Pre-Kindergarten/3 – 5<sup>th</sup> grade)

**Goal:** Meal patterns and portion sizes of food according to recommended daily calorie intake, sodium and saturated fat requirements and by age/grade group (K-5).

**Guidelines:** The school prepares the food from a monthly-planned menu based on USDA recommended guidelines. Food is served on a daily basis.

**Grades:** Elementary (Pre-Kindergarten/3 – 5<sup>th</sup> grade)

**Goal:** Food rewards

**Guidelines:** Food will never be held from students as a form of punishment.

**Grades:** Elementary (Pre-Kindergarten/3 – 5<sup>th</sup> grade)

**Goal:** A la carte, vending, student store or concession stands

**Guidelines:** Our school does not have to provide any of these venues.

**Grades:** Elementary (Pre-Kindergarten/3 – 5<sup>th</sup> grade)

**Goal:** Classroom parties

**Guidelines:** Healthy and nutritional foods are allowed for classroom parties and will only be held on exempt days as determined and included in the school calendar.

**Grades:** Elementary (Pre-Kindergarten/3 – 5<sup>th</sup> grade)

**Goal:** Time and scheduling for meals

**Guidelines:** The school will not schedule tutoring, testing, class meetings and other activities during meal times.

The minimum eating time for each child after being served is 20 minutes for breakfast and 30 minutes for lunch.

**Grades:** Elementary (Pre-Kindergarten/3 – 5<sup>th</sup> grade)

**Goal:** Surroundings for eating

**Guidelines:** Students have adequate space to eat meals in pleasant surroundings and shall have adequate time to eat, relax, and socialize. Safe drinking water and convenient access to facilities for hand washing are available during all meal periods.

**Grades:** Elementary (Pre-Kindergarten/3 – 5<sup>th</sup> grade)

**Goal:** After-school program

**Guidelines:** The after-school program also requires 30 minutes of physical activity daily. The program provides snacks to our students based on the nutrient guidelines in the USDA's Afterschool Care Program.

### **Nutrition Education and Promotion Guidelines**

**State:** Texas – Alief Montessori Community School

**Grades:** Elementary (Pre-Kindergarten/3 – 5<sup>th</sup> grade)

**Summary:** Will evaluate guidelines and revise annually if necessary.



## Physical Education Goals

**Grades:** Elementary (Pre-Kindergarten/3 – 5<sup>th</sup> grade)

**Goal:** **Implement SPARK Physical Education Curriculum**  
Physical education (time, frequency and/or intensity)

**Guidelines:** At least 150 minutes of physical activity is given to students per week which consists of 30 minutes of recess daily and one-hour Physical Education class every week.

**Grades:** Elementary (Pre-Kindergarten/3 – 5<sup>th</sup> grade)

**Goal:** Physical education (teacher to student ratio)

**Guidelines:** We have one teacher and one teacher assistant for each 25-30 students in the primary campus and in the elementary campus we have 2 teachers for every 25-30 students.

**Grades:** Elementary (Pre-Kindergarten/3 – 5<sup>th</sup> grade)

**Goal:** SPARKS Physical Education (standards/requirements based)

**Guidelines:** Students enrolled in Elementary (Pre-Kindergarten/3 – 5<sup>th</sup> grade) are required to participate in a one-hour structured activity per week as part of the school's physical education curriculum and through 30-minute free play on daily recess.