



Deep Roots, New Branches

Annual Progress Record for First State Montessori Academy Wellness Committee

The Wellness Committee is always evolving, working to develop and implement new programs as well as, highlighting what we do well. As this is our annual progress report, it is also our triannual year in which we assess areas that need improvement and how we can strengthen our policy in order to promote academic, developmental, and social success. Our policy outlines what we hope to successfully accomplish as a growing community promoting healthy, nutritional, and physically active behaviors. To reiterate, this policy specifically establishes goals and procedures to ensure that: students have access to healthy foods throughout the school day per USDA guidelines, students receive quality nutrition education that helps them develop lifelong healthy eating behaviors, opportunities to be physically active before, during and after school. We are committed to nutrition and physical activities promoted through various activities for school wellness. Our FSMA community is engaged in supporting our students, staff, and families. It is important to note, the Montessori curriculum incorporates many of these activities into its daily lessons.

Last year's goals (2015-2016):

1. Implement more farm to table ideas within the academic environment.
 - a. This was encouraged and met with guest speakers that visited different classrooms, a guest chef that made various salads for first graders, and hands on lessons with local food items from farmer's markets.
2. Continue to maintain and promote physical and nutritional wellness within the FSMA community.
 - a. Wellness Committee met with food service vendor to discuss meal options in keeping various fruits on the menu for lunches that are fresh options and cut as often as possible.
 - b. Ongoing: many activities throughout the academic year and into the summer have promoted physical and nutritional wellness. (See list below)
3. Collaborate third piece of Wellness Policy that involves Social and Emotional wellness for students, staff, and community.
 - a. Teachers and new staff taking responsive classroom courses: Guiding principles of the Responsive Classroom approach are as follows:
 - i. The Social and Emotional Curriculum is as important as the academic curriculum.
 - ii. How children learn is as important as what they learn.
 - iii. Great cognitive growth occurs through social interaction.

- iv. To be successful, academically and socially, children need to learn a set of social and emotional skills: cooperation, assertiveness, responsibility, empathy, and self-control.
- 4. Continued outreach for recruitment for the Wellness Committee.
 - a. As a growing charter school, we benefit from a close community. Flyers have gone home to parents, social media on FSMA's webpage and Facebook Page have announced our accomplishments, and recruitment at various events such as PTO meetings.

THIS YEARS ACCOMPLISHMENTS:

A few lessons and activities you may have heard about this year (2016/2017) include:

- Cooking in classrooms: mashed potatoes, cranberry sauce, bread, waffles, applesauce, apple cider lessons, peeling carrots, peeling clementines, Valentine's fruit celebrations, making lemonade, after school cooking clubs.
- A cooking demonstration/lesson for all first grade classrooms from CEB.
- Agricultural awareness lessons.
- Allergy awareness.
- Encourage water promotion with presentation on wall for summer clubs.
- Daily mindfulness lessons: breathing exercises, stretching, energizers, yoga, movement breaks, kind words work, and peace lessons.
- Physical activities: Field Day, trampoline access in rooms, dancing, Happy Hearts Dance, physical activities in various after school clubs (tennis, soccer, basketball)
- PTO sponsored Ice Skating event.
- Jumping rope
- Teachers link exercise to reading lessons.
- Our Annual Vocabulary parade.
- Special Olympics
- Dance Works
- Prevention of injury
- Handwashing and handling food
- Fall Soccer club through the YMCA
- Annual Winter Olympics

Goals for upcoming academic school year (2017-2018):

1. Develop subgrouping within the Wellness Committee to have specific leadership factors. A group that will manage a.) Farm to Table, b.) School lunches and USDA guidelines, c.) Physical wellness d.) Social and emotional wellness. Collectively the leaders of the subgroups will meet to discuss annual progress, and implementations of the responsibilities.
2. Apply the Social and Emotional Wellness to our policy, once finalized.
3. Continue strong recruitment to parents/caregivers, families and the community in hopes to increase enrollment of the committee.