



## Assessment of our Wellness Policy

The Benjamin Banneker Charter Public School is committed to ensuring the health and wellness of every member of our community. The following is an assessment of the current wellness policy:

1. **All Banneker students will have opportunities, support, and encouragement to be physically active on a regular basis. Each class K1-6 will have a minimum of 90 hours a year of moderate to vigorous physical activity.**

2.

In addition to the weekly 45 session of physical education, Banneker has added the following:

A. *Daily Physical Dance*: As a school community, after the morning announcement at 8:00am every school morning, we play music over the intercom and everyone, including staff, who are in the school building move to the beat. **Successful**

B. *Fitness Friday's*: For three Friday's during March we have Fitness Friday's. Each grade level is assigned a particular Friday where they are led by a staff member and guided through various physically challenging centers. The entire course runs for 75 minutes per grade of physical activity. The centers vary from step aerobics to boot camp to human tic tack toe to clean your backyard (a creative, and challenging game where teams of students must toss foam balls over the net in the "backyard of their neighbor" all the while ensuring that "garbage" (foam balls) do not land in their own backyard.) **Successful**

C. *Adventure club*: Student in the 5<sup>th</sup> and 6<sup>th</sup> grade go hiking, biking, rock climbing, skiing, snow showing, horseback riding, canoeing, just to name some of the activities. This program is designed to introduce and develop a love of nature while exploring our communities. There are several scheduled activities every month. There are also two to three overnight adventures. There is also a 4<sup>th</sup> grade introductory trip in the spring, which consist of biking on a trail. **Successful**

D. *Play Works*: As an urban school, space continues to be a challenge for the Banneker community. Banneker opted to use a train the trainer model to learn about various resources and games to motivate and engage all our students during recess. We have a dedicated coach on staff who not only works with the teachers but also works directly with students to organized play at recess daily, including inclement weather (games designed for indoors). **Successful**

**Assessment: Objective Met**



**2. Banneker will provide nutrition education to foster lifelong habits of healthy eating through available curriculum, school-wide assemblies, and poster campaigns.**

A. Banneker Garden: Banneker works with a local farming cooperative called 'Green City Growers' to encourage eating fresh locally grown fruits and vegetables. 'Green City Growers' representatives work with various classes on a weekly basis to teach children about gardening and the advantages of growing their own food. They get to take fresh veggies home during the harvest. We have three vegetable beds in the front of the admin building. Last year, we add a compost bin to teach students about composting and recycling. **Successful**

**Areas for growth:** Posters will be added to the cafeteria area and kitchen area around good healthy foods to help solidify the connection for the students.

**Assessment: Objective Met**

**3. Banneker will meet or exceed the nutrition standards established by the Massachusetts Department of Education for school meals.**

- A. Breakfast Program: We have been serving breakfast to our children since 1996 at no cost to our students. We meet and exceed the nutrition standards. **Successful**
- B. Lunch Program: Banneker is pleased to be able to serve lunch to all our students at no cost for the third year. **Successful**

**Assessment: Objective Met**

**4. Banneker students will not have access to snack products from vending machines.**

We do not nor have we ever had vending machines for our students. **Successful**

**Assessment: Objective Met**

**5. The Executive Director or designee will ensure that all components of the Wellness Policy are implemented.**

The Executive Director continues to ensure that the wellness policy is implemented as well as adding new and innovative ideas to benefit the students and staff. **Successful**

**Assessment: Objective Met**