



Wellness Policy Assessment

Overview

Below is a review and assessment of the Wellness Policy of UCP. Areas that were completed well were mentioned. In addition, areas that needed more focus and attention in the coming years were also identified.

1. Local School Wellness Policy Leadership

UCP has updated the process to allow the charter board to be the committee that reviews the Wellness Policy. This works well because the charter board represents all seven sites, with representation from staff, parents and community. In addition, we discovered it was difficult to incorporate the bi-annuals review at the campus level. This will help resolve that .

2. Nutrition Promotion

UCP has utilized the posters and educational information provided by the State to help promote good nutrition. This information is displayed around the campuses: common areas, lunch rooms, etc.

3. Nutrition Education

As part of classroom instruction, nutrition is discussed and incorporate into the classroom topics. In addition, there have been cooking demonstrations and hands-on exercises (for older students).

4. Physical Activity

UCP schedules include all required physical education and recess requirements as part of the bell schedule. In addition, sites have used a morning walk/run around the play area to start the day off with exercise. Not only has this helped provide examples of good physical activity, it has assisted with positive behavior around the campus. Various other activities have been used to promote physical activity: Dance team; cheerleading; drummers; etc.

5. Other School-Based Activities

UCP campuses are alcohol and tobacco free. When outside activities are held at school, nutritious food options are available and promoted, along with opportunities for physical activity.

Students are allowed ample time to eat. Sinks are in the classrooms or very close and water is always available.

UCP has the opportunity to increase the recycling of products around the campus. Options and plans for this will be developed over the next year.

UCP continues to offer health services through our nurse coordinator. In addition, last year UCP added school health assistants, with more being hired for the 18-19 year. They are a good resource for health information and screenings.

One highlight from last year ,UCP began a no-cost health insurance for employees to help insure bi-weekly premiums was not a factor in obtaining health insurance.

6. Guidelines for All Foods and Beverages Available During the School Day

For self-prep sites, UCP ensures meals and meal components meet the required standards. For vended sites, the vendor provides similar menu documentation to demonstrate compliance.

For our middle/high school program, UCP is looking at the vending machine to ensure this meets the requirements of the lunch program. A couple of options are to update the items offered, or move out of the school common area.

7. Policy for Food and Beverage Marketing

School-based marketing are consistent with policies for nutrition education and health promotion.

8. Evaluation and Measurement of the Implementation of the Wellness Policy

The evaluation and measurement of the wellness policy is an area that can be streamlined and more effective. One possibility to present is to use the charter board as a more formal mechanism to complete this. This will ensure consistency and all stakeholders (parents, staff, students, etc) to participate.

9. Informing the Public

This assessment is posted to UCP's website at www.ucpcf.org.

10. Community Involvement

During last school year, feedback was asked from students and teachers about the various menu items. Based on their feedback, menu options were update with the vendor to continue with the “yummy” items, and to try something new for the items that were not as popular.

As mentioned previously, by using the chartered board, this will open up the wellness policy, review and notification to be more available to the public and local community.

This institution is an equal opportunity provider.