

Agamim Classical Academy Wellness Policy and Programming



❖ Notification of the Wellness Policy

Agamim will share the school's Wellness Policy 511 and Wellness Policy programming through the school's policy page on the website and via the school's weekly newsletter. Newsletter updates will include activities planned by the Agamim Health and Wellness Taskforce.

❖ Agamim Health and Wellness Taskforce

To create a robust wellness effort for Agamim's students and staff, all school stakeholders are urged to participate in the development, review, and implementation of our school's Wellness Policy 511. This group is called the Agamim Health and Wellness Taskforce and is comprised of the following members: school administrators, nursing staff, food service staff, and teachers in addition to parents/guardians, board members, and needed community members. If you would like to join the Taskforce, please contact the Executive Director.

❖ Wellness Policy Review and Program Planning

This policy will be reviewed by the Agamim Health and Wellness Taskforce at a minimum of one time per school year (typically in the spring to plan for the upcoming year) and with a purpose of helping direct health and wellness activities for the school. If the Taskforce would like to suggest policy edits, these edits will be recommended to the Agamim Board of Directors by the Executive Director.

Action Planning for Health and Wellness will occur typically in the spring for the upcoming year and also throughout the year as opportunities for programming arise. The Taskforce will create school procedures and programming opportunities in the following areas outlined in Minnesota Statute:

- ✓ *Goals for nutrition education, physical activity and other school-based activities*
- ✓ *Nutrition guidelines for all foods available on each school campus during the school day*
- ✓ *Guidelines for reimbursable school meals that are no less restrictive than those issued for the National School Lunch Program*
- ✓ *Implementation and evaluation plans of the local wellness policy*
- ✓ *Community involvement*
- ✓ *Nutrition promotion*

❖ Assessment and Results Sharing

The Agamim Health and Wellness Taskforce is responsible for annually assessing the compliance and efficacy of the school's Wellness Policy. Results of the Policy will be shared with school community via the school website and school newsletters. Recommendations for policy changes will go through the Executive Director, and recommendations for programming changes will occur at the spring meeting to make action plans for the upcoming school year.

❖ Resources

- *MINNESOTA DEPARTMENT OF EDUCATION:* The Agamim Health and Wellness Taskforce has many planning and implementation resources available on the Minnesota Department of Education website: [MDE](#) > [Districts, Schools and Educators](#) > [Food and Nutrition](#) > [School Nutrition Programs](#) > [General Program Areas](#) > [Wellness](#). This website includes a School Wellness Works! Toolkit and many other helpful checklists, resource lists, and templates. <https://education.mn.gov/MDE/dse/FNS/SNP/gen/well/index.htm>
- *ALLIANCE FOR A HEALTHIER GENERATION:* The Alliance for a Healthier Generation also has helpful resources for Schools and Taskforces: https://www.healthiergeneration.org/search?search_api_fulltext=wellness

❖ Questions and Suggestions

If you have questions about or suggestions for health and wellness efforts for staff and students at Agamim Classical Academy, please direct them to the Executive Director at 952-856-2531. We are grateful for your support for our school's commitment to promoting good health and well-being.