



DISTRICT OF COLUMBIA
OFFICE OF THE STATE SUPERINTENDENT OF
EDUCATION

Local Wellness Policies are a requirement of the Child Nutrition and Women, Infants and Children Reauthorization Act of 2004, as well as the expanded requirements of the Healthy, Hunger-Free Kids Act of 2010 and the DC Healthy Schools Act of 2010. The Local Wellness Policy Self-Evaluation Assessment and Action Plan tool was designed to help Local Education Agencies monitor the implementation of their Local Wellness Policy and develop an Action Plan.

Annual Local Wellness Policy Self-Evaluation Assessment and Action Plan

School: Bridges Public Charter School	
Point of Contact: Jazmin Balbuena	
Date: 06/22/2021	
Principal Signature: <i>Kay Easter</i>	Date: 6/22/2021

Please indicate the category that best describes your Local Wellness Committee chairperson. If you have co-chairs, please complete both sections to indicate the roles of each.

<p>Chairperson (Co-Chair)</p> <p><input type="checkbox"/> A teacher assigned a duty</p> <p><input type="checkbox"/> A teacher - not assigned a duty</p> <p><input type="checkbox"/> A parent</p> <p><input type="checkbox"/> A student</p> <p><input checked="" type="checkbox"/> An administrator</p> <p><input type="checkbox"/> Other: _____</p>	<p>Chairperson (Co-Chair)</p> <p><input type="checkbox"/> A teacher assigned a duty</p> <p><input type="checkbox"/> A teacher - not assigned a duty</p> <p><input type="checkbox"/> A parent</p> <p><input type="checkbox"/> A student</p> <p><input type="checkbox"/> An administrator</p> <p><input type="checkbox"/> Other: _____</p>
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Local Wellness Committee Roster*

Committee Positions	Committee Member Name	Phone Number	Email
Co-Advisors/Leaders			
Health Teacher			
Phys. Ed. Teacher	Mercii Thomas (Left)	202-545-0515	mthomas@bridgespcs.org
Nurse	Colleen Russell	202-545-0515	nurse@bridgespcs.org
Guidance/Social Work	Samuel Schor(Left)	202-545-0515	sschor@bridgespcs.org
Engineer			
Assistant Principal	Danette Dicks	202-545-0515	ddicks@bridgespcs.org
Student Leaders			
Parent Leaders	PTO President TBD	202-545-0515	bridgespcsppto@gmail.com
Site Facilitator			
Nutrition Services	Ana Castro	202-545-0515	acastro@bridgespcs.org
Teachers (Special Ed. Or General Ed.)			
Principal			
Other (List Name and Title)			
Please Note: Co-Advisors/Leaders need to be on the Local Wellness Committee and fulfill a position listed above (e.g., health teacher). The school nurse cannot be one of the co-advisors/leaders.			

**Please note that this roster contemplates that there is a School-Level Local Wellness Committee even if your LEA chooses to develop its Local Wellness Policy on the LEA level. If your LEA will have LEA-level Committee members, please amend the roster accordingly.*

1. What were your 2019-22 school year wellness goals for your school? (Please note *The School Health Index tool can assist in prioritizing goals*, <https://www.cdc.gov/healthyschools/shi/index.htm>):
 - 1) All health education teachers will provide opportunities for students to practice the skills taught through the health education curricula.
 - 2) Relationship between healthy eating, personal health, and disease prevention.
 - 3) Integrate local products into the school meal program.

2. What feedback, input, or data helped you identify a need for the above goals (e.g., [the School Health Index](#); [FITNESSGRAM data collection and analysis](#); [OSSE Health and Physical Education student assessments](#); [Healthy Schools Act School Health Profiles](#); [Centers for Disease Control and Prevention School Health Profiles](#); [Youth Risk Behavior Surveillance System Results](#); [WellsAT 2.0](#); and [the USDA triennial Administrative Review](#))?

The data that helped identify a need for the above goals was the FITNESSGRAM data collected. The Healthy Schools Act School Health Profiles also helped determine the need for these goals.

3. When did you hold meetings during the school year (2019-22)?

Date	Agenda/Focus
March 5, 2020	The progress on the Local Wellness Policies.
February 26, 2021	Supporting families and provide resources.

4. Please provide your **tentative meeting schedule** for the 2022-2025 school year

Month	Date	Day of the week
September		
October	10/25/2021	Monday
November		
December		
January		
February		
March		
April		
May		
June	06/06/2022	Monday

5. **SUCCESES:** Please describe at least two successes of your Local Wellness Committee this school year.

Students were able to practice the skills taught in PE. The physical education teacher has students practice the physical exercises taught to them that relate to disease prevention and personal health.

Another success is some of the food served to students come from a local farm. Our vendor provides us with a list of where certain fruits and vegetables come from. Some of them come from local farms in the area.

6. **CHALLENGES:** Please list and describe at least two challenges your Local Wellness Committee experienced this year. How were these challenges addressed?

A challenge we faced was a pandemic in the middle of the school year and students had to adjust to virtual learning. We provided students with chrome books and hotspots to be able to attend virtual classes. Teachers learned to adapt to provide new learning techniques and keep our students engaged. Bridges PCS also provided supplies to students to have at home during distance learning.

Another challenge we faced was how to provide meals to students during such a difficult time. We provided meals to go for families to come pick up to have food during school days.

7. Have you contacted OSSE for any of the following for assistance/support? (Check all that apply)

- ✓ Nutrition Education and Promotion
 - School Gardens
 - Physical Activity
 - Healthy School Environment/Environmental Literacy
 - Health Education
 - Health Services

ACTION PLAN/PLAN FOR IMPROVEMENT: Please attach your draft/complete action plan to this report. Below, please summarize any work that you have accomplished on your prioritized actions/objectives. **Please provide an update on at least two ACTIONS that your Local Wellness Committee plans for the next school year** (please note that the School Health Index tool enables schools to develop an action plan for improving student health, which can be incorporated into the School Improvement Plan. The School Health Index tool engages teachers, parents, students, and the community in promoting health-enhancing behaviors and better health).

Action 1: Develop physical activity clubs and community activities. Promote biking or walking to school.

Plans to Address: For SY 21-22 we will be implementing clubs that will include a variety of different activities for students. We will first see what students and families are interested in. Then, we will develop the clubs and start planning the different activities. There will be different clubs each quarter of the school year. We will also start a program to promote families to walk or bike to school/work.

Action 2: Provide more peer-to-peer activities and interaction.

Plans to Address: Since this school, year has been very socially distant for our students. We want to increase peer-to-peer activities and interaction. This will provide our students with more social interaction and give them a chance to have someone their age to talk. We will do this by having peer mediator clubs for our upper elementary students.

8. What kinds of trainings, if any, would you like the Office of State Superintendent of Education to provide your staff/committee?

We would like OSSE to provide more trainings on Wellness Policies.

9. How would you evaluate your Local Wellness Committee at this point in time? Please use the following scale to respond to the statements below regarding your Local Wellness Committee. Please write the number on the spaces provided that indicates the degree to which you disagree or agree with each statement.

1= strongly agree; 2 = disagree; 3 = neither disagree nor agree /neutral; 4 = agree; 5 = strongly agree

The members of our Local Wellness Committee:

a. 5 Are good at planning how to reach committee goals.

b. 4 Are good at coordinating everyone's activities to reach committee goals.

c. 4 Anticipate problems and figure out good solutions.

d. 5 Are able to reach consensus on most issues.

e. 5 Help each other get the job done.

f. 5 Share leadership roles and responsibilities in ways that help the entire committee.

g. 4 Discussed and agreed to norms (team charter) for how we should work as a committee.

This Local Wellness Committee:

a. 5 Has met or exceeded its goals.

b. 5 Completes its tasks on time.

- c. __5__ Makes sure that the work it does is of high quality.
- d. __5__ Takes action when problems come up.
- e. __5__ Solves problems that might slow down its work.
- f. __5__ Is a productive committee.

11. Is there anything else you would like to add?



Action Plan for Improvement

Action 1: Develop physical activity clubs and community activities. Promote biking or walking to school.

Plans to Address: For SY 21-22 we will be implementing clubs that will include a variety of different activities for students.

- We will first see what students and families are interested in.
 - Have students take a survey to see what kind of clubs are interesting to them.
 - Also, send a survey to parents to get an idea of how many parents would like their students to participate in clubs.
- Then, we will develop the clubs and start planning the different activities.
 - After we have the number of students interested in participating, we will start to develop the clubs and the staff members that will help.
- There will be different clubs each quarter of the school year.
 - Each quarter we will change the different types of clubs. This will keep students interested and wondering what kind of club will be next.
- We will also start a program to promote families to walk or bike to school.
 - We will work to provide free bikes to students. This will help promote safety to our families.

Action 2: Provide more peer-to-peer activities and interaction.

Plans to Address: Since this school year has been very socially distant for our students. We want to increase peer-to-peer activities and interaction. This will provide our students with more social interaction and give them a chance to have someone their age to talk.

- We will do this by having peer mediator clubs for our upper elementary students.
 - This will help students transition back to normalcy. It will even help parents reconnect and provide mental health awareness to the whole community.
 - We will have upper grade levels, 2nd-5th grade students participate in peer mediator clubs. First, parents have to give consent for students to participate.
 - There will be activities for students every week for students to have peer-to-peer interaction.