

Athlos Leadership Academy
Wellness Policy Triennial Assessment Report

October 2017

General Information

Reporting Timeframe (Month, Year – Month, Year):	November 2014- October 2017
School(s) included in the assessment:	Athlos Leadership Academy
Designated leader(s) of the wellness policy team:	Jennifer Geraghty- Principal
Web site address for the wellness policy and/or information on how the public can access a copy:	http://www.athlosbrooklynpark.org/

Assessment Information

Describe how your school(s) is in compliance with the wellness policy regulations.	The school reviewed its wellness policy against all regulations put into effect since the last policy revisions to ensure compliance with all wellness policy regulations. The policy was also reviewed against the Minnesota Department of Education’s Local Wellness Policy Checklist.
Describe how your wellness policy compares to model wellness policies.	The school reviewed its wellness policy against the Alliance for a Healthier Generation model policy. ALA used the model policy to enhance the detail of the school’s policy.

<p>Explain the progress made in attaining the goals of the wellness policy.</p>	<p>The school has hired a full time health teacher so that direct health instruction can take place on top of the health instruction received in Fitness class. Health instruction has been included as part of the specials block rotation for Kindergarten through 8th grade.</p> <p>Athlos Leadership Academy works with Hennepin County to implement the <i>Project AIM</i> curriculum for our 8th graders. <i>Project AIM</i> is a 12-session program that takes place twice a week over the course of six weeks during the students' specials block. The program is facilitated by staff at the Annex Teen Clinic, who have been trained in the curriculum and have implemented it in Robbinsdale, Brooklyn Park, and Brooklyn Center schools.</p> <p>Students have the opportunity to have a healthy snack each day. The school supplies families with guidelines to encourage a variety of healthy snack options. In 2016-2017, the school received a grant to participate in the Fresh Fruits and Vegetables Program for snacks.</p> <p>All students receive at least 2 extended opportunities for physical activity each day through fitness and recess schedules. All classrooms either:</p> <ul style="list-style-type: none"> A. Attend Fitness and recess each day OR B. Attend Fitness on a rotating specials schedule and have two recess slots allotted each day. <p>Our 5th graders have participated in Dancing Classrooms since the 2015-2016 school year through Heart of Dance.</p> <p>Classrooms implement movement breaks throughout the school day, when possible, using teacher led activities or online movement break opportunities such as Go Noodle.</p> <p>The school contracts with or encourages community opportunities for on-site, after school physical activity opportunities (lacrosse, soccer, Girls on the Run).</p>