



Wellness Policy Triennial Assessment 3-13-2017

Progress toward meeting the goals of the policy:

The International Academy of Saginaw continuously plans to maximize the education and implementation of the wellness policy to all its stakeholders. Strengths and weakness of this plan are listed below. While there are some areas of improvement, IAS has maintained some consistency in the policy and will continue to work toward full implementation with annual reviews and updates.

Strengths:

- IAS uses Preferred Meals, a vendor that provides appropriate portions and nutrition levels with heat and serve meals.
- Physical Education is aligned with the Michigan Physical Education Content Standards
- IAS does not allow for any snack vendors or vending machines for staff or students.
- The Saginaw YMCA has partnered with IAS for its after school program
- Regular PD is offered to appropriate staff regarding health and nutrition
- A wide variety of stakeholders are given the opportunity to review the wellness policy

Areas that could improve:

- Our Student Life Organization will look to target more health specific campaigns in the future.
- While, healthy snacks are encouraged for birthday treats, IAS will send more reminders throughout the year.
- Current time for instruction period regarding health and nutrition is minimal. IAS will work to incorporate more time throughout the week using cross-curricular methods.
- IAS will work to minimize the time taken from physical activity for consequences and academic lessons.
- The time allowed for eating lunch is minimal for some grades. IAS will look into changing the current lunch schedule to allow more time to consume meals.



Assessed by Wellness Policy Committee 3-13-2017

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