

Lumin Education Wellness Assessment School Year 2020-2021

1. Structure

Lumin Education has implemented a Wellness Plan at the two schools that operate the National School Lunch and School Breakfast Plans. They are Lumin East Dallas Community School, and Lumin Lindsley Park Community School.

The Wellness Plan has been approved by the internal leadership of Lumin, the Lumin Board of Directors, and the Charter Schools Day team.

2. Nutrition Education and Promotion

We provide activities for our students, their parents, and our staff. These activities promote the health, well-being, and students' ability to learn. These include activities during school and outside of school.

Once a year, we do a nutrition mailing to all parents, explaining the nutrition program. We describe the attributes of our healthy meals and their adherence to federal, state, and local requirements and guidelines. We share the website of our meal provider, Twelve Oaks. Each week, we publish the next week's menu of breakfast and lunch items. It is published in our weekly "Wednesday Notes" email to parents.

Each classroom has a copy of the menu, and they share it with students before each meal to discuss the food they will be offered. Teachers conduct nutrition lessons that align well with the meal program.

We hold voluntary cooking labs with parents, teaching them how to read labels, what the nutritional requirements are for children and adults, how to cook with low-cost healthy ingredients, suitable portion sizes, and a well-balanced meal.

We partner with UTSW Medical School for a physical education and nutrition program. It includes regular supervised exercise sessions in games for the children, as well as a fitness gram.

Our organization has a Green Team that oversees our produce gardens and composting activities. The children are taught and supervised as they establish, maintain, and harvest our gardens.

Outside of our breakfast and lunches, we have healthy snacks through a partnership with Ben E. Keith produce suppliers. The children snack on the fruits and vegetables donated by our partner.

We have no food vending machines on any of our campuses. We encourage parents of children who do not participate in our meal program to send their children to school with healthy lunches.

3. Stakeholder Engagement

We have a broad and deep group of stakeholders. They include our Board, our parents, our PTO organization, community members, nutrition staff, teachers, administrators, and students.

4. Triennial Assessment and Publication of Assessment Results

Every three years, we assess ourselves against our plan, and publish the results on our Lumin website.

5. Marketing at School Operating NSLP and /or SBP

We do not sell any food or drink items at school other than the breakfasts and lunches that are part of the National School Lunch Program and School Breakfast Program.

We do market our nutrition program through mailings to parents' homes once a year in the summer, and through our weekly Wednesday Notes email to parents. We also promote the program on our Lumin website.

6. Assigned Responsibilities

The Child Nutrition Coordinator is responsible for initiating all aspects of the development, implementation, assessment, and update of the Wellness Plan each year. The Child Nutrition Coordinator partners with the stakeholders and teams that produce the work and oversight of the plan.

7. Records Retention

We keep all records for a minimum of 5 years in a secure location.