



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: BASIS DC Public Charter School	
Point of Contact: Rhonda Slade (formerly Portia Cameron)	
Date: 6/30/2021	
Principal Signature: <i>Rhonda Slade</i>	Date: 6/30/2021

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>
---	--

Local Wellness Committee Roster*

Committee Positions	Committee Member Name	Phone Number	Email
Co-Advisors/Leaders	Rhonda Slade	(202)804-6390	rhonda.slade@based.com
Health Teacher			
Phys. Ed. Teacher	Rachel McNinch	(202)804-6390	rachel.mcninch@based.com
Nurse			
Guidance/Social Work	Kimberly Yeager	(202)804-6390	kimberly.yeager@based.com
Engineer			
Assistant Principal	Jerron Joe	(202) 804-6390	Jerron.joe@based.com
Student Leaders			
Parent Leaders			
Site Facilitator			
Nutrition Services	Autumn Stanley	(202)804-6390	autumn.stanley@based.com
Teachers (Special Ed. Or General Ed.)	Ian Torres	(202)804-6390	ian.torres@based.com
Principal	Alex Rose-Henig	(202)804-6390	alexander.rose-henig@based.com
Resource Officer (High School)			
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 2019-20 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) Nutrition Environment Services
 - 2) Social and Emotional Climate
 - 3) Employee Wellness and Health Promotion

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](#); and the [USDA triennial Administrative Review](#))? _____

We used the School Health Index, OSSE Health and Physical Education Student Assessments, and the Centers for Disease Control and Prevention School Health Profiles to provide resources and tools to meet our goals.

3. When did you hold meetings during the school year (2019-20)?

Date	Agenda/Focus
9/17/2019	Kick-off Meeting: planning activities/events for student engagement
12/10/2019	Review/Feedback on previous activities/events; planning for remainder of school year
2/11/2020	Final preparations for Nutrition & Food Spirit Week
4/21/2020	Virtual Planning meeting for online activities: Mmmm Good Mondays
	No more meetings were held after the April meeting due to pandemic

4. Please provide your **tentative meeting schedule** for the 2019-20 school year

Month	Date	Day of the week
September	9/17/2019	Tuesday
October		
November		
December	12/10/2019	Tuesday
January		
February	2/11/2020	Tuesday

March		
April	4/21/2020	Tuesday
May		
June		

5. **SUCSESSES:** Please describe at least two successes of your Local Wellness Committee during the last school year.

- 1) Nutrition and Food Spirit Week – students participated in contests for the best Spirit Week outfit that centered around a healthy food theme. They also learned how to create nutritious snacks, healthy dinners, and international cuisine from China, Spain, and Jamaica.
- 2) “Mmmm Good Mondays” – once we transitioned to the virtual platform, this weekly “web show” was created to provide cooking lessons to students and staff. The video featured nutritious meals to create during the pandemic lockdown were submitted by students and staff members. The meals ranged from comfort foods like grilled cheese sandwiches to international delicacies and treats.
- 3) Middle School students received instruction from the Second Step Social and Emotional curriculum each week during Study Hall. High School students participated in regular Restorative Circle group conversations and received instruction from the “Break Free from Depression” curriculum.

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

- 1) Incorporating time in busy schedule and rigorous academic calendar was a major challenge. We addressed it by carving out time during Study Hall and Afterschool/Extracurricular activities. We created colorful bulletin boards throughout the school that featured messaging on healthy food choices, social and emotional coping skills, and the benefits of physical activity.

2) The closure of the school in March 2020 created problems in meal preparation and distribution. It was also very challenging to re-engage the committee members due to staff turnover and their own social and emotional problems as the pandemic progressed. We are still in the process of overcoming these challenges by inviting new staff members to participate in new initiatives to roll out as the new school year begins and we all return to the school building. We will participate in the Seamless Summer option of the NSLP, which will allow us to serve more students with healthy food during the school year.

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

X Nutrition Education and Promotion

School Gardens

Physical Activity

Healthy School Environment/Environmental Literacy

Health Education

Health Services

8. 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:

Plans to Address: Social & Emotional Climate

BASIS DC is committed to ensuring that students' social-emotional, mental and behavioral health needs are met. BASIS DC provides multiple levels of support including a PBIS and school-mentoring program. In addition, the school mental health team (consisting of the Student Affairs staff, the school counselor, and the school psychologist) provide individual level counseling, crisis response, small group counseling, and targeted emotional curricula (Second Step for grades 5-8 and Break Free from Depression for grades 9-12).

<p>Action 2: Plans to Address: Employee Wellness & Health Promotion BASIS DC values the social-emotional and mental health of our faculty and staff. Despite the school’s efforts to support teachers, staff, families, and students, we recognize that our school community has struggled throughout the pandemic and there is a level of uncertainty and fear that exists as we move forward. As part of a robust set of benefits available to employees, faculty and staff may access the Employee Assistance Program, which provides confidential counseling and support in areas that include, but are not limited to, stress and anxiety with work, grief and loss, depression, and emotional well-being.</p>
<p>Action 3: (Optional) Plans to Address:</p>
<p>Action 4: (Optional) Plans to Address:</p>

9. What kinds of trainings, if any, would you like the Office of State Superintendent of Education to provide your staff/committee?
We would like training on how to develop a positive culture for students and staff as we return to the building after virtual learning.

10. 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. 4 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. 4 Are able to reach consensus on most issues.
- e. 4 Help each other get the job done.
- f. 4 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. 4 Has met or exceeded its goals.
- b. 4 Completes its tasks on time.
- c. 4 Makes sure that the work it does is of high quality.
- d. 4 Takes action when problems come up.
- e. 4 Solves problems that might slow down its work.
- f. 4 Is a productive committee.

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