



American Youth Academy

Local School Wellness Policy Assessment

School Year 2025–2026

The American Youth Academy Wellness Committee reviewed the implementation of the Local School Wellness Policy during the 2026–2027 school year. The assessment included a review of school meal programs, nutrition education activities, physical education requirements, physical activity opportunities, and compliance with Smart Snacks standards.

Assessment Results

School Wellness Council

The Wellness Council met throughout the school year to review wellness goals and monitor compliance with the Local School Wellness Policy. Representatives from administration, food service, and the school community participated in the review process.

Nutrition Standards

All breakfast and lunch meals served through the school meal program met USDA requirements. Competitive foods sold on campus were reviewed using the USDA Smart Snacks Calculator to ensure compliance with Smart Snacks in School standards. The school primarily offered individually packaged snacks that met federal nutrition requirements.

Nutrition Education

Students received nutrition education through classroom instruction and school-wide wellness activities. Healthy eating habits were promoted through lessons, school communications, and educational materials provided to families.

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Physical Activity and Physical Education

Students participated in daily physical activity opportunities through physical education classes, recess, and other school activities. Elementary students received daily recess, and physical education requirements were met at all grade levels.

Parent and Community Involvement

Information regarding healthy eating, physical activity, and wellness initiatives was shared with parents through school communications and the school website. Families were encouraged to support healthy habits at home.

Staff Wellness

School staff were encouraged to participate in wellness activities and model healthy behaviors for students. Wellness information and resources were made available throughout the school year.

Areas of Strength

- Compliance with USDA meal pattern requirements.
- Smart Snacks standards followed for all foods sold on campus.
- Daily opportunities for physical activity and physical education.
- Ongoing nutrition education and wellness promotion.

Goals for Improvement

- Increase parent participation in wellness-related activities.
- Continue promoting healthy food choices and physical activity.
- Expand staff wellness opportunities when possible.

Overall Assessment

Based on the review conducted during the 2025–2026 school year, American Youth Academy has substantially implemented the goals and requirements outlined in its Local School Wellness Policy. The school remains committed to providing a healthy environment that supports student wellness, nutrition, and physical activity.

Assessment Date: 03/30/2026

Completed by: Wellness Committee / Cafeteria Manager / School Administration

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