



Twin Cities Academy Wellness Policy 2023-2024 Review

Purpose: Twin Cities Academy is committed to creating an environment that promotes a healthy social, physical and psycho-social environment for our community, and providing our students with the tools to practice a healthy lifestyle outside of our campus.

Oversite: To that end our school administrators, food service staff, board members, students, health and mental health professionals, parents and the public were invited to participate in the creation of the policy, and are tasked with continued implementation and evaluation of our policy. Our Executive Director oversees compliance issues. Our policy, policy goals, and measures taken to implement our policy can be viewed by the public on our website.

Policy Outline

1. Provide a safe, supportive environment for staff and students
 - a. Mental Health Professionals available daily
 - b. Health Care Staff
 - c. Anti bullying policy
 - d. Educators

2. School Nutrition
 - a. Lunch Room
 - b. Healthy Snack Policy

3. Exercise promoted through PE in Middle and High School.

4. Health Education provided to Middle and High school students

Review/Evaluation Summary

1. a) TCA continued to offer mental health services both through individual and group settings, and provided crisis support with its 2.5 FTE social workers and 1.0 FTE school counselor. The onsite partnership with Twin Cities Therapy Cooperative continued by serving over 20 students and families with therapeutic mental health services.
b) TCA continues to employ a full time health aide and has trained five additional staff in supporting health office functions. TCA serves students with daily medications, monitoring health conditions including asthma, diabetes, sickle cell anemia, and seizure disorders. TCA also has multiple staff trained in CPR and has two AED devices on premises.
c) TCA continues to implement its board adopted anti-bully policy. All staff are trained annually to report and prevent bullying in the school based on the policy and defined practices.
d) All educators and staff at TCA have access to mental health support services as needed as well.

2. a) TCA offers a USDA approved school breakfast and lunch program free to all students. In 2023-2024 TCA used CKC Good Food catering. In 2024-2025 TCA has switched to use Done Right Foods catering.
b) TCA is currently not offering any snacks for sale during the school day. In the past TCA offered snacks for sale only if they met all USDA healthy snack guidelines.

3. TCA offers physical exercise opportunities during Open Gym time in the morning before school and through regular Physical Education classes. Additionally, TCA holds two field days per year and offers all students the opportunity to participate in a wide variety of competitive sports programs.

4. All students participate in at least one health course in middle school and in high school. Health course topics include nutrition, puberty education, sex education, drug and alcohol awareness programming and mental health.

