

**Alliance Academy- Oakland Unified School District
Success Story
100% Healthy Beverage and Physical Activity Policies**



In January of 2016, Alliance Academy passed 100% Healthy Beverage and Physical Activity Policies impacting close to 430 people in the school. Alliance Academy is a Middle School located in the heart of East Oakland serving nearly 400 sixth, seventh, and eighth grade students with 30 staff members.

The integration of the wellness policies placed the responsibility of health on the school, decreasing the burden on select staff members to lead wellness practices. Noticeable changes have occurred within the school since the policies were put in place. Staff are using their water bottles every day, are walking during their lunch or prep time, and are looking forward to the improving their health. It is subtle, but there is a shift among the staff as they honor their right and privilege to take care of themselves.

BANPAC provided water bottles and physical activity equipment are incentives to support the wellness policies. When receiving a water bottle a staff member stated "Wow! These are so nice. This will make it so much easier to stay hydrated!"

During this process, Alliance Academy elicited feedback from staff about whether the school should engage in a partnership with BANPAC to pass the wellness policies, but ultimately the final decision about which policies they should adopt were made based on the school needs. Through their experience, Alliance Academy recommends introducing small changes that people can feel ownership over rather than big changes that may fall by the wayside when things get hectic.

