

HCA Wellness Policy Assessment Tool

Form 357 Rev 12/15

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

LEA/District Name Harvest Christian Academy Reviewer Letitia Williams

School Name Harvest Christian Academy Date 6/18/2022

Select all grades: PK ☐ K ☒ 1 ☒ 2 ☒ 3 ☒ 4 ☒ 5 ☒ 6 ☒ 7 ☒ 8 ☒ 9 ☒ 10 ☒ 11 ☒ 12 ☒

I. Public Involvement

Yes ☒ No ☐ We encourage the following to participate in the development, implementation, and evaluation of our wellness policy

☒ Administrators ☒ School Food Service Staff ☒ P.E. Teachers ☒ Parents
☒ School Board Members ☒ School Health Professionals ☒ Students ☒ Public

☒ We have a designee in charge of compliance.

Name/Title: Letitia Williams, Director

☒ We make our policy available to the public.

Please describe: school website; hcaade.org

☐ We measure the implementation of our policy goals and communicate results to the public.

Please describe:

☒ Our district reviews the wellness policy every three years

II. Nutrition Education

Yes ☒ No ☐ Our district's written wellness policy includes measurable goals for nutrition education.

☒ We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

☒ We offer nutrition education to students in: ☒ Elementary School ☒ Middle School ☒ High School

III. Nutrition Promotion

Yes ☒ No ☐ Our district's written wellness policy includes measurable goals for nutrition promotion.

☒ We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

☒ We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

☒ We ensure students have access to hand-washing facilities prior to meals.

☒ We annually evaluate how to market and promote our school meal program(s).

☒ We regularly share school meal nutrition, calorie, and sodium content information with students and families.

☒ We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

☐ We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

IV. Nutrition Guidelines (Cont. from page 1)

Yes ☒ No ☐ Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.

☒ We operate the School Breakfast program: ☒ Before School ☐ In the Classroom ☒ Grab & Go

☒ We follow all nutrition regulations for the National School Lunch Program (NSLP).

☒ We operate the Fresh Fruit and Vegetable Program.

☒ We have a Certified Food Handler as our Food Service Manager.

Yes No **V. Physical Activity**

- ☒ ☐ Our district's written wellness policy includes measurable goals for physical activity.
- ☒ ☐ We provide physical education for elementary students on a weekly basis.
- ☒ ☐ We provide physical education for middle school during a term or semester.
- ☒ ☐ We require physical education classes for graduation (high schools only).
- ☒ ☐ We provide recess for elementary students on a daily basis.
- ☒ ☐ We provide opportunities for physical activity integrated throughout the day.
- ☒ ☐ We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- ☒ ☐ Teachers are allowed to offer physical activity as a reward for students.
- ☒ ☐ We offer before or after school physical activity: ☒ Competitive sports ☐ Non-competitive sports ☐ Other clubs

Yes No **VI. Other School Based Wellness Activities**

- ☒ ☐ Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- ☒ ☐ We provide training to staff on the importance of modeling healthy behaviors.
- ☒ ☐ We provide annual training to all staff on: ☒ Nutrition ☐ Physical Activity
- ☒ ☐ We have a staff wellness program.
- ☒ ☐ We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- ☐ ☒ We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- ☐ ☒ We have a recognition /reward program for students who exhibit healthy behaviors.
- ☒ ☐ We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

Future Goal:

We are now located in a residential community with 2 neighboring public schools; we will look into safe routes to school programs for walkers or bikes.

VIII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

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Position/Title Director

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This institution is an equal opportunity provider

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