

New Jerusalem Christian Academy Wellness Policy Assessment Tool

New Jerusalem Christian Academy is committed to promoting healthy habits for all students to support their educational learning and overall well-being. We support these efforts through our Wellness Policy which is reviewed bi-annually to ensure relevance and achievement of proposed health benchmarks and goals. The Wellness Policy Assessment Tool has been implemented and is used to track the progress and gather ideas on how to create a healthier school environment. Individual assessments are completed for each grade level. The New Jerusalem Wellness Policy and completed assessments are made available for viewing by parents and the public.

Reviewer Name Mayola Wade Conner

School Name New Jerusalem Christian Academy

I. Public Involvement

We encourage the following to participate in the development, implementation, and evaluation of our wellness policy (please check all that apply):

- Administrators
- School Food Service Staff
- Parents
- Teachers
- Students/P.E. Teachers
- Public
- School Board Trustee Members

We have a designee in charge of compliance. Yes

If you answered "yes", please provide the Name/Title of the designee: Ms. Conner, Administrator

We make our policy available to the public. Yes

If your policy is made available to the public, please describe the location(s): Our website

Our School reviews the wellness policy at least annually. Yes

II. Nutrition Education

Our school's written wellness policy includes measurable goals for nutrition education. Yes

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

We offer nutrition education to students in:

III. Nutrition Promotion

Our school'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 have reviewed Smarter Lunchroom techniques and evaluated our ability to implement some of them.

We place fruits and vegetables where they are easy to access (e.g., near the front of the serving line, designated breakfast/lunch "share" table".

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

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

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

We offer taste testing or menu planning opportunities to our students.

We participate in Farm to School activities and/or have a school garden.

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.

We provide teachers with samples of alternative reward options other than food or beverages.

We prohibit the use of food and beverages as a reward.

IV. Nutrition Guidelines

Our school's written wellness policy addresses nutrition standards for USDA reimbursable meals.

We operate the School Breakfast program (check all that apply):

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

We operate an Afterschool Snack Program.

We operate the Fresh Fruit and Vegetable Program.

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

V. Physical Activity

Our school's written wellness policy includes measurable goals for physical activity.

We provide physical education for elementary students on a weekly basis.

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 (check all that apply):

VI. Other School Based Wellness Activities

Our school's written wellness policy includes measurable goals for other school-based activities that promote wellness.

We provide training for staff on the importance of modeling healthy behaviors.

We provide annual training to all staff on (check all that apply):

We have a staff wellness program.

We have school staff who are CPR certified (e.g., teachers, 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 recycling/environmental stewardship program.

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 your school's local wellness policy.

Our goals are to do a better job in maintaining, reinforcing and intentionally incorporating the wellness program into our academic objectives. To have contest, competitions and promotional events for best wellness posters, ideas, and activities to enhance the Wellness Program

VIII. Contact Information

For more information on the New Jerusalem Christian Academy's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator: Mayola Conner via phone at (305) 691-1291 or via email at njclc_edu@yahoo.com .

New Jerusalem Christian Academy is an equal opportunity provider.