

Wellness-Related Policy Assessment

School Name: HOPE Christian School: Caritas

Strategy	Current Policy	Strength of Current Policy			Implementation of Current Policy					Notes
		Strong	Weak	No Policy	School Wide	Most Classrooms	A Few Classrooms	In Planning	No Classrooms	
<i>These are the strategies that you will be working to write into policy.</i>	<i>Write any <u>current policy</u> you have for each strategy into the corresponding boxes below. Next you will score the strength and implementation of each policy.</i>									<i>Opportunities, Barriers, Resources Needed, Rank Policies by Priority, etc.</i>
Provide healthy choices for snacks and celebrations; limit unhealthy choices.	Families will be requested to pack lunches and snacks that meet district nutrition standards. Foods brought from home for snack or lunch that are deemed to be unhealthy or of no nutritious value will be confiscated and sent home with the child. - Parents will be made aware in advance of when a celebration with food is taking place and what is to be served; - Non-food celebrations will be promoted and a list of ideas will be available to parents and teachers.	x			x					Our school needs to work on non-food celebrations or include healthy food with celebrations. Our policy did change from last year in terms of food for birthdays brought in from parents to limit the number of items brought in by parents. Parents may bring in one item to pass out.
Provide water and low fat milk; limit or eliminate sugary beverages.	Students and school staff members will have access to free, safe, fresh drinking water at all times throughout the school day. Water jugs and cups will be available in the cafeteria if water fountains are not present or available. Supervisory staff will facilitate access to water in the cafeteria. Students will be allowed to bring drinking	x			x					.

	<p>water from home into the classroom.</p> <ul style="list-style-type: none"> - Water will be promoted as a substitute for sugar-sweetened beverages (SSBs) - School staff will be encouraged to model drinking water consumption. 								
Provide non-food rewards.	<p>Research clearly indicates that the use of food to reward/reinforce desirable behavior and academic performance, etc. has negative, unintended consequences. The use of food as a reward and withholding food as a punishment are prohibited.</p>	x			x				
Primarily non-food items should be sold through school fundraising activities.	<p>Non-food fundraising is promoted. When in-school fundraising involves food, items must meet the district's nutrition standards for competitive foods and cannot be sold for immediate consumption. When out-of-school fundraising events involve food, items sold must meet the nutrition standards for a la carte items sold in the cafeteria OR the district's nutrition standards for competitive foods.</p> <ul style="list-style-type: none"> - Fundraising activities that promote physical activity are encouraged. 	x			x				No food fundraising currently being done. No food sold on campus
Provide opportunities for children to get physical activity every day.	<p>All students will have opportunities for physical activity on a daily basis. Classroom health education will reinforce the knowledge and skills needed to maintain a physically active lifestyle. Students will be encouraged to reduce sedentary time, and will not be required</p>	x			x				Our elementary classrooms get recess and do several brain breaks throughout the day. We are working to get physical education

	<p>to engage in sedentary activities for more than two hours without an opportunity to stretch and move around. Short (3-5 minute) "energy release" or "Brain Break" physical activity breaks will be provided between classes in elementary school. Teachers will be expected to incorporate opportunities for physical activity in the classroom whenever possible and will be encouraged to serve as role models by being physically active alongside the students.</p> <p>Recess All elementary school students will have at least 20 minutes a day of supervised recess before or after the lunch period, during which moderate to vigorous physical activity will be encouraged. Outdoor recess will only be withheld in the event of extreme weather, as defined by the district (this may vary regionally). In the event that recess must be held indoors, teachers and staff will follow indoor recess guidelines, developed by the school's Wellness Committee, to ensure adequate physical activity for students.</p>								<p>implemented next year for our middle school students.</p>
<p>The school demonstrates a commitment to neither deny nor require physical activity as a means of punishment.</p>	<p>Do not currently have.</p>			<p>x</p>				<p>x</p>	<p>Need to put a policy in place that this is prohibited.</p>

Limit recreational screen time. <i>(School based screen time)</i>	Do not currently have.		x			x		School based recreational screen time is not allowed, but that could be added to our policy.
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