

Community Christian School

Wellness Policy Assessment Tool

The Community Christian School Wellness policy and this completed assessment must be available to the public.

Reviewers:	
Date of Review:	

YES	NO	
X		We encourage administrators, school food service staff, teachers, parents, school board members, students and member of the public to participate in the development, implementation and evaluation of our wellness policy.
X		We make our policy available to the public. Describe: Wellness policy is available at: http://www.ccsfd.org/parentstudent-handbook-2/
X		We measure the implementation of our policy goals and communicate results to the public. Describe: We measure through the completion of this assessment. Assessment to be published with the policy on school website with Wellness Policy
X		We review the wellness policy annually.
X		Our wellness policy includes goals for nutrition education
X		We offer integrated nutrition education in a variety of subjects (science, math, etc.)
X		Our wellness policy includes goals for nutrition promotion.
X		We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.
X		We place fruits and vegetables where they are easy to access.
X		We ensure students have access to hand-washing facilities prior to meals.
X		We annually evaluate how to market and promote our school meal program(s).
	X	We regularly share school meal nutrition, including calorie and sodium content information with our students and families.
X		We offer testing or menu planning opportunities to our students.
X		We only advertise and promote nutrition foods and beverages on school grounds during school the school day.
X		We price nutritious foods and beverages lower than less nutritious foods and beverages.
X		We have nutritional standards for foods and beverages served at school parties, celebrations, et cetera.
X		We provide teachers with samples of alternative reward options other than food or beverages.
X		We prohibit the use of food and beverages as a reward.
X		Our wellness policy addresses nutrition standards for USDA reimbursable meals.
X		We follow all nutrition regulations for the School Breakfast Program (SBP)
X		We follow all nutrition regulations for the National School Lunch Program (NSLP)
X		We have adopted and implemented Smart Snacks for all items sold during school hours.
X		Our wellness policy includes goals for physical activity.
X		We provide physical education for all students.
X		We provide daily recess for all students.
X		We provide opportunities for physical activity integrated throughout the school day.
X		We prohibit staff and teachers from keeping kids in from recess for punishment.
X		Teachers are encouraged to offer physical activity as a reward for students.

X		Our wellness policy includes goals for other school-based activities that promote wellness.
		We provide annual training to all staff on the importance of modeling healthy behaviors.
		We provide annual nutrition training to all staff.
		We provide annual physical activity training to all staff.
	X	We have a staff wellness program.
X		All staff are CPR certified
X		We have a recycling/environmental stewardship program.
X		We have a recognition/reward program for students who exhibit healthy behaviors.
X		We have community partnerships which support programs, projects, events or activities.
Any notes, comments or further description of progress made:		

For more information contact:

Name:		Position/Title:	Wellness Coordinator
Email:		Phone:	

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