

Three-year Wellness Policy Assessment – June 19, 2017

In Place

- A+ Faculty members have been instructed yearly (teacher meeting in Aug.) in the goals set forth in Cheswick Christian Academy's wellness policy entitled, "Policy to Encourage Healthy Eating Habits and Physical Activity."
- B Faculty members have been instructed yearly to understand that as educators, they are encouraged to model a healthy lifestyle to their students as a valuable part of life.
- A+ Faculty members have been instructed yearly that nutrition education shall be a part of the comprehensive program taught at every grade level and that...
- nutrition education lessons and activities will be age appropriate.
 - educators will integrate nutrition education into all subjects whenever reasonably possible to stress healthy, lifestyle patterns.
 - nutrition topics include benefits of healthy eating, understanding nutritional balance and food labels, how to assess one's personal eating habits and set goals for improvement, principles of healthy weight management, etc.
 - staff shall be responsible for obtaining nutrition education to provide basic knowledge of nutrition and strategies designed to promote a healthy lifestyle.
 - additional physical activity of students after school hours will be encouraged.
- C Faculty members have been instructed to submit lessons plans to the Wellness Policy coordinator whenever wellness subjects are taught.
- A+ Faculty members have been instructed yearly and understand that all elementary students should be encouraged to participate in physical recess activities and that alternatives to eliminating recess as a punishment should be found.
- A Faculty members are reminded yearly that food fundraisers are not permitted unless food is not sold on school grounds or made available for sale during the school day unless food being sold meets the criteria in the wellness policy. Only one remains – bake sale during Fun Fair in May.
- A+ Faculty members (especially elementary) are reminded yearly that all classroom parties should include nutritional choices as listed in the wellness policy, and that as a teacher, it is his/her responsibility to encourage these choices and prohibit foods of minimal nutritional value.
- A+ Faculty members have been instructed yearly that food is not to be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message.
- A+ Faculty members have been instructed and reminded yearly that CCA's policy is a non-discriminatory policy. They have all agreed to abide by said policy.