

Redlands Christian Migrant Association Charter Schools
LOCAL WELLNESS ASSESSMENT
School Wellness Policy Assessment
July 2015- June 30, 2018

This assessment is completed by the District Wellness Committee and the School Wellness Team (members include teachers, other staff, students, parents, community partners).

Completion of the assessment tool will help committee members and school team members determine where schools are currently are with meeting the goals of the district's *Local Wellness Policy* as outlined in the ***RCMA Local Wellness Policy***.

Questions If you have questions about the assessment, please contact Patti Young at 239-398-4519 or at patti@rcma.org.

The assessment is based on the Local Wellness Policy over a three year implementation period. *All goals* from the wellness policy are listed in the assessment.

From the report below, the District Wellness Committee and the school's Wellness Team should determine if a particular section of the wellness policy is either *Fully in Place* or *Partially in Place* at their school, and place an 'X' where appropriate. The results of the three assessments have combined for report.

RCMA Wellness Policy Assessment Tools Tri-Annual SY 2015-2018

Wellness Policy Goals	Year of Implementation Y1 = Year Y2 = Year Y3 = Year 3	Fully in Place X	Partially in Place X	Not in Place List steps you will take to meet implementation deadline; list challenges/barriers to implementation
Nutrition Education:				
The school environment, including the cafeteria and classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.	Y1 On- going process	X		
Students will have access to useful nutrition information. Posters, worksheets and brochures will be available in classrooms and throughout each school's campus.	Y1 On- going process	X		

Wellness Policy Goals	Year of Implementation Y1 = Year Y2 = Year Y3 = Year 3	Fully in Place X	Partially in Place X	Not in Place List steps you will take to meet implementation deadline; list challenges/barriers to implementation
Students will understand how food reaches the table and the implications that has for their health and future. Staff shall integrate hands-on experiences such as working in a garden, cooking activities and enrichment activities such as farmer's market tours and visits to community gardens with the core curriculum. Students will receive homework supporting these activities to ensure comprehension.	Y1 On- going process	X		
Nutrition education will be incorporated within the larger school community. The nutrition education program shall work with the school meal program to develop school gardens and use the cafeteria as a learning lab. Students will harvest vegetables from the school garden and work with the cafeteria staff to create wholesome snacks.	Y1 On- going process		X	
Nutrition education will teach skills that are behavior-focused. Students will be taught about calorie balance, energy expenditure and how to read and interpret nutrition facts labels.	Y1 On- going process		X	

Wellness Policy Goals	Year of Implementation Y1 = Year Y2 = Year Y3 = Year 3	Fully in Place X	Partially in Place X	Not in Place List steps you will take to meet implementation deadline; list challenges/barriers to implementation
Physical Activity				
All students in grades K-5 shall receive 150 minutes per week of instructionally relevant physical education. For middle school physical education in grades 6-8, all students shall receive a minimum of one semester of physical education in each of the three years.	Y1 On- going process	X		
All elementary school students will have at least 20 minutes of daily recess. Each school will provide space, equipment and an environment conducive to safe and enjoyable play.	Y2 On-going process	X		
Students will have the opportunity to be involved in physical activity through physical education programs, before and after school activities or other activity programs. Students will be encouraged to participate in community-offered fitness and athletic programs.	Y1 On- going process	X		
Staff will be encouraged to make a pledge to participate in 150 minutes of moderate-intensity aerobic activity (e.g., brisk walking, jogging, swimming) every week. Staff will be informed of the opportunity to participate in physical activity in afterschool programs and community events.	Y2 On- going process		X	

Wellness Policy Goals	Year of Implementation Y1 = Year Y2 = Year Y3 = Year 3	Fully in Place X	Partially in Place X	Not in Place List steps you will take to meet implementation deadline; list challenges/barriers to implementation
Other School-Based Activities				
RCMA shall consider the components of the Centers for Disease Control's Whole School, Whole Community, and Whole Child (WSCC) model in establishing other school-based activities that promote wellness.	Y1 On- going process	X		
The goals outlined by the wellness policy will be considered in planning all school-based activities (such as school events, field trips, dances and assemblies).	Y1 On- going process	X		
After school programs will encourage healthy snacking and physical activity.	Y1 On- going process	X		
RCMA shall actively develop and support the engagement of students, families and staff in community health-enhancing activities and events at the school or in the community.	Y1 On- going process	X		

Wellness Policy Goals	Year of Implementation Y1 = Year Y2 = Year Y3 = Year 3	Fully in Place X	Partially in Place X	Not in Place List steps you will take to meet implementation deadline; list challenges/barriers to implementation
Eating Environment:				
Students will be provided an adequate amount of time to consume their meal with a minimum of 20 minutes after receiving their food from the line.	Y2 On- going process	X		
Each school will provide nutritious, fresh, locally grown food that reflects Florida's bountiful harvest.	Y1 On- going process	X		
Students, staff, parents and visitors may not bring outside food into the cafeteria during meal service.	Y3 On- going process		X	
Convenient access to facilities for hand washing and oral hygiene will be available.	Y1 On- going process	X		
Recycling:				
Each school shall maximize the reduction of waste by using washable dishes during meal service, while recycling, reusing, composting and purchasing recycled products.	Y1 On- going process	X		

Wellness Policy Goals	Year of Implementation Y1 = Year Y2 = Year Y3 = Year 3	Fully in Place X	Partially in Place X	Not in Place List steps you will take to meet implementation deadline; list challenges/barriers to implementation
RCMA wellness committee will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and distributes wellness resources and performs other functions that support staff wellness in coordination with human resources staff.	Y2 On- going process	X		
All staff will be provided with opportunities to participate in physical activities and healthy eating programs that are accessible and free or low-cost.	Y1 On- going process	X		
Health Services				
A coordinated program of accessible health services shall be provided to students and staff and shall include, but not be limited to, violence prevention, mental health, school safety, communicable disease prevention, health screening, including body mass index, community health referrals, immunizations, parenting skills and first aid/CPR training.	Y1 On- going process	X		

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Each school will schedule the use of school facilities outside of school hours for physical activity programs offered by community-based organizations and for the school community's use. Parents will be allowed to bring their children to the school and have access to basketball courts, playgrounds and track facilities.	Y1 On- going process	X		
Behavior Management				
RCMA is committed to prohibiting the use of food as a reward, unless incorporated into an activity that promotes positive nutrition messages (such as a guest chef or field trip to a farm).	Y1 On- going process	X		
Teachers and other school personnel will not deny or require physical activity as a means of punishment.	Y1 On- going process	X		

Wellness Policy Goals	Year of Implementation Y1 = Year Y2 = Year Y3 = Year 3	Fully in Place X	Partially in Place X	Not in Place List steps you will take to meet implementation deadline; list challenges/barriers to implementation
Guidelines for All Foods and Beverages Available During the School Day				
RCMA shall operate and provide food service in accordance with USDA's National School Lunch Program (NSLP) standards and applicable laws and regulation of the state of Florida. The guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.	Y1 On- going process	X		
All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements.	Y1 On- going process	X		
All students are provided school meals that include a variety of nutrient-dense foods, including whole grains and fiber-rich fresh fruits and vegetables, while accommodating special dietary needs, allergies, and ethnic and cultural food preferences.	Y1 On- going process	X		
To ensure all students constantly eat the nutrient-dense high quality school meals provided daily; outside meals are not allowed.	Y1 On- going process		X	

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<p>To the maximum extent possible, all schools in RCMA will participate in available federal school meal programs, including the SBP, NSLP, ASSP, AMP, and SFSP.</p> <p>Free, potable water will be made available to all children during each meal service.</p>	Y1 On- going process	X		
Competitive Food & Beverage Rules:				
All foods and beverages sold on the school campus to students outside of reimbursable school meals are considered "competitive foods," and must comply with the nutrition standards for competitive food as defined and required in 7 CFR 210.11.	Y1 On- going process	X		
Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores, snack bars and for in-school fundraisers.	Y1 On- going process	X		
To be allowable, all competitive food items sold to students must meet general nutrition requirements and nutrient standards.	Y1 On- going process	X		

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General nutrition requirements for competitive foods:				
<p>Be a grain product that contains 50 percent or more whole grains by weight or have a whole grain as the first ingredient;</p> <p>Have as the first ingredient one of the non-grain major food groups: fruits, vegetables, dairy or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or</p> <p>Be a combination food that contains 1/4 cup of fruit and/or vegetable.</p> <p>If water is the first ingredient, the second ingredient must be one of the above.</p>	Y1 On- going process		X	
Nutrition standards for beverages:				
For elementary and middle school students: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances.	Y1 On- going process	X		
Portion sizes listed are the <u>maximum</u> that can be offered.	Y1 On- going process	X		

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Standards for food and beverages available during the school day that are <u>not</u> sold to students:				
The school will provide parents and teachers a list of ideas for healthy celebrations/parties, rewards and fundraising activities.	Y2 On- going process		X	
Class parties or celebrations shall be held after the lunch period and only foods that meet the Smart Snacks standards can be served and will be tree nut free and peanut free.	Y1 On- going process		X	
Schools will limit celebrations that involve food during the school day to no more than one party per class per month.	Y3		X	

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Fundraising:				
Fundraising efforts will be supportive of healthy eating by complying with all applicable regulations and nutrition standards for competitive foods while also emphasizing the sale of nonfood items.	Y1 On- going process		X	
No fundraisers that include the sale of food items will occur until thirty (30) minutes after the conclusion of the last designated meal service period.	Y1 On- going process	X		
The school board is permitted to grant a special exemption from the standards for competitive foods as specified above for the purpose of conducting infrequent school-sponsored fundraisers, not to exceed the following maximum number of school days per school campus each school year:	Y1 On- going process		X	
School Type:				Maximum Number of School Days to Conduct Exempted Fundraisers
Elementary Schools	Y1 On- going process		X	5 days
Middle School/Junior High Schools	Y1 On- going process		X	10 days

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Policy for Food and Beverage Marketing:				
Schools will only be allowed to market and advertise those foods and beverages that meet or exceed USDA's Smart Snacks in School nutrition standards.	Y1 On- going process		X	
Marketing activities that promote healthful behaviors are encouraged. Examples may include: vending machine covers promoting water, pricing structures that promote healthy options in a la carte lines or vending machines, sales of fruit for fundraisers and coupons for discounted gym memberships.	Y1 On- going process		X	
RCMA nutrition department's replacement and purchasing decisions will reflect the marketing guidelines mentioned above.	Y1 On- going process	X		